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# brave girl

Embracing God's Best in the Midst  
of a Crazy Confusing Culture

GROUP DISCUSSION GUIDE

## **Design: Being More than a Cookie Cutter Girl**

1. Who is the bravest person you know? What makes them so brave?
2. Have you ever had a brave moment? What did you do?
3. In today's video, was there anything interesting that stood out to you? Share one new thing you learned.
4. In what ways do you feel pressured to fit into the cookie cutter mold and why?
5. Where do you feel the most pressure: having a perfect face, being popular, having a flawless figure, staying up to date on the latest movies, getting lots of likes on social media, having a boyfriend, being popular with the guys, being really good at sports, having the nicest stuff or the latest technology?
6. Girls have weak moments sometimes. Have you ever had a weak moment where you gave into the negative pressure of our culture? What happened?
7. If you had to be honest, do you think God's ways are best, or the culture's? Why?
8. Read this verse out loud as a group: "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect" (Romans 12:2 NLT). What do you think this verse means?
9. Romans 12:2 says that we shouldn't "copy the behavior and customs of this world." Why do you think it says this?
10. We're so glad you're doing this study, *Brave Girl: Embracing God's Best in the Midst of a Crazy Confusing Culture*. Share with the group how you ended up doing this study and what you're hoping to get out of it.

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## Beauty: Uncovering the Secrets to Lasting Worth

1. When you think of the word beauty, what are some things that come to mind? What makes those things beautiful to you.
2. What is one physical feature that you like about yourself?
3. In today's video was there anything interesting that stood out to you? Share one new thing you learned.
4. We live in a culture where picture perfect females are in our faces everywhere we go (from billboards, movies, magazines, to music videos). How have these "picture perfect females" influenced your view of beauty?
5. If you suddenly transformed into a "picture perfect" model today, do you think you would be 100% happy? Why or why not?
6. Marilyn Monroe was considered one of the most beautiful women in the world, but she never found lasting worth. How could a woman who seemingly had it all still feel worthless?
7. Read Psalm 139:13-15 (ESV) out loud as a group: "For you [God] formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth."
  - What do you think this part of the verse means? "For you [God] formed my inward parts; you knitted me together in my mother's womb."
  - What does God say about you here? "I praise you, for I am fearfully and wonderfully made."
  - With your physical appearance in mind, how does this verse make you feel? "Wonderful are your works; my soul knows it very well."
  - How does this verse give you great worth and value? "My frame was not hidden from you [God], when I was being made in secret, intricately woven in the depths of the earth."
8. The way you look is exactly the way God created you to look. And He says you are wonderfully made! How should this truth affect your view of beauty?
9. God says you are wonderfully made, a beautiful creation, and you have great worth in His eyes. Hollywood says you need to have a perfect body, perfect skin, perfect hair, and be the perfect weight in order to find your worth. Who do you think will give you more confidence? God or Hollywood?

## Modesty: The Power of Valuing Your Body

1. Which type of girl are you most like and why:
  - I love shopping for clothes and would shop everyday if I could!
  - I enjoy shopping, but get tired of it after a while.
  - I'll go shopping if all of my friends are going, but it's not that interesting to me.
  - I don't like shopping at all. Like zero interest. If I never shopped a day in my life I'd be happy.
2. What comes to mind when you think of the word "modesty?" What comes to mind when you think of the word "immodesty?"
3. In today's video, was there anything interesting that stood out to you? Share one new thing you learned.
4. Can you think of a girl or woman you know who dresses modestly? What would you say makes her modest?
5. When you see magazines, movies or music videos featuring girls who are purposely dressing "hot" and "sexy" how does it make you feel about yourself?
6. Our culture is telling you that in order to be pretty you need to dress immodestly and show off your skin. Do you feel like in order to be pretty, you need to show off your skin? Why?
7. What did you learn about modesty from the diamond story?
8. Read this verse out loud as a group. "And I want women to be modest in their appearance. They should wear decent and appropriate clothing and not draw attention to themselves..." (1 Timothy 2:9a NLT). Why do you think God wants girls to dress modestly?
9. What did you like about the *Project Modesty* Video?
10. It takes a brave girl to dress modestly in today's culture. How can you combine fashion and modesty?

## **Purity: Rising Above the Status Quo**

1. What's the first thing that comes to your mind when you hear the word pure?
2. Do you know anyone who wears a purity ring? Why do you think they wear it?
3. Can you think of a celebrity who used to value purity, but doesn't anymore? Why do you think they've changed?
4. Have you ever watched a movie or listened to a song that promoted sex before marriage as a good thing? How did this make you feel?
5. Have you ever felt pressured to give into sexual temptation? Where did that pressure come from?
6. What are some of the consequences of having sex before marriage?
7. What are some of the benefits of staying pure and saving sex for marriage?
8. Do you think God's plan for sexual purity is for your good? Why or why not?
9. Read 1 Thessalonians 4:3-4 (NLT) together as a group: "God's will is for you to be holy, so stay away from all sexual sin. Then each of you will control his own body and live in holiness and honor."
  - What do you think it means to be holy?
  - How can you stay away from sexual sin?
  - How can you honor God with your body?
10. What do you think God's bullseye for purity is? How can you aim your life in that direction?
11. What do you think about Kristen's story? How did it inspire you?

## Guys: Keeping Your Heart in Check

1. How old were you when you had your first crush? Why did you get a crush on him?
2. In your own words, describe what you think it means to “have a crush” on a guy?
3. What are some silly things you’ve done in the past to get a guy to notice you?
4. Like you heard in the video, one survey stated that “70 percent of the girls said they would feel better about themselves if they have a boyfriend or attention from a boy.” Do you feel that way? If so, why?
5. Do you think it’s possible for a guy to fulfill all your desires and satisfy you? Why or why not?
6. Remember the object lesson of Bailey the Bucket? What did you learn from that?
7. Why do you think guys can’t permanently keep your bucket full?
8. Read the key verse out loud: Psalm 37:4 (NLT) “Take delight in the Lord, and he will give you your heart’s desires.”
  - What do you think it means to “delight in the Lord?”
  - How does God give you your “heart’s desire?”
  - NOTE: This verse doesn’t mean God will give you exactly what you want (i.e. a boyfriend). It means He will change your desires to align with His.
9. Do you want to seal the holes in your bucket? Read the following 3 truths out loud:
  - Believe that your worth comes from God and He says you’re valuable.
  - Trust that God is able to satisfy you more than guys.
  - Your relationship with God will fill your bucket.
  - If you applied these 3 truths to your life, how would they change you?
10. Instead of being crazy about guys, spend your time getting to know God. What are some practical things you can do to get to know God better?

## Peer Pressure: Choosing to Be a Leader

1. What's the first thing that pops into your head when you hear the words "peer pressure?"
2. Name some common places you might find peer pressure?
3. The video started with the sad story of a girl named Kenzie. Where do you think she went wrong?
4. Are you facing any peer pressure right now? If so, what does it look like?
5. Here are some common reasons people give into peer pressure:
  - You want to look cool in front of your friends.
  - You want to be popular.
  - You want certain people to like you.
  - You want to fit in and be accepted.
  - You want to feel loved.

Have you ever given into peer pressure? Why did you give in?

6. Do you remember the balloon in the bottle example? What was the point of that object lesson?
7. Read this quote out loud as a group: "When we surround ourselves with people and influences that are constantly pulling us away from what's right, it makes it very hard for us to choose good." Is there a circumstance in your life that's making it hard for you to choose good? If so, what is it?
8. Powerful Truth #1 is: Choose Your Friends Carefully. Discuss what you think Proverbs 13:20 (NLT) means: "Walk with the wise and become wise; associate with fools and get in trouble."
9. Powerful Truth #2 is: Choose to be a leader! You don't have to give into the pressure surrounding you. You can take a stand for what's right. Are there any areas of your life where you need to be a leader?
10. Describe a time when you didn't give into peer pressure. What happened?