



YEAR 6, MONTH 1

Email

Hello Courageous Mamas ~

We're gearing back up to begin the sixth year of Courageous Girls! This year's curriculum is all about preparing our girls for the high school years, discussing peer pressure, accountability, and relationships more specifically. We will focus on "keeping the main thing the main thing," as we address the lies we believe about God and ourselves and replacing those with truth. Our discussions will continue to cover healthy communication, emotional regulation, friendship, body image, social media and true courage. Identity formation is naturally happening during a daughter's teen years. This will continue to point her toward her true identity while reinforcing the love, grace and the truth of God. By now, a strong foundation of trust, authenticity and community has been established in our CG group and with our own daughters. We want to keep allowing our daughters to come to us with their authentic struggles.

Let's continue to have real and honest conversations with each other as we continue to grow in grace for ourselves and our girls this next year. 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.

I know our lives get so busy during the school year. Just a quick reminder to prioritize these gatherings, as our daughters need these special times with us moms. However, if you know you need to miss, make sure you let us know and we will make sure we pray for you both.

Our first month's topic of conversation will focus on the truth "I am...Never Alone".

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
- Flashlight (for a game of sardines)
- An open heart, ready to participate

See you soon!



YEAR 6, MONTH 1

Lesson

Part I. Prepare

Topic: I am...Never Alone

Key Verses:

Deuteronomy 31:6 “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

Key Take-Away: It is normal and more common than we think to feel alone. In fact, in many cases we are literally alone, humanly, because we are scared to let others into our true thoughts, feelings, and actions. However, even in our darkest moments, God is there. God’s Word reminds us that no matter what we are facing in life, we are NEVER alone. This is an amazing truth that every believer, young and old, needs to be continually reminded of. A courageous girl remembers that God is with her, in her, and for her, cheering her on every step of the way; she can then have courage to reach out to those around her, including her mom, dad, and Courageous Girls family.

Important notes for this meeting: This is going to be a fun night to launch the sixth year. Many of the girls are facing real pressure in their worlds, and though they may be “okay,” there is a hidden world (inside) that they wrestle with daily. Some girls are starting to experiment with behaviors that may be outside of who they are and who they were raised to be. Having girls process with their moms one-to-one is a vital part of this season. The group dialogue will be rich, but make sure you give ample time for personalized dialogue between moms and daughters so that each daughter’s heart is heard by her mom in a safe environment.

Materials needed for this meeting:

- Bible
- CG Notebooks (1 per daughter)
- Video “Battle at Kruger” - <https://www.youtube.com/watch?v=LU8DDYz68kM>
- Love Letter from God

- Sardines Instructions
- Flashlights (one per person) - ask moms and daughters to each bring one.
- Pretty paper & pens
- 2 calm songs for background music during writing activity

Mom Prep: Year 6 is a new season. At this stage of the curriculum, we are hoping (not expecting) that the girls will lead the lessons and the moms will help guide the prep and process. Each daughter is at a different place, and though the middle school years are highly self-conscious years, CG groups are a place to practice being oneself and trying on new mannerisms without judgment, criticism, or rejection. This is a tall order, but some girls will be ready for this and there is grace for those that still want a lot of mom's help to lead.

Daughter Prep: Take time to read through the lesson. Find a section of the lesson you are ready to lead and prepare with your mom so you feel confident. Pray together prior to the meeting.

Part II. Lead

First 15:

Gathering time. Welcome everyone. Grab a snack if your group is providing that. Remember, water and a small 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. It is not necessary for you to be seated at a table, but you may choose that option. If it's the first time back together after a summer break, have everyone share an experience from their summer to reconnect.

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.Share: Every human being experiences the feeling of being alone. Did you know that the number one goal of the enemy is to isolate us and make us feel like no one understands, no one knows us, and that we need no one else but ourselves?

The root of many of our struggles is that we believe the idea that we are all alone and that no one else understands the pain, struggles, thoughts, feelings, or experiences we have. In fact, we even believe God doesn't "get it." When we believe we are alone, and that no one cares, it is easy to isolate ourselves, and that is where the real danger lies.

3.Read and Highlight the following two verses in your Bibles:

- John 10:10 "The thief comes only to steal and kill and destroy, but I (Jesus) come to give life, life abundantly."
- 1 Peter 5:8 "Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour."

4.Review:

WHAT IS THE LIE?

I am alone.

WHAT IS THE TRUTH?

We are never alone.

* We must tell ourselves the Truth over and over until we believe it!

5.Ask the Group:

- ➔ Do you ever feel alone?
- ➔ If so, when do you feel alone?
- ➔ Why do you think you feel alone at times?
- ➔ Why do you think loneliness is such a powerful feeling?
- ➔ Why does the enemy want us to believe we are alone?

6.Pair/Share: Turn and talk to your mom about a time you felt alone. Explain why you felt this way. Moms, just listen and mirror back what is shared. If you can validate and



empathize, go ahead and do that. The point is to give her a chance to identify a time she felt she was alone and to trust you with that part of her story. If there is still time, moms can share a time they felt alone too.

7. Watch the Video (8.25 minutes): Battle at Kruger
<https://www.youtube.com/watch?v=LU8DDYz68kM>

8. Discuss what the group noticed in this video. Here are some questions to get you started:

- ➔ Who do the lions focus on? (They go for “isolated” baby buffalo.)
- ➔ Why do you think this is their strategy? (Singletons are weaker/easier victims because they are apart from the rest of the pack/tribe/herd/group/etc..)
- ➔ What did you notice about the baby buffalo? (It survived the attack.)
- ➔ How did the buffalo battle the lions? (In numbers. They didn’t leave the buffalo to die. They fought for the baby buffalo even though the bystanders thought it was “too late.” It’s never too late to do the right thing.)

9. Have the girls update their Bible verse notecards with this month’s new verse: Deuteronomy 31:6. Read the verse out-loud.

10. Divide up into two smaller groups. Discuss what truth this verse teaches us about when we feel alone. Select a spokesperson that will share with the large group in a few minutes:

◆ Ask GROUP 1 to discuss the following: Why was God reminding his servants (Moses and Joshua) to be strong and courageous? (The group might want to explore the context of Deuteronomy 31:6 and Joshua 1:9 to fully understand this.) What were they facing when God said these words? How might you relate?

◆ Ask GROUP 2 to discuss the following: What does this scripture tell us about the Holy Spirit and His presence of love in us and around us? Do we always FEEL His presence? Why or why not? What can impact this in your daily life?

11. Turn and have a spokesperson from each group share with the large group:



- ➔ What main idea did your group take away from your discussion?
- ➔ How do we apply these truths to our own lives today? Give specific examples.

Make the Point: Feeling alone is normal. Everyone feels this way at some point. Even the leaders in the Bible and many of the most “godly” characters of our faith felt loneliness at times. The ONLY difference between those who find victory in aloneness and those who end up hurting themselves and others is this: When we feel alone, we REFUSE to believe the enemy’s lie that we are alone and CHOOSE to believe what God says instead. We are never alone. We turn toward His lasting and ever-present help. Ask the Holy Spirit, who dwells in every follower of Jesus, to remind you of the Truth. Then, ask for help from your group of “buffalos” – your mom (family) and Courageous Girls group – to help you fight back with the sword of Truth (Ephesians 6:17). It’s never too late to fight back. Never.

12. Ask: When you are alone, what do you need from others to help you make it through the feelings and thoughts and temptations? Have moms and daughters share ideas that help them get through harder seasons of life.

13. Activity: Alone with My Thoughts

- ◆ Play soft music in the background.
- ◆ Hand out paper and pens to each person (moms and daughters - some might choose to write in their journals).
- ◆ Read this to the group:

God often wants to remind us of how He feels about us when no one else is around us is reminding us of these truths. We are going to practice listening to the Holy Spirit. Take a moment to write a “love letter” from God and ask Him to speak to your Spirit. Write down whatever comes to you and trust that it is what you need to hear today as a reminder that you are his daughter, loved as you are and never alone in all your emotions, thoughts, behaviors, and circumstances.

- ◆ Take 3-5 minutes (the length of 1-2 songs) to “listen” to the Holy Spirit stirring inside your heart.
 - ◆ Write down anything the Spirit communicates to you during this time of listening.
- Close your eyes if it helps you listen. Your journaling might not even include words.



It might just be drawings, symbols, letters, numbers, one repeated phrase, etc.

◆ Try not to limit this time or define how it should end up. Whenever one is done, remind the group that if they did not get anything specific to write down, that does not mean anything other than silence can be a way to closeness as well. Other ways God communicates to us is by His Word, through creation, or through people.

◆ After everyone is done, hand out a copy of the "Love Letter from God," provided in the Lesson 6.1 Handouts. You or your daughter will read the love letter to the group as others tape them into their CG notebooks. Note that all these lines are from scripture where God tells us how He sees us. Put a copy of this letter on your mirror or wall to see each day.

14. Pair/Share: Share a take-away from today's discussion with your mom/daughter.

Getting to the HEART of the issue: You are never alone (even if you feel like you are). The Holy Spirit (the perfect counselor) is with you always and you have a community of family and friends you can ask for help from. They will fight for you.

15. Play Sardines (inside or outside, time allowing): Play a game of sardines to remind yourself that even when you feel alone, the Holy Spirit is always present with you. Your flashlight is like the Holy Spirit; notice the difference you feel when you are with a group as compared to when you are all alone. This activity is a fun and a powerful example for moms and daughters to be reminded of the power of community and the importance of having God's LIGHT within us.

Final 5:

Gather everyone back together to wrap up the meeting. Circle up and 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:

Memorize a scripture together with your mom (or perhaps your entire family).

Sometime in the next month, find a song (both mom and daughter) that helps you



remember God's truth when you feel alone. Music has a powerful way of helping our emotions move in both negative and positive ways. Be aware of what you are filling your mind and soul with by reviewing your favorite playlists - pay attention to the messages you are feeding yourself in the songs you choose to listen to. Find a song that brings you closer to the hope of God's presence and power in you! Share your songs with one another before the next CG meeting.

If you want to take it a step further, give the "Love Letter From God" to your daughter's dad (step-dad, uncle, or grandfather) to pray for your daughter. Written by Dr. Michelle Watson, founder of the Abba Project, radio program the Dad Whisperer, and author of, *Dad, Here is What I Really Need from You: A Guide for Connecting With Your Daughter's Heart*, this prayer speaks God's heart over our girls and invites dads to lead their daughters well. It is an invitation to let the safe men go deeper into your daughter's life by covering her with God's heartbeat. Simply click here to find: "Love Letter from God" in electronic copy.

It is very important that this NOT be read to your daughter by a man who may be unsafe or untrustworthy in her life. If her "father figure" has hurt her emotionally, verbally, physically or sexually, it is not wise to have her associate his actions with God's love for her. That can be very confusing to her. Often times, abusive father figures negatively effect girls while growing up, leading to complex and confusing theology about God, the Father, whom they have associated with their own human fathers. Be wise with whom you choose to give this letter to, and yet, pray about allowing someone to join you in praying over your daughter in this powerful manner.

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). Remind all the moms that this group is meant for them as well as their daughters and to be strong and courageous to ask for help, prayer, and an ear to listen when temptations to isolate themselves arise. If we as moms practice reaching out, our daughters are more likely to as well.



Love Letter From God

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Here is a prayer you can pray over your daughter that will not only will bless her through you, her earthly dad, but it will also build a bridge for her to believe these words of truth from her Abba Dad, her Heavenly Father. This letter is written as if she was hearing it directly from God as a Father to her.

My Treasured Child...

I love you more than words can say, so much so that I sent my Son to give you this message in person, in the flesh. You are loved out of the overflow of my heart and I formed you not only to receive my love but also to reflect my love to the world. You are my image-bearer and I made you just the way you are for a purpose. My purpose for you will unfold over time. Be patient as I reveal it. I promise to carry on to completion the good work that I have begun in you.

I created you before you were even born, knitting you together in the way that is perfect for you. All the unique things about you that make you one-of-a-kind are my marks to set you apart. I didn't miss one detail or make one mistake when I formed you. I have numbered every hair on your head and I delight in the distinctive things that make you, you. I see you through the lens of my Son Jesus and I thoroughly enjoy you! Never stop being who I created you to be.

The walls of your life are always before me and I continually have your best interest in mind. Regardless of how things may seem, I am always working things out for good. Trust me fully. You bless me when you trust me completely.

Let go of your anger towards me from times when you have concluded that I didn't love you because I didn't do things the way you thought I should. I have promised that I will work out all things for good and I always keep my word. My timetable is not yours and my ways are not yours. You can rest in knowing that my plans are always guided by my love for you. I have sealed that promise with the gift of my Holy Spirit whom I sent to whisper truth to you while reminding you of my unconditional love, coupled with my Son whom I sent to walk alongside you.

I will never abandon you. I will never reject you. I will never lie to you. You are my offspring and my heir. Keep watching to see what I have ahead for you. I have more in store for you than you could ever imagine or dream.



Stay close to my side as my will for you unfolds.

Let me hold your anxieties and worries about the future. Let me hold your regrets and pain from your past. Let me support and strengthen you in the present. Let me carry your burdens for you. I did not design you to tow heavy weights. I want you to thrive and to live freely---animated and motivated by my Spirit.

I am always here, ready to listen. Tell me your cares, your worries, your fears. You have my ear 24/7.

I delight in hearing the sound of your voice when you talk to me and call out to me. There is no one like you. No one else can take your place. I long to connect with you at a heart level, communicating and dialoguing---Father to child, child to Father. I look forward to the day when we will see each other face to face. And until that day comes, rest in my love.

Love,

Your Abba Father Dad

