

**Supplies:** Paper, pens, pencil crayons, Bibles, tape, white board or poster board.

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

Begin Video

**Stop @2:05: Small Group Discussion Question (5 minutes)**

1. What's the purpose of dating?
2. What did Heather mean by "waiting to date?"

**Stop @4:19: Small Group Discussions Question (5 minutes)**

1. If you do date, how should you approach it?
2. What are some of the qualities to be looking for in a relationship?

**Stop @12:05 Activation (15 minutes)**

**Preparation:** Print out the Mindset Phrases at the end of this lesson and cut each one out. Mix them up. Feel free to add any of your own.

On a poster board or white board, make two columns and write "Ready to Date" and "Wait to Date" at the top.

Discuss the importance of waiting to date until you are living in a place of emotional security. Then have the girls read each phrase out loud and decide as a group if it goes under the "Ready to Date" mindset or the "Wait to Date" mindset.

After they decide, tape the phrase on the appropriate side of the poster board/white board.

Discuss the results. Encourage the girls that we are all on a journey towards finding our security; the goal isn't perfection, but learning to find our identity in who God says we are before getting into a serious relationship.

**Stop @22:04 Small Group Discussion (5 min)**

1. What are some good goals and boundaries for a healthy dating relationship?

Remind girls that creating goals and boundaries before you start dating sets you up for success in the relationship.

**Stop @24:40 Application (10 min)**

Ask God this question and journal what you hear Him say to you: "How do you want to adjust my view of dating?"

Write a list of all the qualities you're looking for in a potential relationship.

### Declarations (2 min)

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

"I make wise decisions when it comes to dating."

"I go to God for my confidence, not guys."

"I deserve God's best and it's worth waiting for."

### Mindset Phrases (for group activity)

I need guys to tell me I'm beautiful to feel beautiful.

My day is made when I'm given a lot of compliments.

I feel like I don't measure up when I compare myself to other girls.

I feel less confident when I'm around really confident people.

I feel best about myself when others need me.

I tend to be critical about others to make myself feel better.

I am jealous when other girls receive attention or compliments.

I worry a lot about what people think of me.

I know God made me beautiful regardless of what other people say.

I am genuinely happy when my friends succeed.

I am comfortable around gifted, powerful people.

I love helping people become who God made them to be.

I love myself and am comfortable with who I am.

I'm not perfect, but that's okay.

I feel happy when those around me are noticed and complimented.

What God thinks about me is more important than what other people think about me.

My identity is not found in who I'm dating, but in the fact that I'm a daughter of the King.



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