



YEAR 5, MONTH 1

Email

Hello Courageous Mamas ~

We're gearing back up to begin the fifth year of Courageous Girls! This year's curriculum is all about going deeper into God's heart for us and others – I cannot wait to get together. Many of our daughters will be turning 13 this year so let's make this a special year of celebrations. It would be great to have each of you moms write one letter to each of our Courageous Girls; the idea is that we would present these letters to each daughter on her 13th birthday. It's a special way for us to affirm her, let her know God sees her, and remind her that there are many cheering her on! (If your group wants to go a step further, suggest surprising each girl on her birthday with an early morning breakfast run before school in pajamas! Or, come up with another fun tradition that can be carried out for each girl's birthday).

We will also have our purity retreat this year (more to come on that) where we will take an honest and grace-based look at why saving sex for marriage is an important and powerful act of faith, as well as HOW to do this in a culture that defies this practice. Begin praying and thinking about how you want to support your daughter personally on this journey.

We'll meet for our first group gathering and kick off the year together at:

Add meeting dates, times and locations here for your group.

This Fifth Year Curriculum will go deeper into discussions around friendship, digital health, racism, privilege, boundaries, conflict resolution, boys, purity, pornography, social media, etc. Time will be spent engaging in activities, celebrations, and honest dialogues about brokenness. Our girls feel the loss in this world and are starting to awaken to their own pain. We will equip them (and ourselves) with how to move through, instead of simply around the realities of being a middle school girl in this world.

Our first month's topic of conversation will focus on TIME BUDGETING. We all know that time is of great value. Despite this, many of us spend it frivolously or, just the opposite, we hoard our time out of fear that we don't have enough of it. Come ready to learn as we walk our girls through this life skill. The middle school years and your mother/ daughter relationship will be better for it. Get ready because it's going to be a great year!



In the meantime, here's a list of what to bring to the next meeting: (Add to this list based on the Materials listed on the Lesson Outline for the meeting.)

- Bible (You and your daughter can each bring your own or share one together.)
- CG Notebook or Journal
- CG Memory Verse Notecard Ring
- An open heart, ready to participate

See you soon!



YEAR 5, MONTH 1

Lesson

Part I. Prepare

Topic: Time Management: God's Timing

Key Verses:

Psalm 90:12 "Teach us to number our days, that we may gain a heart of wisdom." (NIV)

Key Take-Away:

Time Budgeting is a skill that most adults have a hard time with, but as a Courageous Girl, you are growing intentionally in your relationship with God and others. Learning how to take responsibility for our time and how we spend it (like money), is a maturing process. Only God knows how much time we have in this life, so to use it wisely and with His purposes in mind is truly a key to living life whole.

Important notes for this meeting:

Recognizing that many moms may not have this skill in place, this lesson is truly for both moms and daughters as we learn how to think intentionally about communication, planning and preparing for the year. Many middle schoolers are learning how to juggle all their "real" responsibilities with less control from adults. It is vital to give them the tools to practice healthy patterns early in their life. This is a fun lesson, but do not dismiss it as a "less important" spiritual skill. In fact, learning how to budget our time wisely and developing good rhythms of work, play, rest, and times of solitude are vital to growing in our walk with God and others. It is also key to learning how to move through the changes in life.

Materials needed for this meeting:

- Bible
- CG Notebooks (1 per daughter)
- Printable: Time Budget Wheel & Priority Circles Handouts
- Colorful Markers or Colored Pencils

- Optional: Demonstrate a calendar app or purchase inexpensive planners for the girls

Mom Prep: Talk specifically with your daughter about how to plan for this first meeting two weeks before, modeling how important it is to look ahead. Pray together and ask God to guide you. Ask your daughter what she would like to do to contribute to the lesson.

Daughter Prep: Take time to read through the lesson and decide which piece you will be ready to own and lead for the group. God wants to use you to encourage and uplift your CG group this month. Practice good time management as you prepare for this lesson.

Part II. Lead

First 15:

Gathering time. Welcome everyone. Grab a snack if your group is providing that. Remember, water and a simple snack are best; keep it simple! Gather your group together in a circle (or as close to a circle as you can make). Make sure there is room for everyone and that everyone can sit comfortably where they are at. It is not necessary for you to be seated at a table, but you may choose that option. If this is your first meeting of the year, take time to go around the room and have the moms and daughters share a high from their summer.

Let's Go 70:

This is the heart of your gathering time. Use the following outline to help guide you in this process, but don't feel bound by it. Take some time with the material before you lead so that you can adapt things to best meet your group's needs. The action steps are in bold.

1.Open in prayer.

2.Ask: What is the hardest thing about managing our time?

Ask: Why is learning to manage our time wisely even important? Why do you think God even cares about this?

Define Time Budgeting: Similar to budgeting money, time budgeting is when you take time to assess the time you have and where you want to spend it



based on prayerful consideration of your priorities. It requires skills, practice, and intentional ways of seeing time as a value to be used by the power of the Holy Spirit.

3. Have the girls update their Bible verses by adding this month's new verse:

Psalm 90:12.

4. Divide up and read: Have the moms and daughters split into smaller groups. Assign one or two of the following Bible verses to each group. Ask moms and daughters to consider the idea of time management as they read these verses. How do these scriptures apply to the topic and what are we to do with the wisdom in these passages? Each group should choose one girl to read her group's verses out loud once the large group re-convenes. Choose another girl who will be willing share some of the key points your group discusses.

Ephesians 5:15-17; James 1:5; Proverbs 27:12, Proverbs 16:9; Matthew 6:33;

Ecclesiastes 3:1; Psalm 37:5

5. Gather the group and read aloud: "Time is your most precious gift, because you only have a set amount of it." - Rick Warren

6. Large group sharing: Allow time for each group's representatives to share about their discussions.

Some ideas that might come up in the discussion:

- There is a season for everything, so we can trust the process of our lives.
- God knows what He is doing.
- God is the one whose plans prevail. Our plans are written in 'pencil'.
- We are to be wise with our time.
- How we spend our time can impact others in a positive or negative way.
- Planning is good, but talking to God first is even better.
- The times are "evil," so be purposeful with the time we are given and work to understand God's priorities for us.
- It is important to plan, but we are also called not to worry about tomorrow; instead, focus on today.
- We can ask God for wisdom about how to spend our time and He gives it.
- God wants to teach us to use our days wisely for greater purposes.



- The goal is not to be busy, but to gain relationship with God, others, and to participate in His mighty plans.
- God uses everything to shape us and to draw us to Himself.
- Asking Him what He wants for our days is key.
- When we budget our time, we have less stress and have good self-care.

Make the Point: Time is a value to God. He wants us to come to Him and to discuss our schedules, how we spend our time, and who we spend our time with. He has a plan for us, and considering our time is a part of His equation. Being a good steward of the time He gives us is part of being courageous.

This activity is meant to be a connection between moms & daughters, as well as a way to start fresh. So often we have “great intentions” to do so many things with our time and talents that we lose sight of the the main thing in the midst of all the busyness. This will begin a process of seeking first the Kingdom, committing our ways to God, and asking Him for wisdom on how to number our days. He is the one who does His work through us when we offer Him our time.

7.Partnered Activity: Send moms and daughters off in different areas of your gathering space to do this exercise together. It will take some time since both moms and daughters will be doing their own wheels.

Activity Steps:

Using colorful markers, write a list all the things you have to do in your life today (i.e. chores, hours of homework, time with God, time with family, time with friends, extra curricular activities, sleep, media, phone, etc.) on a sheet of scratch paper. Then, use the pie graph on the Time Budget Wheel Handout, provided (this can be found in the Lesson Printables) to show what portion of your week is spent doing each of the things on your list. Discuss the various ways you spend your time. Moms, try not to make this a time of correction, but rather a time of gathering information together, looking at the reality of what is, and allowing both you and your daughter to see a visual of how you each spend your days right now. Both moms and daughters should complete their own wheel.

Next, look at the Priority Circles Handout and see if you can place the ways you spend your time in each of the priority circles. Notice which of the ways you spend your time do not have a home in your priority circles.



Share with each other in gentleness - ask honestly if either of you see something missing from the time budgeting wheel or something missing or askew on the priority wheel. This will be helpful accountability and a reality check for both of you.

Pray with your daughter and ask God for wisdom. Ask if there is anything you need to give up or begin doing in order to live out of your priorities that are aligned with being in relationship with Jesus? Have your daughter do the same. Discuss what ways you can help encourage and support one another in practically applying this.

8. Gather the group & share:

- ◆ What did you notice the most about how you are spending your time?
- ◆ Do you think you are spending your time wisely? Why or why not?
- ◆ Do you think you need to change anything about how you manage your time?
- ◆ What do you notice about your priorities?
- ◆ Does your time budget reflect your priorities?
- ◆ Has anyone heard God whisper to you about something He wants you to prioritize?

Make the Point: It's important to note that Jesus was a very busy guy. He had lots to do, lots of people to heal, places to go, and I am sure He was tired at times. Jesus models how to stay focused on His Father's business by pulling away and going to have quiet time with God, the Father, before He starts His days. People were looking for Jesus and wanted him to come help them, but Jesus said "no" and went on His way because He knew what He was suppose to be doing. If we want to live with purpose, meaning, and fulfillment in our lives, it is important for us to pull away and to check in with God. He wants to show us what He has planned for our lives and how to spend our days, right now in middle school. This time is not a journey to somewhere else.

This is the journey. You are living the life you were given now for such a time as this. God is already using you today. He is growing your talents and shaping your character every day as you move through your life. He cares about all that you are doing: homework, listening to music, reading, after school activities, your friends, you name it. He wants to use it all for His glory and to draw people to His heart of grace and love. If there is anything in your life that is pulling you away from God, rather than toward Him, consider letting it go. If there is anything that you do not have peace about, and are



only doing because others are doing it, or you feel you are “supposed” to do it, let it go. Discuss this with your mom regularly. Time management is never a one-stop fix; rather, it is a constant re-aligning with God that we must do consistently and forever.

9. Pair/Share: What is one thing that stood out to you the most today? What action step do you want to take this month around your time? Commit to praying together.

Getting to the HEART of the issue: Time budgeting means that we intentionally look at our calendars and plan time for God, self-care, family, friends, serving, rest, play, etc.. All our plans are written in pencil, as we know God is in control and being flexible can be a powerful asset when things don’t go as planned. Remember that God worked hard for 6 whole days when He created the world and He said it was good (not excellent), and then rested on the 7th day. We are given a gift and called to do the same thing!

SKILL TO PRACTICE: Write out your “to-do” list for the week and include a quiet time, rest time, play time, work time (school & commitments), family time, and “margin” in your week. Then schedule these in your planner or calendar accordingly.

Final 5:

Gather everyone back together to wrap up the meeting. Circle up and have your daughter pray over this sweet tribe that has come together. Make sure to dismiss on time; it is extremely important to honor everyone’s time, especially those that desire structure and schedules.

Suggested Homework for the Month: Take your Priority Circles Handout and spend time asking God if anything needs to be added or deleted in the circle. Recommit to having a regular check in time with God, reading His Word and journaling about your days. This is a powerful way to learn how to number our days and receive His wisdom for our lives. Consider scheduling one month at a time, making sure you navigate having solitude or rest, play, work/school, and spiritual connections.

Part III: Reflect and Connect

Email out the ‘Suggested Homework for the Month’ (printed above; do this even if you printed it out already for your group) and possibly the encouragement below.

This is a big year for the girls. For most, the groups are well established and hopefully



you can take more risks as moms and daughters and among friendships in the group. Expect that there will be more dialogue and leadership from the girls this year. We will begin to hear their own unique voices emerge as these girls apply their CG foundation to the reality of their middle school years. Pray. This is a significant year, as we will be touching on purity, celebrating 13th birthdays, discussing justice issues and dealing with brokenness with our peers and within ourselves. The girls are growing up and we can trust the relationships we have built over the years a little more now. Lean in and ask for help when needed. Remember, you are not alone in this, mama! You are not alone.



Activity Steps

STEP 1

Using colorful markers, write a list all the things you have to do in your life today (i.e. chores, hours of homework, time with God, time with family, time with friends, extra curricular activities, sleep, media, phone, etc.) on a sheet of scratch paper.

STEP 2

Then, use the pie graph on the Time Budget Wheel Handout, provided (this can be found in the Lesson Printables) to show what portion of your day is spent doing each of the things on your list. Discuss the various ways you spend your time. Moms, try not to make this a time of correction, but rather a time of gathering information together, looking at the reality of what is, and allowing both you and your daughter to see a visual of how you each spend your days right now. Both moms and daughters should complete their own wheel.

STEP 3

Next, look at the Priority Circles Handout and see if you can place the ways you spend your time in each of the priority circles. Notice which of the ways you spend your time do not have a home in your priority circles.

STEP 4

Share with each other in gentleness - ask honestly if either of you see something missing from the time budgeting wheel or something missing or askew on the priority wheel. This will be helpful accountability and a reality check for both of you.

STEP 5

Pray with your daughter and ask God for wisdom. Ask if there is anything you need to give up or begin doing in order to live out of your priorities that are aligned with being in relationship with Jesus? Have your daughter do the same. Discuss what ways you can help encourage and support one another in practically applying this.

