

What's a Girl To Do?



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It's time to discuss some questions in your small groups and write your answers in your journals.

- How do we learn to tell the difference between the truth and the lies?
- How do we learn to believe what God says is true about us?



Start telling yourself the truth.

First, we have to know the truth. What is the truth about us?



We can learn it in a lot of different ways.

- Read the Bible. Highlight the verses that tell what God says about you in your favorite color so you can find them easily. Memorize your favorite ones.
- Ask friends and your parents to tell you the truth. Ask, "What do you see in me?"
- Discover more about yourself. What you like. What you're good at. Your strengths. There are all kinds of tests and assessments you can take that will help you discover the positives about yourself.

Listen to the voices you're hearing. Ask yourself, "Is this the truth? Or is this a lie from the enemy?" When you hear a lie, tell yourself the truth. Don't even allow yourself to ponder the lie. Immediately flee the lie and tell yourself the truth.



So let's start by writing ten things you like about yourself in your journal. If you need help thinking of ten, ask a friend what she sees in you.



Accentuate the positive.

Take the things you do well and do them more. Find a style that is great for you and make it yours.



Make a list of five things you're good at. Share your lists around the table.



Try new things.

Even if you fail, you'll grow in courage and confidence just by trying. And you'll probably find some fun things and things you're good at along the way.



Share one thing you'd like to try with the person next to you.



Talk positive.

Don't put yourself down. Ask your friends to help you be accountable. Let them charge you a quarter for every putdown. They can save the money and have a party when you break the habit! Accept compliments with a simple "thanks."

Don't dismiss your successes.

All too often girls play up their faults and downplay their successes. It might not be a great idea to brag to everyone else about acing the test or winning the race or whatever, but tell yourself, "Great job!" Identify yourself with the successes and not the failures.



Share a recent success with your table.



Cut yourself a break.

It's okay to not be good at everything. To fail once in a while. That's normal. You're not perfect. And you won't be this side of the kingdom.



Ask God what He thinks about you.

Just spend quiet time with Him. Ask Him. Listen for what He says. Thank Him for making you you.



Write a letter to yourself from God telling you what He thinks and what He wants you to know.

Pass out stationary and envelopes. Encourage them to keep the letter in a place where they can easily access it.

If you'd like to end with discussion, have the facilitators ask the girls to share one way they plan on becoming a better friend to themselves.