

# What's a Girl To Do?



What can we do to help us believe what God is saying about us instead of what the devil says? Discuss this in your group and make a list. Each table can share several ideas with the larger group.



## Believe what God says about you.

What does God say about you? Think of scriptures that tell what God says about you. Memorize the ones that are most meaningful to you so you will have them in your brain when the devil attacks with his lies.



Let's make a list of scriptures that tell what God thinks about us. Write them out so we can see them.

Now let's look at the sheets that list Bible verses. I encourage you to read your Bibles, looking for and underlining or highlighting the verses that tell you what God thinks of you, how much He loves you, and how valuable you are.

*(There is a list of verses to get them started in the appendix, "What God Really Says.")*

Whatever comes, cannot alter one thing.

If I am a princess in rags and tatters,  
I can be a princess inside. It would be easy to be a princess  
if I were dressed in a cloth of gold, but it is a great deal  
more of a triumph to be one all the time  
when no one knows it.

— Sara in *The Little Princess*

\*\*\*\*\*



## Believe what's true about you.

Make a list of the things you need to believe about yourself. Things like:

"I am attractive."

"I am smart."

"People enjoy being around me."

"I make God smile."

"God dreams big dreams for me."

"I am strong."

Be specific about who you are and what you need to believe about yourself. Re-

peat the list to yourself often, like when you're walking or doing something that doesn't require a lot of thinking. Getting the positives in your head will help you to learn to think positively instead of negatively. It will retrain your brain.



We're going to take time right now for each person to write 3-5 positive statements in your journals about yourselves that are true. When everyone's finished we'll share them around the tables.



### **Turn the negatives into positives.**

What negatives have you been telling yourself? Turn them into positives. When you get down about your freckles, tell yourself God gave you freckles to make you unique. Are you a mom struggling with leftover "baby weight"? Tell yourself that your body is incredible because it gave birth to an amazing person. Do you have a few laugh lines? You've earned every one. What about that little mole on your leg? It's a beauty mark put there by your Maker.



### **Live like you believe.**

Learning to live like you believe will be a continual journey. We have to literally reprogram the way our minds think. We've been telling ourselves negatives and believing the devil's lies for so long our brains automatically tell us those things. We need to start telling ourselves the truth over and over again.

And do the things that go along with those truths. Walk with confidence. Talk with confidence. Both will make us more attractive.

Decide to do something you want to do but have been afraid to try. Conquering fears and learning new things will also help you believe in yourself more.



### **Assignment to do at home...**

Write a vision statement of who God has created you to be. You may not totally be that person yet, but that's okay. A vision is about what's to come.

Include all aspects of your life:

- athletics
- academics
- characteristics
- talents and abilities
- roles
- jobs
- dreams

We've started the first line for you with the page titled, "The real beautiful me is..." What would God say if He was writing about you? If it's too hard to write it out as a vision statement, write it as a letter from God telling you how He sees you and what He has for your future.