

# Girls Only

9th-12th grade

## Addiction

**Memory Verse:** "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your body" (1 Corinthians 6:19,20).

**Central Truth:** God lives in me! I need to take care of my body (His temple).

### Discoveries:

- What does it mean to be God's temple?
- What is addiction?
- How do drug addictions start?
- What are some other substance addictions?
- Can an activity be an addiction?
- What can I do to help someone with an addiction?

## Attitude

**Memory Verse:** "You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness" (Ephesians 4:22-24).

**Central Truth:** My attitude should be made new as I strive to be holy and righteous.

### Discoveries:

- If I'm doing the right things, does my attitude really matter?
- What should be my attitude toward God?
- What should be my attitude toward others?
- What should be my attitude toward myself?
- How can I guard my attitude?
- Can my attitude really change?

## College and Career

**Memory Verse:** "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight" (Proverbs 3:5,6).

**Central Truth:** If I trust in God, He will show me what to do with my life.

### Discoveries:

- How do I acknowledge God in all my ways?
- How does acknowledging God direct my path?
- Why is training important?
- Why is attending college important?
- What if I realize I don't like my career choice?
- Will God ever change my career?

## Competitive Activities

**Memory Verse:** "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever" (1 Corinthians 9:24,25).

**Central Truth:** The lessons I learn in competition can be applied to my spiritual life.

### Discoveries:

- Should a Christian participate in competitive activities?
- How important is winning?
- How do I deal with "dirty" players?
- How can I witness through participation in competitive activities?
- How do I develop a healthy attitude toward participation in competitive activities?
- What's my ultimate competition?

## Creation vs. Evolution

**Memory Verse:** "For since the creation of the world God's invisible qualities — his eternal power and divine nature — have been clearly seen, being understood from what has been made, so that men are without excuse" (Romans 1:20).

**Central Truth:** I can know that God exists simply by looking at creation.

### Discoveries:

- Why is believing in creation important?
- Can both creation and evolution be true?
- How does nature give evidence of God?
- Does science support evolution?
- Do the fossils prove evolution?
- Where did the different races come from?

## Dating

**Memory Verse:** "Now this is our boast: Our conscience testifies that we have conducted ourselves in the world, and especially in our relations with you, in the holiness and sincerity that are from God. We have not done so according to worldly wisdom but according to God's grace" (2 Corinthians 1:12).

**Central Truth:** When I follow God's guidelines in my relationships, my Christianity will not be compromised.

### Discoveries:

- What is dating?
- When will I be ready to date?
- What qualities should I avoid in a date?
- What qualities should I look for in a date?
- How do I avoid becoming physically involved?
- How do I handle breaking up?

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## Family Relationships

**Memory Verse:** “Children, obey your parents in the Lord, for this is right. ‘Honor your father and mother’ — which is the first commandment with a promise — ‘that it may go well with you and that you may enjoy long life on the earth’” (Ephesians 6:1–3).

**Central Truth:** God promises to bless me if I obey my parents.

### Discoveries:

- How should I treat my parents?
- How should I treat my brothers and sisters?
- What if my parents aren’t Christians?
- What if my family isn’t perfect?
- How can hurts caused by family members be healed?
- Does putting Jesus first mean forsaking my family?

## Finance

**Memory Verse:** “Store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also” (Matthew 6:20,21).

**Central Truth:** I will honor God with my money.

### Discoveries:

- Why does God care what I do with my money?
- Why should I tithe?
- What should I do with the rest of my money?
- What is credit?
- What if I really mess up my finances?
- What should be my attitude toward money?

## Fit For Life

**Memory Verse:** “For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come” (1 Timothy 4:8).

**Central Truth:** Both physical and spiritual fitness are good for me.

### Discoveries:

- What’s the big deal about fitness anyway?
- What? A candy bar for breakfast isn’t enough?
- What if I don’t have time for exercise?
- Who needs rest?
- What else can I do to be fit for life?
- What does my spiritual life have to do with my physical fitness?

## Friendship Factor

**Memory Verse:** “Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up” (Ecclesiastes 4:9,10).

**Central Truth:** It’s better to have friends than to be alone, for friends help each other in times of need.

### Discoveries:

- What’s a friend for?
- How can I gain and keep friends?
- How can I be a helper to my friend?
- What are my responsibilities to my friends?
- How do I deal with conflict in my friendships?
- Who is my Best Friend?

## Home Management

**Memory Verse:** “She watches over the affairs of her household and does not eat the bread of idleness” (Proverbs 31:27).

**Central Truth:** God wants me to take care of my home, and to honor Him in my home.

### Discoveries:

- Where will I live?
- What do I need to get started?
- How do I take care of it?
- How can I furnish and decorate my place on a small budget?
- Who will I live with?
- What can I do now to prepare?

## Know Your Talents

**Memory Verse:** “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’” (Matthew 25:21).

**Central Truth:** I should use my talents for God’s service.

### Discoveries:

- What are my talents?
- What are my strengths and weaknesses?
- How can I develop my talents?
- How can I glorify God with my talents?
- Is it possible to waste my talents?
- How should I treat others whose talents are different than mine?

## Managing Stress

**Memory Verse:** “Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not faint” (Isaiah 40:30,31).

**Central Truth:** If I trust in the Lord, He will give me strength to endure all my trials.

### Discoveries:

- What is stress?
- What causes stress?

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## Managing Stress, continued

- How can I respond to stressful situations?
- How can I reduce the stress in my life?
- How can I set good priorities?
- How can I improve my self-esteem?

### Part-Time Job

**Memory Verse:** "Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ. Obey them not only to win favor when their eye is on you, but like slaves of Christ, doing the will of God from your heart" (Ephesians 6:5,6).

**Central Truth:** I should respect my supervisors and employer and work for them as though I am working for the Lord.

#### Discoveries:

- Why do I want a job?
- How do I get a job?
- What are my options for a part-time job?
- How many hours will I work?
- How can I do my best on the job?
- How can I be a witness in my workplace?

### Personal Appearance

**Memory Verse:** "Your beauty should not come from outward adornment, such as braided hair and the wearing of gold jewelry and fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight" (1 Peter 3:3,4).

**Central Truth:** Both my inner and outer beauty are important.

#### Discoveries:

- How does the outside reflect the inside and vice-versa?
- What is beauty?
- How do I make an appearance?
- Do I respond to others based on their appearance?
- Am I happy with the way I look?
- How can I improve my appearance? (Tips on personal hygiene and beauty)

### Preparing for Marriage

**Memory Verse:** "At the beginning of creation God 'made them male and female. For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.' So they are no longer two, but one. Therefore what God has joined together, let man not separate" (Mark 10:6-9).

**Central Truth:** God meant for a man and woman to be joined through marriage, and that marriage should be lasting.

#### Discoveries:

- Is marriage meant to be permanent?
- How can I find the right marriage partner?
- What does it mean to be a godly wife and mother?
- What does it mean to be submissive to my husband?
- Can I marry an unbeliever?
- What can I do now to prepare myself for marriage?

### Pro-Life vs. Pro-Choice

**Memory Verse:** "You created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made" (Psalm 139:13,14).

**Central Truth:** I am made in God's image. My life is sacred.

#### Discoveries:

- Why is my life sacred and what does that mean?
- What if I don't believe life is sacred?
- Is abortion ever right?
- What are the effects of abortion?
- Can God forgive someone for the abortion she's had?
- How can I take a pro-life stand in a pro-choice world?

### Sexual Purity

**Memory Verse:** "It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable" (1 Thessalonians 4:3,4).

**Central Truth:** Sex is a good thing that God made for me to enjoy only with my husband.

#### Discoveries:

- Is sex good or bad?
- What should my standards be?
- Why do I need to wait until marriage?
- What's the difference between love and lust?
- What if I'm really tempted to have sex before I'm married?
- What if I've already made a mistake?

### Standing Firm

**Memory Verse:** "Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and sympathy to Daniel" (Daniel 1:8,9).

**Central Truth:** If I determine in my heart to stand firm for God, He will honor me.

#### Discoveries:

- What is peer pressure?
- Why should I stand firm?
- How can I overcome peer pressure?
- What if I give in to the peer pressure?
- When is it necessary to stand firm?
- How can I help my friends stand against peer pressure?

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## Time Management

**Memory Verse:** "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed" (Mark 1:35).

**Central Truth:** I must manage my time effectively — following Jesus' example.

### Discoveries:

- What is your focus?
- Does giving God time give me more time?
- What should I do next?
- What can I learn from Moses?!
- How do I stay motivated?
- Who is my Prime Example?

## Truth

**Memory Verse:** "All your words are true; all your righteous laws are eternal" (Psalm 119:160).

**Central Truth:** I will live by God's truth, as revealed in the Bible.

### Discoveries:

- What is truth?
- Why should I believe the Bible?
- Will the Bible help me choose what to believe?
- How can I know what's true and what's false?
- Why is tolerance of sin wrong?
- How will my beliefs be tested?

## Will of God

**Memory Verse:** "Since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God" (Colossians 1:9,10).

**Central Truth:** God wants me to know His will and live to please Him.

### Discoveries:

- What is God's will for me?
- How can I obey God's will?
- If I'm in God's will, why do things go wrong?
- How do I know if I am asking according to God's will?
- How do I know that I'm praying according to God's will?
- What if I disobey God's will?

## Witnessing

**Memory Verse:** "In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven" (Matthew 5:16).

**Central Truth:** I must be an example of God's goodness so others may see Jesus in my life.

### Discoveries:

- Why be a contagious witness for Christ?
- How do I witness to people of other religions?
- Where do I witness?
- How do I let my light shine?
- How can I turn conversations toward Christ?
- Can everyone be saved?

## Women in Ministry

**Memory Verse:** "'I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions. Even on my servants, both men and women, I will pour out my Spirit in those days'" (Joel 2:28,29).

**Central Truth:** God uses men and women to be His ministers.

### Discoveries:

- When God created women, what did He have in mind?
- How did the Fall affect women?
- How did God use women ministers in the Old Testament?
- What did Jesus think of women?
- How did God use women ministers in the New Testament?
- What about the verses that seem to restrict women in ministry?

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