

GROUP GAME IDEAS:

1. NEVER HAVE I EVER

Give each woman 10 items to track their score (pieces of paper, toothpicks, etc). Each woman should think of something she has never done, that other players may have (been married, traveled overseas, etc). Take turns saying: "Never have I ever...(fill in the blank)," If you have done what the speaker has not, you lose an item. Once a player loses all their items they are out. The winner is the last player with items.

2. TRUTH DETECTOR

Each woman thinks about 2 untrue and 1 truthful facts about themselves. Select one woman to share all 3 facts and then ask the group which one is the truth, #1, 2, or 3. Each player holds up their fingers of their option choice. The sharer then reveals the truth and any story behind it. If the other players guessed correctly, they get a point. The player to the right will then take a turn sharing. The winner is the player with the most points.

3. THE M & M GAME

In small groups, give each woman a small bag of M & M's, and take turns selecting a M & M without

GROUP GAME IDEAS CONTINUED

looking and then answering the question connected with the selected color. Print out's of the game can be found online in various places.

MOST IMPORTANTLY...

SPIRIT GUIDED

Sanctify each gathering with prayer, scripture, and the transforming power of the Holy Spirit.

- Often include prayer circles where each woman has the opportunity to pray for her sister next to her.
- Send cards filled with prayers and encouraging scripture.
- As a group, lay hands on a sister who is struggling with a heavy load.
- During times of group sharing, pause and pray over what was just shared before moving forward.

Be sensitive to what is shared and lovingly keep it confidential between our sisters and God.

^{9a}Don't just pretend to love others. Really love them.¹⁰Love each other with genuine affection and take delight in honoring each other.¹⁵Be happy with those who are happy, and weep with those who weep.

-Romans 12: 9a, 10, 15 NLT

THE SALVATION ARMY
NEW JERSEY DIVISION

UNMASK

BUILDING
CHRISTIAN
RELATIONSHIPS
THROUGH
AUTHENTIC
FELLOWSHIP



PRESENTED BY
CAPTAIN SALLY WARREN
DIVISIONAL PROGRAM SECRETARY

SUPERFICIAL OR AUTHENTIC?

When women gather, they tend to prepare to present their best self, hiding all imperfections with make-up, nice clothes, and a smile. When asked, "How are you today," many default automatically to a pleasant response which typically is false.

Opening our lives to our sisters in Christ, will build upon our relationship with God and create a healthy Christian support group connected by the deep love of God. Women will bind closer together as they share, sympathize, encourage, and pray for each other.

So how do you change a superficial culture into an authentic one?

Create genuine, vulnerable relationships through honesty, sharing, and purposeful time.

5 BEGINNING STEPS:

1. TRUE REFLECTION

How do you feel about being vulnerable? What boundaries do you have?

2. TRUST

Be vulnerable and push yourself to open-up, even if it's uncomfortable.

3. THOUGHTFUL CONVERSATION

Be mindful not to just share and dominate conversations. Listen and ask genuine questions.

4. TIME

Be intentional about making time to connect with others.

5. TAILOR ACTIVITIES

Adjust regular group activities to add more personalization.

Example #1:

During Bible Study, add time at the end for each woman to share what the lesson means to them, something new they've learned, or even how it may change their lives.

Example #2:

Add quick ice breaker activities or games to help build authentic relationships.

ICE BREAKER ACTIVITIES:

DOWN AND UP

In a small group, share a tough and a hopeful moment from last week.

FINDING JOY

Find a picture on your phone that brings you joy that is not a human and share about the picture and why it brings you happiness

SELF-REFLECT

In a small group, share one thing you have learned about yourself recently.

SHOW AND TELL

Bring in an item that inspires you and share the story behind it.

3 THINGS IN COMMON

Pair up and find 3 things you have in common.

CAFÉ TIME

Pair up and enjoy a hot beverage and share a memory connected with the beverage or how it makes you feel.