

THE SALVATION ARMY 2021

grow

TEEN MINISTRY RESOURCE



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MODULE THREE:



MODULE 3 OUTLINE

Girls will learn: You are loved. Knowing who you are matters.

KEY VERSE

“See how very much our Father loves us, for he calls us his children, and that is what we are!” 1 John 3:1 NLT

MODULE COMPONENTS

1 CREATE ENERGY

“Headbands” - Use this fun game to begin thinking about defining characteristics.

2 GET HANDS ON

“Who Am I?” - A simple question that’s sometimes difficult to answer.

3 GOD'S WORD

“Gideon’s Story” - What happens when the way you see yourself differs from the way God sees you?

4 APPLICATION

“Who God Says We Are” - The voices we listen to matter – and God’s voice should always be turned up loudest.

5 TALK ABOUT IT

“Social Media” - What’s all the hype about, and how should we, as Christians, respond to its use?

6 LIFE SKILLS

“Women’s Health” - Learn about a specific women’s health concern AND/OR Stay healthy by getting active!

SUGGESTED 4 WEEK SCHEDULE

Week 1: Create Energy, Get Hands-On

Week 2: God’s Word, Application

Week 3: Talk About It

Week 4: Life Skills

A LETTER TO THE LEADER

In 2015, the editors of Dictionary.com chose “identity” as their word of the year, and for good reason. Our society is talking about a person’s identity more than any other time in history. “Many of [2015’s] biggest stories focused on the way in which individuals or members of a group are perceived, understood, accepted or shut out,” the editors wrote in a press release announcing their decision. The word was used in relation to racial identity, gender identity, and sexual identity

Chances are, with all this talk about identity, your girls are wrestling with their own sense of identity. While our identity is shaped at a young age, it is always evolving and can be impacted not only by their own sense of who they are, but also by external influences like family and friends who speak into their lives.

I was once asked to answer this seemingly simple question—Who am I?—in three minutes. I started with my name and quickly added my profession. Then things got interesting. There were two minutes and 50 seconds on the clock, and I was stuck. After several seconds of awkward silence, I continued: I am a daughter, a wife, a mother, a friend—I am defined by my relationships. I am a musician, a writer—hobbies and skills came next.

The problem with identifying ourselves in these ways is that each of these things is conditional. What if I lose my job, or my spouse dies, or I’m no longer able to play the violin due to injury or illness? If we allow these things to define us, we run the risk of losing our identities, purpose and sense of worth.

Sometimes we give in to one of three false selves – lies that Satan tempts us with:

- I am what I do (performance)
- I am what others think (popularity)
- I am what I have (possessions)

It’s important, therefore, that we each have a healthy sense of identity, so that we can stand up to this temptation and acknowledge our true identity. As Christians, we know that our identity is rooted in God – we are God’s creation and beloved children.

I think it’s more than a catchy melody that launched Lauren Daigle’s song “You Say” to the top of both Christian and secular music charts. The chorus reminds us that we are loved, strong, held and have a place to belong. We are hungry for the truth that we find our identity in Jesus. In this module, girls will be able to explore what the messages they are receiving from society say about who they are and will come face to face with who God says they are.

CAPTAIN LAURA VAN SCHAICK

*Women’s Ministries Program and Resource Officer
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Create Energy

HEADBANDS

Before you begin, prepare a number of index cards, a few per girl, by writing the name of a celebrity or well-known fictional character on one side of each index card. These may include actors, superheroes, book characters, Bible figures etc.

WHAT YOU NEED:

- Elastic headbands, one per girl
- Index cards, several per girl
- A timer (your phone will do)



WHAT TO DO:

- Have everyone sit in a circle. Give everyone a headband to wear around their head, positioned in the middle of their forehead.
- Place the index cards face down in the middle of the playing area.
- Everyone takes one index card and, without looking at the name on it, places the card in the center of her headband with the name visible to others – it should stay in place without needing to hold it.
- Choose someone to go first. Start the timer – one or two minutes is usually a good amount of time, depending on how difficult you want to make it.
- The person who is “it” asks the other girls “yes” or “no” questions to help figure out what name is on their forehead. They ask each girl one question, starting with the girl on their left. When they have asked each girl one question they may start again as long as the timer hasn’t run out.
- At any time, the girl who is “it” may ask, “Am I...?” and if the answer is no, she may continue asking questions.
- If the girl guesses their card before the timer runs out, she may take another card and try to guess it before the timer runs out. When girls guess their cards correctly before the timer runs out, they get to keep the card as a point.
- After the timer runs out, the next girl gets to be “it.” The first player to have three cards/points wins (though you can play to a higher number if you would like.)

Get Hands On

WHO AM I?

WHAT TO DO:

- Have girls find a partner. If you have an odd number of girls, you will participate with them.
- Have girls choose one person in their pair to talk first, while the other will listen first. After going through the activity they will switch roles.
- Give girls one minute. The girl who has chosen to speak first will need to answer the question “Who Am I?” in that one minute. Their partner will not be able to say anything – they will only listen.
- Switch roles. Now the other girl answers the question “Who Am I?” in one minute while their partner listens.
- Ask - How did you find that exercise? Was it difficult to talk about only yourself for one full minute? Was it difficult to only listen for one full minute?
- Tell the girls you will be doing this again. You will be answering the same question, but this time will have three minutes to talk about yourself. This time, the listener will be able to speak, but only to ask questions that will help them understand more about their partner.
- Do this twice, so each girl gets to be both the talker and the listener.
- Ask - Did you ever run out of things to say about yourself? Did knowing that your partner could ask questions change what you said? If so, how? As the listener, was it helpful to be able to ask questions?
- Say - A guy named Clay Scroggins says, “Your identity is the conception you have of yourself.” But it can sometimes be difficult to define, and when we do it is important to be able to answer this question truthfully

God's Word

GIDEON'S STORY

Judges 6:1-6, 12-16 & 7:2-8, 15-22

The way the girls described themselves in the "Who Am I?" activity may have differed from the ways girls identified that others described them in the "Mixed Messages" activity. Sometimes the way we see ourselves is different than the way others see ourselves. In the story of Gideon we see that the way Gideon sees himself is different from the way God sees him. Help the girls to identify the way Gideon sees himself and the way God sees him. Then, allow Gideon's story to play out to see who is right!

As you read Gideon's story, pause at natural transitions in the story to pose questions to the girls to maintain attention and interest in the story. If you have a group of girls that would be comfortable reading, you may want to have four girls read a portion of this story. You could print off the following four passages in full on various slips of paper, or you could have four girls look up the following passages in Bibles:

Read (or have a girl read) Judges 6:1-6

Say – Throughout the Bible to this point the Israelites, seems to go on a roller coaster ride with God. Sometimes they trust Him and do as He says, and then they don't. When they don't, God allows the natural consequences of their actions to occur, and they often aren't very pleasant!

Ask – How do you think the Israelites would answer the question "Who am I?" based on these two verses? (I am scared, I am oppressed etc.)

Say – By verse six, it appears that the Israelites have remembered that they are important to God. In fact, at this time in history Israel is known as God's chosen people. The recognition of this causes them to ask God for help. Let's see if God decides to help.



Read (or have a girl read) Judges 6:11-16

Ask – What was God’s response to the Israelites asking for help? (He sends an angel to Gideon, he chooses Gideon to save Israel etc.)

Ask – How would Gideon answer the question “Who am I?” based on this passage? (I am scared – Gideon is threshing wheat in a winepress to hide from the Midianites, I am abandoned – see verse 13, I am weak – see verse 15.)

Ask – Who does God say Gideon is? What message is God sending to Gideon about who he thinks Gideon is? (God says Gideon is a mighty hero – see verse 12, God says Gideon is strong – see verse 14, God says Gideon is not alone – see verse 16.)

Say – Let’s read on to see whether Gideon or God is correct about his character. Someone who is scared, weak and abandoned would not be able to rescue the Israelites from the Midianites. Read (or have a girl read) Judges 7:2-8.

Ask – What is happening here? (Gideon gathers an army of 32,000 men, but God tells Gideon that he has too many soldiers. God reduced the number of soldiers from 32,000 to only 300, etc.)

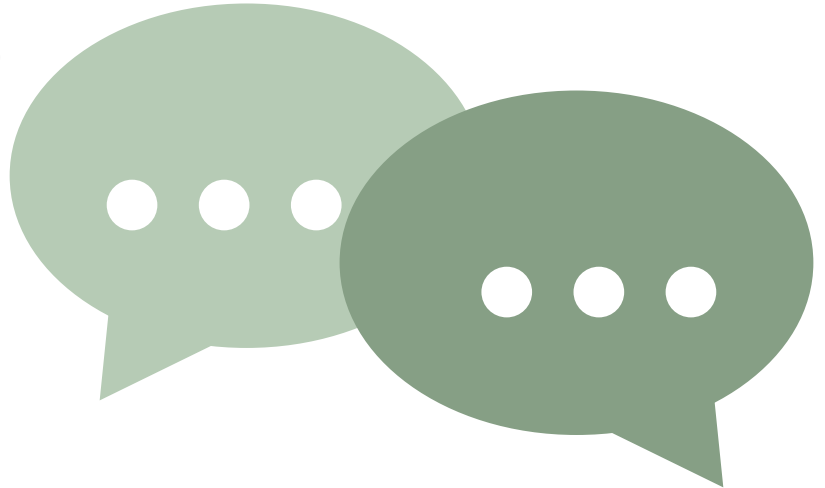
Ask – Why do you think God did this? What is he trying to teach Gideon? (God wants Gideon to be brave and strong in himself, rather than relying on the bravery and strength of a large army; God wants Gideon to know that they can win the battle because God is with him, not because a large army is with him, etc.)

Say – Let’s see how this battle turns out with only 300 soldiers!

Read (or have a girl read) Judges 7:8-22

Ask – What happened? How does the story end? (Gideon and the Israelites won the battle, the Midianites ran away in fear, the battle was won by breaking jars, blowing trumpets and yelling, etc.)

Ask – Who correctly identified Gideon’s personality? Gideon, or God? (God) How does it make you feel that God knew Gideon better than he knew himself? (Answers may range from joyful to scared to skeptical. Embrace each of these, and do not tell the girls are wrong regardless of how they feel. Your girls may be at differing stages in their faith journey, and this is ok.)



Application

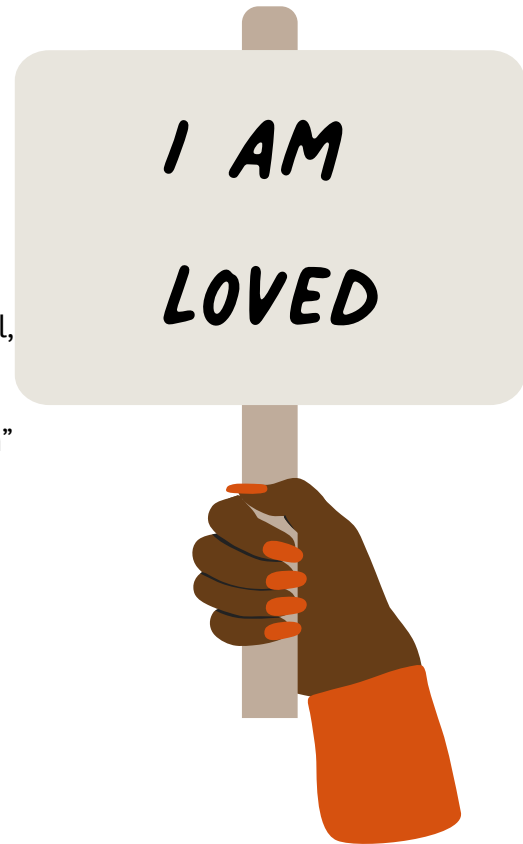
WHO GOD SAYS WE ARE

WHAT YOU NEED:

- One copy of the bookmark found in Appendix 3-B per girl, printed on cardstock
- The song “You Say” by Lauren Daigle or “Who You Say I Am” by Hillsong Worship, and an audio device and speaker.

OPTIONS

- 1
 - A whiteboard or chart paper
 - Markers
- 2
 - Paper or canvas
 - Various art supplies –paints, pastels etc. Feel free to use whatever you have available to you.
- 3
 - One copy of the Psalm 139:14 and/or 1 John 3:1 coloring sheet found in Appendix 3-C.
 - Fine-tipped markers or pencil crayons.



WHAT TO DO:

Say – Remember when we talked about “Mixed Messages”? Whose voice did you identify as speaking into your life? (Parents, coaches etc.) There is one very important voice we did not discuss, and that is God’s voice.

Ask – How do we hear God’s voice? (Prayer, worship music, Officer/pastor, the Bible etc.)

Ask – Have you ever heard God’s voice? Have you thought about him talking about you?

Say – God created us, so he knows a lot about us – in fact, he knows everything about us! And in the Bible, he actually talks about us a lot. There are a lot of places in the Bible where God talks about who we are, and provides ways of identifying ourselves.

Pass out the bookmarks. Read through the bookmark together.

Listen to the song “You Say” by Lauren Daigle or “Who You Say I Am” by Hillsong Worship.

Ask – Thinking about the Bible verses on the bookmark and the lyrics of the song, how does it make you feel knowing that this is how God identifies you?

Say – While God places positive people in our lives to help shape our identity, His presence in our lives should be most important and His voice should be the one we listen to the most. Encourage girls to keep the bookmarks in their Bibles or journals to remind them

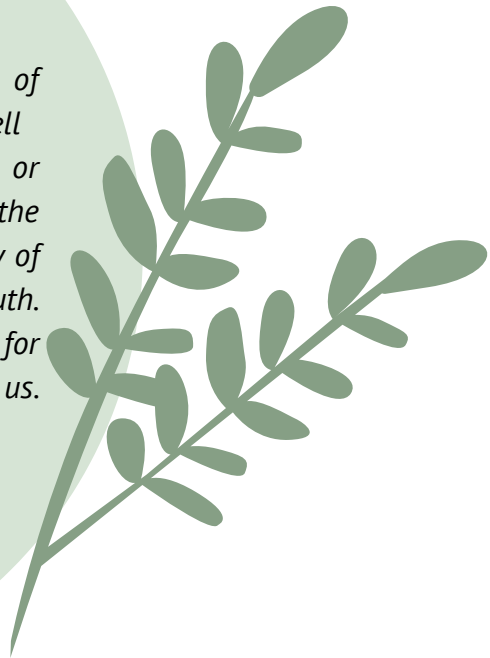
OPTIONS

- 1 If you have a group of girls that is Biblically literate you could have them brainstorm Bible verses that include descriptors of humanity. The verses on the bookmark can be used as a good starting point, but there are many, many more places in the Bible where God says who we are.
- 2 If you have time, ask girls to choose one of the “Who Am I” Bible verses from the bookmark. Invite them to represent this characteristic in an artistic way of their choosing. They can choose a visual art (painting a picture, for example), writing a poem or song lyric, or any other way they would like to express themselves.
- 3 If you have time but do not have an artistically creative group, you may wish to use some adult coloring sheets rather than allowing for free creative time. Provide girls with one coloring sheet each and coloring materials and enjoy some relaxing time of fellowship together



Prayer:

God, sometimes we don't think very highly of ourselves. Sometimes we believe the lies people tell us that we aren't pretty enough, or smart enough, or good enough. Forgive us for not seeing ourselves the way you see us – as wonderfully made, as worthy of love, and as your daughter. Help us to see the truth. Thank you for creating us, for choosing us, for forgiving us, and for always – always – loving us. Amen.



Talk About It

Talk About It makes use of Faith Based Facilitation (FBF), which is a way of helping people think, talk, explore and respond to issues in the light of faith. It results in the development of healthier people and communities who enjoy deeper relationships. Please reference the “Talk About It” section of the Introduction to Grow leader’s document prior to starting for an outline on the Faith Based Facilitation model.

SOCIAL MEDIA

Your girls are on social media. Probably a lot. As with many things, social media can be a useful tool and a harmful weapon. Allowing girls an opportunity to discuss the pros and cons of social media use in a safe, faith-based environment will go a long way to keeping them healthy online. As with all Talk About It discussions, be sure to not impose your opinions on the girls. Rather, allow them to draw their own healthy conclusions as they navigate through the discussion.



DISCUSSION OUTLINE

STEP 1: WHAT IS THE ISSUE?

Open with prayer, then introduce the topic by doing one of the following:

- What do we mean by “social media”?
- What types of social media are you familiar with? What types of social media are you currently using? Why?

Test your screen smarts. Answer these true or false questions, taken from The Confidence Code for Girls:

- 90% of teenagers go online every day. (True – Actually, 92% of teens are online every day.)
- 10% of teens say they feel addicted to their phones. (False. 50% of teens feel they are addicted to their phones.)
- Most kids on social media say oversharing isn’t a big issue. (False. 88% think oversharing is a big issue.)
- Most kids think they can be more “themselves” and “authentic” online. (False. 77% of teens think they are less authentic and real online.)
- One-third of all private pictures sent or shared become public. (True.)

Name three or more realities of social media. Some examples may include:

- It can be addicting (getting ‘Likes’ and ‘Follows’ triggers the same response as using an addictive substance).
- It can be a tool to keep in touch with friends and family who live long distances away.
- It can be a strong influencer, both for good and bad



STEP 2: DESCRIBE & ANALYZE

- Elaborate on the issues outlined. Invite girls to share personal anecdotes, knowledge of general behavior, cause and/or consequences.

STEP 3: REFLECT & EVALUATE

- Acknowledging that “social media” is not explicitly mentioned, what Bible stories, themes or principles and/or Christian truths do you think bear on these issues?

Some examples may include:

- 1 Corinthians 10:23-24 “‘I have the right to do anything,’ you say – but not everything is beneficial. ‘I have the right to do anything’ – but not everything is constructive. No one should seek their own good, but the good of others.” Use social media as a tool to help others, not to puff yourself up or to criticize others.
- Matthew 6:19-21 “Do not store up for yourselves treasure on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasure in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” Are you storing up treasures in likes and follows, or treasures in heaven?

Kay, Katty, and Claire Shipman. *The Confidence Code for Girls: Taking Risks, Messing up, & Becoming Your Amazingly Imperfect, Totally Powerful Self*. New York: HarperCollins, 2018.

STEP FOUR: DECIDE & PLAN

In light of this discussion, how should we be using and interacting with social media? Decide on two things you could put into practice.

Here are some strategies from girls to help navigate the world online, taken from *The Confidence Code for Girls*:

- “If I’m mad, I make myself wait before I send anything. Literally, I hide the phone. I eat a snack, jump in the shower, do anything I can to slow down the train in my head.”
- “Don’t post lots of vacation pictures. Like one or two. Nobody likes it when you seem like you’re bragging.”
- “Use all caps CAREFULLY! They can be FUN, or TOO MUCH!”
- “Don’t bother to lie to a friend about hanging with someone else, because it’s too easy to get caught. One photo gets posted and you’re toast. Just have faith in telling the truth.”
- “There’s no way to control what people put out there about you. So just try to control what you put out there about yourself and ask friends to do the same.”
- “Forget quantity; just think about quality! Keep your circle to your true friends; then you can trust them and be yourself!”
- “I say something out loud four times before I hit Send. It helps me to think about how I sound.”
- “Think before you hit Send when it involves a picture. Would you care if your grandma saw it? Or your worst enemy? If you would, then delete it! You never know who could forward what.”



Life Skills

WOMEN'S HEALTH

While it is important for everyone to stay healthy, there are some health issues that affect women proportionally more than men, including eating disorders and osteoporosis. Concerns such as reproductive health, breast cancer, PMS and others are specific to women and girls. Explore together specific ways that girls and women can be intentional about leading healthy lives

OPTION 1

- Create a Women's Health poster or brochure

WHAT YOU NEED:

- Internet access (for research)
- Paper, pencils, markers etc.
- Poster board (if making large posters)

WHAT TO DO:

- Divide girls into groups of two to four.
- Invite girls to select one of the following topics to research:
 - Medical screenings and tests: What procedures will women need from puberty through menopause? What is involved in each procedure? At what age should girls start having them? How often? What are the benefits of each test?
 - Healthy eating: What nutrients are specifically beneficial to women and why? What foods are these found in? Suggest some recipes that would be especially healthy for women.
 - Fads and beauty practices: Think about a feminine fad such as extreme dieting, piercings, wearing cosmetics, wearing high heels, carrying purses etc. Research what health problems girls and women can experience from these practices?
- Give girls adequate time to research their topic and create their poster or brochure.
- Have groups take turns presenting their brochures or posters to the rest of the girls.



OPTION 2

Speak with a health professional

Invite a health professional, such as a public health nurse, from the community to visit your group to discuss women's health. You may want to have the girls prepare some questions in advance.

STAY HEALTHY, GET ACTIVE

OPTION 1

PRACTICE EXERCISING TOGETHER!

Choose from one of these suggestions or come up with your own way to get the girls' bodies moving!

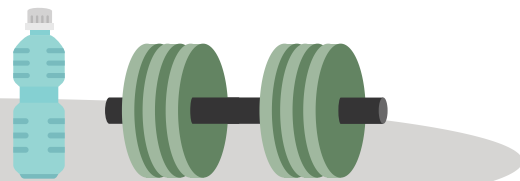
- Go for a jog together
- Visit a basketball court or tennis court in your community
- Get outside for a soccer game
- Do a video exercise program together
- Try WholyFit (<https://www.wholyfit.org/>)



OPTION 2

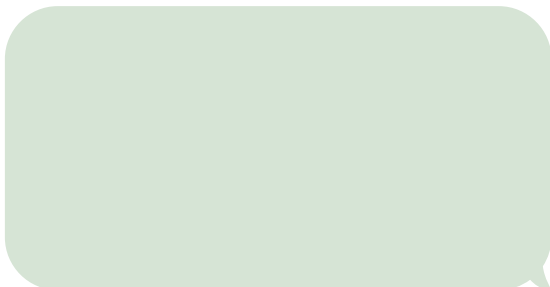
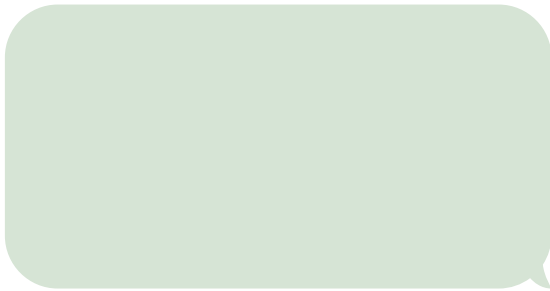
CONTACT A LOCAL GYM OR FITNESS CENTER

Ask if one of the personal trainers would be willing to give the girls a tour and show them some exercises they can do to stay healthy.



Mixed Messages

What do other people say about you?



Downloadable content can be found on www.sawomensministries.org/grow

Appendix 3-B

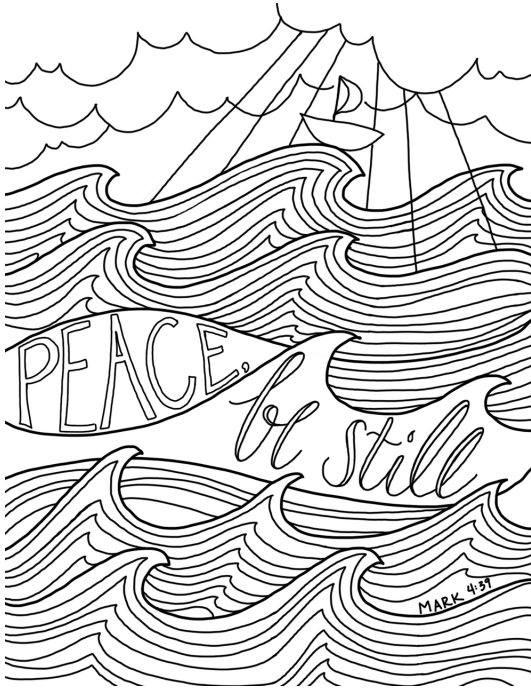
Who Am I?
As a child of God, I am...

- * **Wonderfully Made**
psalm 139: 13-14
- * **Loved**
1 John 3:1
- * **Chosen**
colossians 3:12
- * **Forgiven**
1 John 2: 12-13
- * **Created For A Purpose**
Ephesians 2:10
- * **A Friend of God**
John 15:15

grow

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Appendix 3-C



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