

Supplies: Paper, pens, Bible, blank cards

Objective: To encourage girls to have a healthy perspective on sex and sexuality and to equip them to make good choices in this area of their lives.

Before starting today's video, let the girls know that the topic is sex and sexuality, addressing the fact that this might be an uncomfortable topic for some people. Encourage them to approach the video and discussion with maturity.

Remind them that God's view of sex is different than the world's view and it's important for us as followers of Jesus to have open and honest conversations about this topic.

Begin Video

Stop @14:23 - Small Group Discussion Question (5 minutes)

1. How do you think God responds to a person who has made a mistake in the area of their sexuality?
2. How should we respond to ourselves and other people if we/they mess up?

During the next song, close your eyes and take some time to let God's love wash over you and every part of your journey so far, thanking Him for always being with you.

Stop @19:23 - Small Group Discussion Question (5 minutes)

1. Have a discussion with the girls about the two containers Heather talked about - what's safe in a dating relationship and what's not. What conversations, actions, and commitments are best saved for the safety of marriage?

Stop @24:10 - Activation (15 minutes)

Hand out a pen, blank piece of paper and card to each girl.

Have the girls write two letters. The first: a letter to God (on the piece of paper) about any thoughts, concerns, convictions that have come up from hearing Tasha's story. This would be a great opportunity for girls who have made unhealthy choices in regards to sexual purity (thought-life, shows they watch, choices they've made in relationships, conversations, etc.) to confess those things to God and break off shame they might be carrying. Tell the girls that these letters will not be read by anyone and can be destroyed later.

The second: a letter from God to themselves (in the card). Instruct them to ask God how He responds to their confessions, concerns, questions and record those answers in the form of a letter.

This would be a great opportunity to invite the girls to share any struggles or secrets they have in this area with their small group leader so they can be covered in prayer. This is an invitation only; no one should be pressured or guilted into sharing.

Declarations (2 min)

Stand together and speak these truths out loud. Have fun with it!

"My failures do not define me."

"I live my life by God's standards and not the world's standards."

"God gives me strength to hold to my convictions and grace if I fall."



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