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# brave girl

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

LEADER GUIDE

## Design: Being More than a Cookie Cutter Girl

### Ice Breaker:

**Human Knot Game:** Divide into groups of 6-10 people. Form a tight circle (shoulder-to-shoulder). Have each girl reach into the center of the circle and grab a hand of a girl standing across the circle (each girl must hold hands with 2 different people. They cannot hold hands with the girl beside them). Next, tell them to try to untangle so everyone in the group is holding hands regularly in a circle. They cannot let go of one another's hands. When the circle is formed, some people can be facing out and some in. The game is over when the "knot" is untied and a circle is formed. (Adapted from Wikihow.com)

### Leader Introduction:

As the leader you want the girls in your group to get to know you a little bit. Introduce yourself by answering these fun questions:

1. What is your name?
2. Where were you born?
3. What makes you laugh?
4. What is your most embarrassing moment?

### Group Introduction:

Have each girl take a turn sharing their answers:

1. What is your name?
2. Where were you born
3. What makes you laugh?
4. What is your most embarrassing moment?

### Prayer:

We encourage you to pray after the introductions in order to refocus your group. Pray that your girls will have open hearts to learn and a willingness to apply God's truth.

### Discussion Questions:

Ask each question to your group and encourage as much participation as possible. If the girls seem timid, break the ice by answering the question first. Don't be afraid to allow silence while the girls think of their answers.

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.

**Read this quote out loud to the group at the end:**

If you're tired of feeling insecure, worthless, and unhappy, this study is just what you need! By following God's design, you will become the confident, brave, secure, and happy girl that you've always hoped to be.

**Closing Thoughts:**

Ask your group if they have any questions. Share with your group how excited you are about going through this study with them! Get them excited about coming back next week.

**Prayer:**

End your group time by praying for God's blessing on each of the girls' lives (Ask for prayer requests from the girls if time allows).

**Pass out the "Digging Deeper" take home paper:**

Explain to your girls that the "Digging Deeper" paper is for personal use only. They do not need to bring it back next week. This is a tool to help them dig deeper into each lesson for personal growth.

## Beauty: Uncovering the Secrets to Lasting Worth

### Ice Breaker: Sit Down Game

Have everyone stand up! Read through the following list one at a time. If someone is “guilty” of what you said, they need to sit down. The last girl standing is the winner (you probably won’t even make it through all the questions before every girl is sitting). Play a second time, but start from the last question and work your way up the list.

1. Sit down if you are wearing purple.
2. Sit down if you were born in September.
3. Sit down if you have blue eyes.
4. Sit down if can speak more than two languages.
5. Sit down if you are the youngest child.
6. Sit down if you have broken a bone.
7. Sit down if you’ve gone for two weeks without a shower.
8. Sit down if you like sour skittles.
9. Sit down if you sing in the shower.
10. Sit down if your belly button is an outie.
11. Sit down if you are an only child.
12. Sit down if you have your driver’s license.
13. Sit down if you have eaten chocolate today.
14. Sit down if you cut your hair as a kid but were not supposed to.
15. Sit down if your favorite color is blue.

### Prayer:

We encourage you to pray after the ice breaker in order to refocus your group. Pray that your girls will have open hearts to learn and a willingness to apply God’s truth.

### Discussion Questions:

Ask each question to your group and encourage as much participation as possible. If the girls seem timid, break the ice by answering the question first. Don’t be afraid to allow silence while the girls think of their answers.

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?

**Read this quote out loud to the group at the end:**

You can choose to find your value and worth in the culture’s standards of beauty and success (which are always changing), OR you can choose to find your worth and value in your Creator. His standard NEVER changes. The choice is yours. One will lead you to despair, depression and insecurity, the other will lead to joy, contentment, and gratitude to God.

**Closing Thoughts:**

Ask your group if they have any questions. Share with your group how excited you are about going through this study with them! Get them excited about coming back next week.

**Prayer:**

End your group time by praying for God's blessing on each of the girls' lives (Ask for prayer requests from the girls if time allows).

**Pass out the "Digging Deeper" take home paper:**

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## Modesty: The Power of Valuing Your Body

### Ice Breaker: Trivia Game

Have the girls stand up if they think they know the answer. The first girl standing gets to answer first. Throw candy to each winner.

1. Who was the first president of the United States? (Answer: George Washington)
2. What food makes up nearly all of a giant panda's diet? (Answer: Bamboo)
3. Which fingernail grows the fastest? (Answer: Your middle finger)
4. What is the largest mall in the US? (Answer: Mall of America)
5. The name of God is not mentioned in only one book of the Bible. Which one? (Answer: Esther)
6. Are worker bees generally male or female? (Answer: Female)
7. What is the tallest mountain the in world? (Answer: Mount Everest)
8. How do you say thank you in Spanish? (Answer: Gracias)
9. How many stripes does the American Flag have? (Answer: 13)
10. What is one of the most gentle dog breeds? (Answer: The Pug)

### Prayer:

We encourage you to pray after the ice breaker in order to refocus your group. Pray that your girls will have open hearts to learn and a willingness to apply God's truth.

### Discussion Questions:

Ask each question to your group and encourage as much participation as possible. If the girls seem timid, break the ice by answering the question first. Don't be afraid to allow silence while the girls think of their answers.

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?

**Note:** *The diamond story was used to illustrate what modesty and diamonds have in common. A diamond is valuable because it's rare and uncommon. If diamonds were everywhere, they wouldn't be considered as valuable. Dressing immodestly exposes a girl's body and makes her appear common and free for anyone to look at. Modesty, however, makes the statement that her body is valuable and rare, and not for the general public to enjoy.*

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?

**Read this quote out loud to the group at the end:**

Dressing modestly doesn't mean throwing out fashion. Dressing modestly doesn't mean being ashamed of your body. Dressing modestly is simply you valuing what has value. It's time to set a new trend.

**Closing Thoughts:**

Ask your group if they have any questions. Share with your group how excited you are about going through this study with them! Get them excited about coming back next week.

**Prayer:**

End your group time by praying for God's blessing on each of the girls' lives (Ask for prayer requests from the girls if time allows).

**Pass out the “Digging Deeper” take home paper:**

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## Purity: Rising Above the Status Quo

### Ice Breaker: Two Truths and a Lie

Instructions: Tell the group that each person will introduce herself by stating two truths about themselves and one "lie." The rest of the participants will guess which statement is the lie.

Example: Hi, I'm Susan. My hair was almost to my waist in high school, I've flown an airplane, and I speak four languages. Which one do you think isn't true?

### Prayer:

We encourage you to pray after the ice breaker in order to refocus your group. Pray that your girls will have open hearts to learn and a willingness to apply God's truth.

### Discussion Questions:

Ask each question to your group and encourage as much participation as possible. If the girls seem timid, break the ice by answering the question first. Don't be afraid to allow silence while the girls think of their answers.

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?

**Note:** *If they can't think of anything, ask if they've been tempted by...movies, music, magazines, social media, friends, etc.*

6. What are some of the consequences of having sex before marriage?

**Note:** *Getting pregnant before marriage, becoming a single mom, getting a sexually transmitted disease, attaching yourself to a guy only to have him walk out on you later, emotional roller coaster of bouncing from one guy to the next, feeling pressure to be sexually active in order to keep the guy from leaving, giving your heart away to a guy that's not even your husband, and feeling used by the guys around you*

7. What are some of the benefits of staying pure and saving sex for marriage?

**Note:** *No sexual baggage in marriage, an awesome gift on your wedding day, you avoid roller coaster emotional confusion, no chance of getting pregnant before marriage, avoid sexually transmitted diseases, a pure conscience before God, and experience God's very best.*

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?

**Read this quote out loud to the group at the end:**

God's plan for sexual purity is for your own good and will give you the best results in your relationships, future marriage, and love life.

**Closing Thoughts:**

Ask your group if they have any questions. Share with your group how excited you are about going through this study with them! Get them excited about coming back next week.

**Prayer:**

End your group time by praying for God's blessing on each of the girls' lives (Ask for prayer requests from the girls if time allows).

**Pass out the "Digging Deeper" take home paper:**

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## Guys: Keeping Your Heart in Check

### Ice Breaker: Line Up Game

**Instructions:** Split the girls into 2-3 separate teams. You will be the “caller.” When you say, “Line up...” followed by the specific instructions below, each team will race against each other to see who can line up in the correct order the fastest. The first team to line up in the correct order is the winner for that round! The team that wins the most rounds is the champion.

1. Line up in order of age, oldest at the front, youngest at the back.
2. Line up by first name in alphabetical order.
3. Line up according to your birthdays, with first in the year up front.
4. Line up according to shoe size, smallest size in front, biggest size in back.
5. Line up by hair color, darkest color in front, lightest in back.
6. Line up by last name in alphabetical order.
7. Line up by hair length, shortest in the front and longest in the back.
8. Line up according to what time you got up this morning, earliest in front.
9. Line up by eye color, lightest in the front and darkest in the back.
10. Line by how many pieces of candy you’ve eaten today, lowest candy eaten in front.

### Prayer:

We encourage you to pray after the ice breaker in order to refocus your group. Pray that your girls will have open hearts to learn and a willingness to apply God’s truth.

### Discussion Questions:

Ask each question to your group and encourage as much participation as possible. If the girls seem timid, break the ice by answering the question first. Don’t be afraid to allow silence while the girls think of their answers.

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?

**Note:** A guy can't keep a girl's bucket full because God designed us to find our complete satisfaction in Him. Nothing else can ever fully satisfy us besides a personal relationship with Jesus. Psalm 16:11b (NKJV) says, "In your presence there is fullness of joy; at your right hand are pleasures forevermore."

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?"

**Note:** Delighting in the Lord means we find our satisfaction and fulfillment in our relationship with Him. We live our lives to please Him first, before anyone/anything else. We take time to invest in our relationship with God by reading the Bible and praying. The more time we spend with God, the more satisfying He will become to us

- How does God give you your "heart's desire?"

**Note:** We have to dig deeper to find out what our real heart's desire is. A girl might think her heart's desire is to have a boyfriend, but her true heart's desire is to be loved and affirmed. God promises to give us our true heart's desires, not our surface desire. God will give us what we really need: love, satisfaction, fulfillment, contentment, happiness, etc.

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?

**Note:** The girls can do this by reading the Bible, praying, attending Bible studies, going to church and spending time with other strong Christians.

**Read this quote out loud to the group at the end:**

Guys can never fill your bucket and keep it full. God is the only One who can truly satisfy you.

**Closing Thoughts:**

Ask your group if they have any questions. Share with your group how excited you are about going through this study with them! Get them excited about coming back next week.

**Prayer:**

End your group time by praying for God's blessing on each of the girls' lives (Ask for prayer requests from the girls if time allows).

**Pass out the "Digging Deeper" take home paper:**

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## Peer Pressure: Choosing to Be a Leader

### Ice Breaker: Charades

Have one girl come to the front. Give her a word from the list below. She must act it out in front of the group using motions only (no talking). The first girl to guess the word correctly will be the next actress. She will come to you for her word, and then will act it out. Do this until the list runs out. Whoever has the highest number of correct guesses is the winner.

1. Octopus
2. Water Fountain
3. Hurricane
4. Fireworks
5. Hairspray
6. Bookworm
7. Muscles
8. Blowdryer
9. Snowman
10. Lion

### Prayer:

We encourage you to pray after the ice breaker in order to refocus your group. Pray that your girls will have open hearts to learn and a willingness to apply God's truth.

### Discussion Questions:

Ask each question to your group and encourage as much participation as possible. If the girls seem timid, break the ice by answering the question first. Don't be afraid to allow silence while the girls think of their answers.

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?

**Note:** *Kenzie gave into the peer pressure of her friends, and as a result, it almost cost her her life. She went wrong by choosing to hang out with those bad friends in the first place.*

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?

**Note:** *The balloon inside the bottle is like us when we give into peer pressure. We're trapped and stifled by the thoughts and opinions of others. When we live to honor Jesus, we're finally free to be who God created us to be.*

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?

**Read this quote out loud to the group at the end:**

There are two kinds of people in this world. Those who bravely make change, and those who quietly are changed. Which kind of person will you be?

**Closing Thoughts:**

Ask your group if they have any questions. Share with your group how exciting it has been going through this study with them over the past 6 weeks. Ask each girl to share one new thing she's learned from doing this Brave Girl study.

**Prayer:**

End your group time by praying for God's blessing on each of the girls' lives (Ask for prayer requests from the girls if time allows).

**Pass out the “Digging Deeper” take home paper:**

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*Close out by encouraging the girls to stay plugged into God’s truth. One great resource is [GirlDefined.com](http://GirlDefined.com). They can find hundreds of blog posts, free resources, and encouraging videos to help them grow in their relationship with Jesus.*