

JUST US GIRLS VOLUME II:
LEADER GUIDE

BEFORE IT ALL STARTS

1. **Plan your environment.** Girls like casual. Somewhere they can tuck their socked feet under them and get comfy. But not too comfy! You don't want them dozing, especially if you meet at night or in the late afternoon. Even if you just circle up on the floor, it's good for them to feel like you're on their level while still being their leader. If it's at all possible, make your environment fun, relaxed, and casual. This causes the girls to feel more comfortable and let down their walls.
2. **Consider food.** What do teen girls respond to? Food. Chocolate. Snacks. Let there be food. Decide whether you're going to serve food before after. Do not serve food during Bible study. Here there be dragons. There's nothing more challenging to a teacher than competing for a kid's attention against a KitKat. And if you've come into contact with a middle school girl lately you know that she will not just eat the KitKat as loudly as she possibly can while you are trying to impart the Words of Life. She will then proceed to rip the KitKat wrapper into a million pieces, distracting everyone and littering the sanctuary floor. Just don't go there. Also keep in mind that most girls of middle school age haven't learned sugar limits yet. Monitoring how much sugar you're pouring into a room full of pre-teens is always a good idea. Having food isn't an absolute must, but let's face it. It's their love language.
3. **Use Your Resources.** Each girl will need a copy of *Just Us Girls II*, a Bible, a journal, and a pen. You can ask them to bring these things, or you can buy them in bulk and provide them for the girls. You can find a multitude of free resources on my website:

authorhannahduggan.wordpress.com

You can print out memory verses, download fun quizzes, and find ideas for games and ice breakers on my website. If you're a first-time youth leader you can download my free PDF book, *How to Lead a Teen Bible Study (And Not Die): Five Tips Every Youth Leader Needs to Know*. As mentioned in the Introduction of *Just Us Girls II*, I love to connect with girls via Skype and email. If you and your group would like to email me or schedule a Skype call, you can write me at:

authorhannahduggan@gmail.com

4. **Center your heart.** Many Bible study leaders suggest praying for each of your students by name. I LOVE doing this. When I pray for each of my girls as I go over my lesson I'm burdened for them and often convicted. When I come to Him in prayer my agenda is slowly rooted from my heart and I am given a glimpse of His love for them. Your girls all have different love languages. Some respond to words, others to gifts, others to games. All of them respond to love—a love that you and I as teachers cannot conjure up. We must find our strength at the throne and beg our Lord for His heart in our ministry. It is such a gift! Those girls might seem distracted, apathetic, and sometimes downright spiteful toward you as a leader, but the love you show them will impact them for the rest of their lives whether they realize it or not. It has been given to you to train these young warriors to be the next generation of conquerors in Christ. If we as leaders truly believe that and have a heart to see them become who God intends them to be, they will sense it. All of us can remember that one teacher or mentor in our past who really believed in us. Be that leader. Believe in your girls. Because if you expect them to change the world, they might just take you up on it.

WEEK 1: LEADER GUIDE

Before the Study

1. Make sure each girl has a book (or a study guide depending on how you choose to do the study).
2. Print and cut out Week One Memory Verse: 2 Peter 1:2-3
3. Each girl will need a copy of *Just Us Girls II*, a Bible, a journal, and a pen. You can either tell them to bring the things they need or provide them.

During the Study

1. Welcome the girls. Give them enough time to get there and get settled. Once again, this slush time is a great place to insert food!
2. Open in prayer. Hand out their books, let them flip through and get a feel for them.
3. Introduce them to the study. You can read the back of the book as well as the applicable parts of the Introduction.
4. Once they understand where they're headed for the next twelve weeks, get them talking. Good discussion questions are pivotal to any group study. In the following weeks, you'll be asking them questions from their homework, but for now here are some good questions to start off with:
 - **What is the hardest thing about middle school?**
 - **What is confidence?**
 - **Is there an area of your life where you could use some confidence? What is it?**

- **Why do you think little kids seem to have so much confidence?**
- **Why do you think that we sometimes lose our confidence in middle school?**
- **What are you hoping to learn from this study?**

It's up to you as a leader whether you let them answer at their own pace, or go around the room. It depends on the size of your group, the time you have, and the comfort level of your girls. Some might have rather wordy answers, while others might puke if you ask them to speak in front of a group. It's your call as their leader.

5. Read Chapter 1 with your girls. You can let them take turns reading or just read to them yourself. This assures that each girl is able to take in the content and keep up with the group even if they fall behind in her homework. You can read it to them or have them take turns reading it.
6. Explain the week's homework and be sure they understand what they have to do.
7. Assign this week's memory verse: 2 Peter 1:2-3 (Offer a motivation for memorizing the verse such a candy or a small prize.)
8. Take prayer requests. Pray for them and for the week ahead of them.
9. At this point you can dismiss class for free time or supplement with anything else your group is working on.

WEEK TWO: LEADER GUIDE

Before the Study

1. Look over Chapter 1 homework to remind yourself what the girls have been working on this week.
2. Print out this Week Two Memory Verse: Matthew 16:25

During the Study

1. Open in prayer.
2. Find out how their homework went. Get a feel for how much homework your group is ready for. Give prizes for those who memorized their verse from last week.
3. Discuss homework. If they're comfortable, let the girls read the verses from each day aloud. Then ask them the discussion questions they will have answered in their homework.

Day 1: Read 2 Peter 1:3

- a. If God told you to ask for anything, what you ask for?
- b. What do you feel like your Christian walk is missing?

Day 2: Read Isaiah 61:1

- a. Have you ever seen one of your Godly mentors heal broken hearts? Have you ever heard of Christian heroes who set captives free?
- b. We're called to tell the captives of this lost world that they can be free if they follow Jesus. What part of this mission sounds the hardest to you? What might keep you from fulfilling your mission?

Day 3: Read Ephesians 6:11-12

- a. What do you think is the most important part of self-defense? How do you think Scripture can be used as a weapon?
- b. Share your battle suits. (If you, as a leader, have the proper permission, feel free to share your girls' creations on social media using the hashtag #justusgirlsstudy.)

Day 4: Read Ephesians 1:4

- a. Have you ever been chosen for something special? What was it? How did it make you feel?
- b. Share your “secret missions” from the past week.

Day 5: Read 2 Corinthians 1:20

- a. What are two things that God has promised us in His Word?
- b. What promises do you struggle to believe?

4. Read Chapter 2 together.
5. Assign memory verse Matthew 16:25.
6. Take Prayer Requests.
7. Pray together.
8. Dismiss, or move on to other activities.

WEEK THREE: LEADER GUIDE

Before the Study

1. Look over Chapter 2 homework.
2. Print and cut out Week Three Memory Verse: Psalm 139:13-14

During the Study

1. Open in prayer.
2. Find out how the week's homework went and listen to memory verses with rewards for those who've memorized Matthew 16:25.
3. Discuss homework. Let the girls read the verses from each day aloud. Then ask them the discussion questions they will have answered in their homework.

Day 1: Read Matthew 16:13-14

- a. Have you ever heard people say false things about Jesus?
- b. Share your lists of what the Bible says about Jesus.

Day 2: Read Matthew 16:15-16

- a. Who do you say that Jesus is, honestly, in your heart?
- b. Share your creative display of your answer to this question.

Day 3: Read Matthew 16:25

- a. Have you ever seen someone try so hard to save their soul (or personality) that they lost it completely? Has this ever happened to you?
- b. What "out of the box" thing did you try this week? How did it go?

Day 4: Read Matthew 16:26

- a. What do you see people trading their soul for in this world? What about girls in your own age group? What do they trade their souls and personalities for?
- b. Share one side of your expression board. What did you choose to represent your personality on the outside, and why?

Day 5: Read Psalm 103:15-17

- c. What things about you are going to fade and pass away? What things about you will last for eternity?
- d. Share the other side of your expression board. What did you choose to represent the inside of you? Why? How is it different from your outside?

4. Read Chapter 3.
5. Assign memory verse Psalm 139:13-14.
6. Take Prayer Requests.
7. Pray together.
8. Dismiss, or move on to other activities.

WEEK FOUR: LEADER GUIDE

Before the Study

1. Look over Chapter 3 homework.
2. Print out Week Four Memory Verse: 1 Peter 3:3-4

During the Study

1. Open in prayer.
2. Find out how the week's homework went and listen to memory verses with rewards for those who've memorized Psalm 139:13-14.
3. Discuss homework. Let the girls read the verses from each day aloud. Then ask them the discussion questions they will have answered in their homework.

Day 1: Read 1 Peter 3:3-4

- a. What does incorruptible beauty look like in the people around you?
- b. Share your "inner quality fashion lines."

Day 2: Read Exodus 20:17

- a. What things are you most tempted to covet?
- b. What do you envy that other people have?

Day 3: Read Psalm 90:16-17

- a. This verse clearly connects beauty with hard work. Why do you think that is?
- b. What does the beauty of the Lord have to do with the work of our hands?

Day 4: Read Isaiah 61:3

- a. How has the Lord given you personally, beauty for ashes?
- b. Who were you able to encourage this week, and how did it go?

Day 5: Read Ephesians 2:8-10

- a. What does it mean to be God's "masterpiece" or "poetry"?
 - b. What "masterpiece" did you put work into? What did you have to do? How did you feel when it was finished?
4. Read Chapter 4
 5. Assign and hand out memory verse 1 Peter 3:3-4.
 6. Take Prayer Requests.
 7. Pray together.
 8. Dismiss, or move on to other activities.

WEEK FIVE: LEADER GUIDE

Before the Study

1. Look over Chapter 4 homework.
2. Print out Week Five Memory Verse: Ephesians 3:18-19a

During the Study

1. Open in prayer.
2. Find out how the week's homework went and listen to memory verses with rewards for those who've memorized
3. Discuss homework. Let the girls read the verses from each day aloud. Then ask them the discussion questions they will have answered in their homework.

Day 1: Read 1 Peter 1:7

- a. Who is your role model of genuine faith, and why?
- b. Share you list of ways that the genuineness of your faith and your personality could bring praise, honor, and glory to the Lord.

Day 2: Read 2 Peter 1:5

- a. How did you work on adding these things to your faith this week?
- b. What did God reveal to you about Himself this week?

Day 3: Read 2 Peter 1:6

- a. What areas in your life are hardest to persevere in? Is there anywhere that you struggle with self-control?
- b. What one thing did you give up this week? How did it go?

Day 4: Read 2 Peter 1:7

- a. Without sharing names, share about the difficulty you have with loving people in your life.
- b. What secret act of kindness did you do this week?

Day 5: Read 2 Peter 1:8

- a. What have you learned from your role model of genuine faith?
 - b. What do you learn from them? (If you have the proper permission from the girls and their parents, post a picture of your group using the hashtag #justusgirlsstudy to share your “No Filter” lessons.)
4. Read Chapter 5.
 5. Assign and hand out memory verse Ephesians 3:18-19a.
 6. Take Prayer Requests.
 7. Pray together.
 8. Dismiss, or move on to other activities.

WEEK SIX: LEADER GUIDE

Before the Study

1. Look over Chapter 5 homework.
2. Print out Week Six Memory Verse: Proverbs 12:26

During the Study

1. Open in prayer.
2. Find out how the week's homework went and listen to memory verses with rewards for those who've memorized Ephesians 3:18-19a.
3. Discuss homework. Let the girls read the verses from each day aloud. Then ask them the discussion questions they will have answered in their homework.

Day 1: Read Ephesians 3:17

- a. How can you tell if someone is firmly rooted in God's love?
- b. Share your tree pictures, explaining how they represent your life.

Day 2: Read Ephesians 3:18

- a. How wide is God's love? How long is it? How tall is it? How deep is it?
- b. Share about a time when you learned something new about God's love.

Day 3: Read Ephesians 3:19

- a. What are we supposed to know? What are we supposed to be filled with?
- b. Share about a time when you felt God's love overflowing you.

Day 4: Read Ephesians 3:20

- a. Have you ever seen God do something that was better than you ever imagined?
- b. What is the best life you could possibly imagine?

Day 5: Read Psalm 91:14-16

- a. Have you ever been disappointed by a person's love? (Please use discretion, and don't share names.)
 - b. Discuss a time when the Lord rescued you from trouble like your knight in shining armor and set you on high.
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4. Read Chapter 6.

 5. Assign and hand out memory verse Proverbs 12:26.

 6. Take Prayer Requests.

 7. Pray together.

 8. Dismiss, or move on to other activities.

WEEK SEVEN: LEADER GUIDE

Before the Study

1. Look over Chapter 6 homework.
2. Print out Week Seven Memory Verse: Psalm 31:3

During the Study

1. Open in prayer.
2. Find out how the week's homework went and listen to memory verses with rewards for those who've memorized Proverbs 12:26.
3. Discuss homework. Let the girls read the verses from each day aloud. Then ask them the discussion questions they will have answered in their homework.

Day 1: Read Proverbs 12:26

- a. What are some of the best friends you've ever chosen? Why?
- b. Share you list of qualities for a good friend.

Day 2: Read Proverbs 16:28

- a. Without using names, share about a time when you had a friendship destroyed by whispering or gossip.
- b. What can you do to make things right?

Day 3: Read Proverbs 29:11

- a. Why do you think venting your feelings is foolish? Do you have rough time holding them back? Why, or why not?
- b. Don't share your circle graphs, but discuss them. Did you see any relationships that you want to spend time working on?

Day 4: Read Proverbs 27:6

- a. Have you ever had an enemy that multiplied compliments? Have you ever multiplied compliments to get on someone's good side?
- b. Share about a time when you received an honest wound from a friend. How did it help you?

Day 5: Read Proverbs 17:1

- a. Have you ever been at a feast where there was strife (Don't share names.)?
 - b. Drama, drama, drama! What's a girl to do? Sometimes we feel powerless against drama (what the Bible calls "strife"). Have you ever had to step back from a drama-filled situation? What was the result?
4. Read Chapter 7
 5. Assign and hand out memory verse Psalm 31:3.
 6. Take Prayer Requests.
 7. Pray together.
 8. Dismiss, or move on to other activities.

WEEK EIGHT: LEADER GUIDE

Before the Study

1. Look over Chapter 7 homework.
2. Print out Week Eight Memory Verse: Matthew 7:7-8

During the Study

1. Open in prayer.
2. Find out how the week's homework went and listen to memory verses with rewards for those who've memorized Psalm 31:3.
3. Discuss homework. Let the girls read the verses from each day aloud. Then ask them the discussion questions they will have answered in their homework.

Day 1: Read Matthew 18:15-16

- a. Have you ever seen a friendship mended by an apology?
- b. What did that restoration look like? Are there any relationships in your life that could use healing and restoration?

Day 2: Read Psalm 34:4-6

- a. Are there areas or people in your life that are giving you trouble?
- b. Have you ever cried out to God in the midst of your troubles? What happened?

Day 3: Read Psalm 31:1-5

- a. What do you think it means when it says that God is our fortress?
- b. Share about a difficult time in your life when God was your fortress and your refuge.

Day 4: Read James 1:26-27

- a. Have you ever been in a situation when you had to stand up for something or someone? What happened?
- b. What unselfish thing did you do this week, and how did it go?

Day 5: Read John 8:31-32

- a. Has the Devil ever lied to you or bullied you?
 - b. What three truths did you find in God's Word that fight against the lies of the Devil?
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4. Read Chapter 8

 5. Assign and hand out memory verse Matthew 7:7-8.

 6. Take Prayer Requests.

 7. Pray together.

 8. Dismiss, or move on to other activities.

WEEK NINE: LEADER GUIDE

Before the Study

1. Look over Chapter 8 homework.
2. Print out Week Nine Memory Verse: Proverbs 29:11

During the Study

1. Open in prayer.
2. Find out how the week's homework went and listen to memory verses with rewards for those who've memorized Matthew 7:7-8.
3. Discuss homework. Let the girls read the verses from each day aloud. Then ask them the discussion questions they will have answered in their homework.

Day 1: Read 1 Thessalonians 5:8

- a. Have you ever seen someone pursue God without distraction?
- b. What things distract you from fully following God?

Day 2: Read Philippians 4:11-13

- a. Of all the situations that Paul listed, which one do you feel like you're in right now? What is it teaching you?
- b. Share about a time when you had plenty and a time when you didn't have much at all. What did you learn?

Day 3: Read 1 Corinthians 9:24-27

- a. What is your target, and what are you actively doing to achieve it?
- b. What do you need to change in your life in order to hit that target?

Day 4: Read 1 John 1:9

- a. What does this verse show us about forgiveness?
- b. What does it feel like when you experience God's forgiveness?

Day 5: Read Romans 12:5-6

- a. Have you ever had a Christian brother or sister help to bear your burden?
 - b. Is there anything you're dealing with right now that you could use prayer or support in?
4. Read Chapter 9.
 5. Assign and hand out memory verse Proverbs 29:11
 6. Take Prayer Requests.
 7. Pray together.
 8. Dismiss, or move on to other activities.

WEEK TEN: LEADER GUIDE

Before the Study

1. Look over Chapter 9 homework.
2. Print out Week Ten Memory Verse: Psalm 45:13

During the Study

1. Open in prayer.
2. Find out how the week's homework went and listen to memory verses with rewards for those who've memorized Proverbs 29:11.
3. Discuss homework. Let the girls read the verses from each day aloud. Then ask them the discussion questions they will have answered in their homework.

Day 1: Read Psalm 139:15-16

- a. What is your biggest emotional struggle? Why is it difficult for you?
- b. What practical things can you do to control this emotional struggle?

Day 2: Read 2 Corinthians 10:3-5

- a. What thoughts are hardest for you to take captive?
- b. Share the practical plan you created for taking these thoughts captive.

Day 3: Read 2 Timothy 1:7

- a. What does it look like when someone walks in power, love, and a sound mind?
- b. What fears and worries bother you the most?

Day 4: Read Proverbs 29:20

- a. Describe a time when you were hasty in your words and regretted it.
- b. What practical steps did you take to guard your words this week?

Day 5: Read Proverbs 24:16

- a. Share about a time when you learned from a mistake.
 - b. What areas of your life do you need to get back up and try again?
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4. Read Chapter 10.

 5. Assign and hand out memory verse Psalm 45:13

 6. Take Prayer Requests.

 7. Pray together.

 8. Dismiss, or move on to other activities.

WEEK ELEVEN: LEADER GUIDE

Before the Study

1. Look over Chapter 10 homework.
2. Print out Week Eleven Memory Verse: Psalm 37:5

During the Study

1. Open in prayer.
2. Find out how the week's homework went and listen to memory verses with rewards for those who've memorized Psalm 45:13.
3. Discuss homework. Let the girls read the verses from each day aloud. Then ask them the discussion questions they will have answered in their homework.

Day 1: Read Psalm 45:13

- a. What does it look like when someone is "glorious within"?
- b. Who is on your list of people who are "glorious within"? Why are they glorious within? And how can you follow God the way they do?

Day 2: Read 2 Corinthians 5:4

- a. What do you find to be the most difficult thing about your "earthly tent"?
- b. Share your heart dream houses. What kind of palace do you want God to build within the walls of your heart? What beautiful character traits do you want Him to include?

Day 3: Read 2 Corinthians 5:6-8

- a. What are three areas of your life where you are lacking confidence?
- b. How did you walk by faith in those three areas this week?

Day 4: Read Psalm 18:31-33

- a. What do you think it means to walk on the "high places"? Has God ever armed you with strength in a difficult situation?
- b. Has the Lord ever taken you out of a difficult situation and set you on a high place?

Day 5: Read Psalm 18:34-36

- a. Has the Lord ever been your shield, held you up, or kept you from slipping?
 - b. What is the difference between self-confidence and confidence in the Lord?
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4. Read Chapter 11.

 5. Assign and hand out memory verse Psalm 37:5

 6. Take Prayer Requests.

 7. Pray together.

 8. Dismiss, or move on to other activities.

WEEK TWELVE: LEADER GUIDE

Before the Study

1. Look over Chapter 11 homework.
2. Print out Week Twelve Memory Verse: Matthew 5:16

During the Study

1. Open in prayer.
2. Find out how the week's homework went and listen to memory verses with rewards for those who've memorized Psalm 37:5.
3. Discuss homework. Let the girls read the verses from each day aloud. Then ask them the discussion questions they will have answered in their homework.

Day 1: Read Romans 12:2

- a. What does it look like when a girl is conformed to this world? What does it look like when a girl is transformed?
- b. How do our dreams set us apart in this world? How could the Lord use them to transform us?

Day 2: Read Psalm 37:4

- a. What can you do practically every day to delight yourself in Him?
- b. Share your crazy idea list.

Day 3: Read Psalm 37:5

- a. Have you ever seen this process in someone's life?
- b. What does it look like when someone has committed their way to the Lord?

Day 4: Read Psalm 37:6-7

- a. How can resting and waiting be part of our dreams? Why do you think that God commands us to do both?
- b. What is a way that you could actively rest in the Lord as you wait for your dreams?

Day 5: Read James 1:2-3

- a. Have you ever walked through a difficult trial?
 - b. What effect did it have on your faith?
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4. Read Chapter 12.

 5. Assign and hand out memory verse Matthew 5:16.

 6. Take Prayer Requests.

 7. Pray together.

 8. Dismiss, or move on to other activities.

WEEK THIRTEEN: LEADER GUIDE

Thank you so much for pouring into your girls for these thirteen weeks! I know it hasn't been easy. I know that there are other things you could have been doing with your time, but Sister this side of Heaven this is what counts. I suggest making this week a fun night for you and your girls. The session work is minimal and there is no reading assignment. I propose some games, some goofing off, and maybe even a decent chick flick! You know what would be best for your group, but the point is celebrate! You've been digging into the Word for thirteen weeks together, and that is something to be proud of. Also, if you've completed this study I would love to hear about it, write your girls a note, and possibly even connect with your group via Skype or Facetime. To find out more write me at authorhannahduggan@gmail.com.

Before the Study

1. Look over Chapter 12 homework.
2. There is no memory verse this week since it is the final session. However, it might be fun to test their knowledge with Bible verse trivia to see who can remember the most verses. For a prize, of course!

During the Study

1. Open in prayer.
2. Find out how the week's homework went and listen to memory verses with rewards for those who've memorized Matthew 5:16.
3. Discuss homework. Let the girls read the verses from each day aloud. Then ask them the discussion questions they will have answered in their homework.

Day 1: Read Philippians 2:4-5

- a. Have you ever gotten to share the Lord with a friend who noticed that you stood out from the crowd?
- b. What are ways that you, as an individual or you as a group, could actively be an example of joy to the unbelievers in your life? Share your list of ways to celebrate our freedom in Christ.

Day 2: Read Matthew 5:14

- a. Why do you think Jesus used “a city on a hill” as an example of what we should be?
- b. Spend time as a group, encouraging each other and sharing how you see God at work in each other’s lives.

Day 3: Read Matthew 5:15

- a. Have you ever met someone who hid the Light of Jesus instead of sharing it with others?
- b. Who did you leave an encouraging note for, and how did it go?

Day 4: Read Matthew 5:16

- a. What is this world supposed to see when they look at us?
- b. Share about a time when you let your light shine.

Day 5: Read Romans 8:18

- a. What have you learned about confidence in the last twelve weeks?
- b. How are you going to let your light shine from now on?

4. Final message from Hannah:

Girls, it has been such an honor to take this journey with you. These twelve weeks have been a study on finding the confidence we’ve been given as children of God. I pray that the Lord has worked in your hearts and in your group as you have drawn close to Him and studied the Scriptures together. I wish I could be there with you to look you in the eye and tell you how proud I am of every single one of you. You are my joy and my crown, and though we haven’t met face to face, I love you dearly. You are the warriors and world-changers of this generation, and I cannot wait to hear about the incredible work that Christ is doing in your heart. Someday we will pile into a mansion in Heaven, and I will get to hear every single one of your stories. Let Jesus keep working His perfect will in your life, beautiful girl. Be His girl. Trust Him fully.

Your fellow warrior and sister,
Hannah

5. Take Prayer Requests.

6. Pray together.

7. Celebrate!