

JUST US GIRLS VOLUME I:
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. Obviously this differs with the size of the group, but 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. If at all possible let there be food. But let them have it either before or after. Because 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 teenager 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 teens is always a good idea. Again 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*, 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.com

You can print out memory verses, download fun quizzes, and find ideas for games and icebreakers 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*, I love to connect with girls through group video chats and over email. If you and your group would like to email me or schedule a video chat, 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. As a teacher it is so easy to plan your lesson with one student in mind. Sometimes I'm so sure that God wants to tell one person something specific. When in reality I'm allowing my agenda to cloud what their Heavenly Father would truly say to them. 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 have to be constantly at the throne, begging 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 their 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 this week's memory verse: Jeremiah 1:5
3. If each girl does not have a book, print out the needed number of *Just Us Girls Personality Quizzes* from the website. (www.hannahrosed.com)

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 some good questions to start with are:
 - **What is the hardest thing about middle school?**
 - **If you could be any age what would you choose? Why?**
 - **Do you think God cares what you do with your life in middle school, or is He waiting for you to grow up so He can use you?**

- What do you think it means to be *God's Girl in Middle School*?
- Is it hard to be a Christian in your age group?
- What are the hardest challenges you face in your faith?
- Of the bullet points on the back of the book which one do you want to know most?
- 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 (1) the size of your group, (2) the time you have, (3) 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. Give them the *Just Us Girls Personality Quiz*. Girls love quizzes! You can let them take it silently, or read each question aloud to make sure everyone stays at the same pace. Make sure they understand the scoring. Let them correct their quizzes. Then find out who got mostly ones. Read the quiz results for that answer. (*The Sugar and Spice Award*) Do this for twos, threes, and fours as well. It should be fun and get the girls talking and laughing.
6. Read Chapter 1. When I did this study with my group we read the chapters together. This assures that each girl is able to take in the content and keep up with the group even if she falls behind in her homework. You can read it to them or have them take turns reading it.
7. Explain the week's homework and be sure they understand what they have to do.
8. Assign this week's memory verse: Jeremiah 1:5 (Offer some sort of motivation for memorizing the verse. Candy or some sort of prize.)
9. If there is time take prayer requests. Pray for them and for the week ahead of them.
10. 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's memory verse assignment: 1 Thessalonians 4:11

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.
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 1 Corinthians 13:11

- a. When you were a child what was your favorite game?
- b. What is one new thing you wish you weren't afraid to try?

Day 2: Read II Timothy 2:15

- a. Who have you dressed up to be this week? (Allow girls to share their "costumes" and extra points to any who got creative and sketched out their answers!)
- b. Are there any roles you fill in you day to day life that feel fake, or put on?

Day 3: Read Psalm 139: 23-24

- a. Who do you want to be in the next five years?
- b. Do you think that is who God wants you to be?

Day 4: Read Isaiah 62:4b

- a. Have you ever had people put opinions on you, expecting you to be something, or someone you weren't? (Allow the girls to share their stories, reminding them not to mention names.)
- b. Have you ever had a bad opinion about yourself? How did it affect you?

Day 5: Read Jeremiah 1:5

- a. Which *Identity Truth* (from the list in the book) is your favorite?
- b. Which *Identity Truth* is hardest for you to believe?

- 4. Read Chapter 2 together.
- 5. Take Prayer Requests.
- 6. Pray together.
- 7. 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. Proverbs 18:24

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 1 Thessalonians 4:11.
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 Proverbs 17:1

- a. Do you feel like you're surrounded by drama in your day to day life?
- b. Without mentioning names are there any dramatic friends or situations the Lord showed you that you could remove yourself from?

Day 2: Read II Timothy 2:23

- a. Again, without mentioning names can you think of a time when you were involved in an argument that was foolish or had no point?
- b. What are some practical ways to avoid foolish disputes?

Day 3: Read Proverbs 26:20

- a. Have you ever been hurt by gossip? Discreetly explain.
- b. Have you ever hurt someone else with gossip?

Day 4: Read James 3:5-6

- a. In your life, what words have encouraged and discouraged you the most?

- b. Your assignment was to say something encouraging to everyone you saw. How did it go? Did the results surprise you at all?

Day 5: Read Proverbs 28:25

- a. Why is pride the opposite of trusting God?
 - b. Did the Lord show you any areas in your life where pride might have influenced the drama?
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- 4. Read Chapter 3.
 - 5. Assign memory verse Proverbs 18:24.
 - 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. Jeremiah 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 18:24.
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 6:3

- a. Have you ever messed up in a friendship and needed to ask for forgiveness?
- b. Explain your experience.

Day 2: Read Proverbs 17:17

- a. When is it hardest to love your friends?
- b. Without mentioning names tell how your assignment went. Did your heart change at all as you prayed for someone who was hard to love?

Day 3: Read Proverbs 27:17

- a. Have you ever had a painful confrontation with a friend that taught you a valuable lesson?
- b. How did that experience change you?

Day 4: Read John 15:13

- a. Has anyone ever made a great sacrifice for you? Explain.
- b. What three things could you give up for someone else?

Day 5: Read Proverbs 18:24

- a. Which quality of friendship (forgiveness, love, grace, perseverance, sharpening, or sacrifice) is hardest for you to give?
 - b. What are practical ways you could work on that quality?
4. Read Chapter 4
5. Assign and hand out memory verse Jeremiah 31:3.
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. 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 Jeremiah 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 Song of Solomon 8:4

- a. How do TV and our culture try to stir up love before it's time?
- b. What symbol did you use to remind you of your commitment not to awaken love, and how did it go?

Day 2: Read Psalm 37:4

- c. What are some of the desires of your heart?
- d. How did it go giving those desires back to God?

Day 3: Read Ecclesiastes 3:1

- c. When should you fall in love? How old is old enough to date?
- d. What Bible verses support your opinion?

Day 4: Read Galatians 6:9

- c. What causes you to grow weary in your singleness?
- d. Did you write your future love letter? How did it go?

Day 5: Read Jeremiah 31:3

- c. In what ways has Jesus romanced us?
 - d. How would your life be different if you really walked like you were loved?
- 4. Read Chapter 5 *Beauty and the Best*
- 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 SIX: LEADER GUIDE

Before the Study

1. Look over Chapter 5 homework.
2. Print out Week Six Memory verse. Philippians 4:4.

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 I Peter 3:3-4
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 31:30

- a. What does this verse say about charm and beauty?
- b. What areas do you think girls are most insecure about in our culture?

Day 2: Read 1 Peter 3:3-4

- a. Where shouldn't we find our beauty?
- b. In what ways are we tempted to be the loud center of attention rather than an incorruptible beauty?

Day 3: Read 1 John 2:16-17

- a. You listed five ways the world influences how girls see beauty. What are you top three?
- b. What is the one message that is screamed at girls the most?

Day 4: Read Genesis 1:27, 31

- a. Do you think God looks down on you and sees something "very good?"
- b. Why or why not?

Day 5: Read Psalm 139:14

- a. Who taped this verse to their mirror? Did it change your perspective at all this week?
 - b. This week you were told to remind yourself that God makes beautiful things while looking at your reflection. Is this difficult for you to believe? Did the exercise show you anything?
4. Read Chapter 6 *Fighting Hard for Joy*.
5. Assign and hand out memory verse Philippians 4:4.
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. Ephesians 4:14

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 Philippians 4:4.
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 Corinthians 2:9

- a. What does this verse have to do with joy?
- b. Have you ever had your frown turned upside down by the Lord? Explain.

Day 2: Read Isaiah 62:4b

- c. Do you think your life delights the Lord?
- d. What was the happiest day of your life?

Day 3: Read Philippians 4:4

- c. In what areas of your life are you tempted to lose your joy?
- d. You made two lists. One of things that made you happy and one of things that brought you joy. How are they different?

Day 4: Read Romans 8:1

- c. What do we deserve from God as human beings?
- d. Are you ever tempted to blow off or ignore the message of what Christ has done?

Day 5: Read Matthew 25:21

- c. What is the hardest you have ever worked?
 - d. How did you fight your joy this week?
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4. Read Chapter 7 *LIFE: The Roller Coaster*.
 5. Assign and hand out memory verse Ephesians 4:14.
 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 Luke 9:23.

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 4:14.
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 Isaiah 43:19

- a. Have you ever loved something new that you were afraid to try at first?
- b. What new thing is the Lord calling you to try right now?

Day 2: Read Isaiah 40:31

- e. Describe a time when you had to wait on the Lord.
- f. How did it go counting your blessings this week? Did it show you anything new?

Day 3: Read Ecclesiastes 11:7-8

- e. What are three reasons you are thankful to be alive?
- f. What is the best part about being the age you are?

Day 4: Read Proverbs 3:25

- e. What two things are we told not to fear?
- f. What do you worry most about in your future?

Day 5: Read Ephesians 4:14

- e. What truth about God makes you feel secure in life?
 - f. You were told to write down every truth you can find about God. Did you learn anything you didn't know about Him before?
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4. Read Chapter 8 *Chosen for an Adventure*.
 5. Assign and hand out memory verse Luke 9:23.
 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 Psalm 37:4.

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 Luke 9:23.
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 John 10:10

- a. What do you think it means to live your life abundantly?
- b. Has the Lord ever called you outside of your comfort zone?

Day 2: Read Luke 9:23

- g. Why do you think Jesus lets us go through hard times?
- h. What is the hardest thing you've ever gone through for Him?

Day 3: Read Genesis 50:20

- g. Without mentioning names can you describe a time when someone didn't want you to succeed?
- h. According to the verse above what does God do with the evil others have in mind?

Day 4: Read John 16:33

- g. Is it hard for you to believe that Jesus Christ is bigger than your problems?
- h. What do you think it means that He has already overcome?

Day 5: Read Revelation 21:4

- g. What are you most excited for in Heaven?
 - h. This week you were challenged to outline your own mini-adventure. How did it go? (HUGE extra points—and maybe candy—to those that did it.) Did writing your own adventure show you anything about the adventure God wants to take you on?
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4. Read Chapter 9 *Dream Chasers and World Changers*.
 5. Assign and hand out memory verse Psalm 37:4.
 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 Joshua 1:9

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 37:4.
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 Jeremiah 17:9

- a. Has your heart ever deceived you?
- b. How has the advice *Follow Your Heart* hurt our generation?

Day 2: Read Psalm 37:5

- i. What plans are the hardest to give to God?
- j. The verse says, "He will bring it to pass." What is your "it"? What is it that you want God to do in your life?

Day 3: Read Psalm 37:4

- i. What does delighting yourself in the Lord look like?
- j. You were supposed to go on a walk with the Lord. How did it go? Did He show you anything?

Day 4: Read Jeremiah 29:11

- i. What opportunities are in your path right now? Do you think they're from God?

- j. You were supposed to spend some time in prayer asking him about these opportunities.
What did He show you?

Day 5: Read Ephesians 3:20

- i. What is your dream?
- j. How can you make it happen?

4. Read Chapter 10 *Tough Girls in a Tough World*.

5. Assign and hand out memory verse Joshua 1:9

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 Ephesians 6:13.

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 Joshua 1:9.
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 Joshua 6:23-25

- a. What do you think it means to be a tough girl who is still feminine?
- b. What does it look like to be a girl that's tough for God?

Day 2: Read Ruth 1:16-17

- k. Have you ever seen a girl be tough in an unlikely way like Ruth?
- l. What tough thing is He calling you to do right now?

Day 3: Read Judges 4:14-15

- k. Have you ever been the only one to stand for God?
- l. You, like Deborah were asked to listen to God this week. Did He bring anything new to your attention?

Day 4: Read Esther 4:14-16

- k. Have you ever been afraid to do the right thing because it was unpopular?
- l. Did you speak any words of encouragement this week that blessed someone?

Day 5: Read Ephesians 3:20

- k. Who is your favorite Bible heroine? Why?
 - l. After a week of studying the tough girls of the Bible what have you learned about being a tough girl in a tough world?
- 4. Read Chapter 11 *Warriors (And All the Tough Girls Said, "Amen!")*
- 5. Assign and hand out memory verse Ephesians 6:13.
- 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 Revelation 12:11.

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 Ephesians 6:13.
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 1 Timothy 4:12

- a. Have you ever seen young people step up and do great things for God?
- b. What great things could you do for God while you're still young?

Day 2: Read 1 Corinthians 10:13

- m. How did your diagnostic go? What areas do you need to work on with the Lord?
- n. As you examine your life, what fellow warriors need your encouragement the most?

Day 3: Read Ephesians 6:10-13

- m. What has God done in your life to show you His power?
- n. These verses teach us to "stand." Have you ever had to take a stand for Jesus Christ?

Day 4: Read Ephesians 6:14-17

- m. Extra points (and possibly candy) to the person who can name the most pieces of the armor of God!
- n. Which piece is the hardest for you to believe?

Day 5: Read James 4:7

- m. What is the result if we obey these commands?
- n. Which of these commands is harder for you to obey?

4. Read Chapter 12 *Your Story*.

5. Assign and hand out memory verse Revelation 12:11.

6. Take Prayer Requests.

7. Pray together.

8. Dismiss, or move on to other activities.

WEEK THIRTEEN: LEADER GUIDE

You made it! Way to go, Bible study leader. 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. It's not just a celebration for you, though. I suggest making this week a fun night for you and your girls. The session work is minimal and there is no reading assignment. So 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. To find out more write me at hannahdugganauthor@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 Revelation 12:11.
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 Matthew 5:14

- a. What does it mean to you that your life is a gospel?

- b. You were told to tell the gospel with your actions three times this week. What did you do, and how did it go?

Day 2: Read Hebrews 11:15

- o. Was there ever a time when you didn't want to please God, but you chose to anyway?
- p. How did choosing to please God draw you closer to Him?

Day 3: Read Luke 21:12-13

- o. Have you ever faced a time in your life when your faith was tested?
- p. How did God turn those circumstances around for good?

Day 4: Read Jeremiah 29:13

- o. Have you ever experienced God in such a real way that you couldn't deny His existence?
- p. How did that experience shape your faith?

Day 5: Read Revelation 12:11-12

- o. Have you ever overcome an inner struggle or temptation?
- p. If you had an answer for any of the questions this week you've found your testimony! Now if someone asked you to share your testimony what would you tell them?

4. Final message from Hannah:

I cannot begin to express how proud I am of you! I was thinking of what I would say to you if I could be there with you for your final session, and the sentence that kept running through my mind was, "You're all so beautiful." Even as I type that I tear up. The thought of you cracking your Bibles week after week to find out Who God is gives me chills head to toe! You are all so beautiful to me, so precious in the sight of our Heavenly Father. I know your life isn't easy. I know you struggle to find yourselves and that you face obstacles and difficulties, but darling He is making you more beautiful still. I cannot wait to hear your stories whether on this side of Heaven or the next. They will be stories of victory and beauty. I have no doubt! Until then, Beloved may we walk deeper and deeper into His grace until we lose sight of the shore. I love you!

5. Take Prayer Requests.

6. Pray together.

7. Celebrate! You did it.