

Ages 4-9 (Primary)

Session 1: Created by God

Objective: Girls will understand that they are created by God and have inherent value and worth.

Session 2: Fearfully and Wonderfully Made

Objective: Girls will understand that their bodies are fearfully and wonderfully made by God.

Session 3: Beautiful Inside and Out

Objective: Girls will understand that true beauty comes from the inside.

Session 4: Loved by God

Objective: Girls will understand that they are loved by God no matter what.

Ages 10-15 (Intermediate)

Session 1: The Identity Puzzle

Objective: Girls will understand that their identity is made up of various pieces, including their relationship with God, their family, their passions and gifts, and their experiences.

Session 2: Chasing After God's Heart

Objective: Girls will understand that pursuing a relationship with God is an important part of their identity.

Ages 10-15 (Intermediate)

Session 3: Comparing & Conforming

Objective: Girls will understand the dangers of comparing themselves to others and conforming to societal expectations.

Session 4: Embracing Your True Identity

Objective: Girls will understand the importance of embracing their true identity in Christ and using their gifts and passions for His glory.

Session 5: Embracing Your Unique Gifts & Talents

Objective: Girls will understand that they have unique gifts and talents given to them by God, and they should embrace and use them for His glory.

Ages 16-26 (Advanced)

Session 1: An Identity Rooted in Christ

Objective: Young women will learn about their identity in Christ and how to find their worth and value in Him.

Session 2: Intimacy with God

Objective: Young women will learn practical ways to build a strong relationship with God and avoid compromising their faith.

Ages 16-26 (Advanced)

Session 3: Resisting the Tug of Temptation & the Pull of Pressure

Objective: Young women will learn how to overcome temptation and peer pressure while staying true to their Christian values.

Session 4: Discerning the Difference: How to Spot Toxic Friends and Cultivate Healthy Relationships

Objective: Young women will learn how to navigate relationships in a way that honors God.

Session 5: Daily Walking the Walk

Objective: Young women will learn how to live out their faith in practical ways.

Session 6: Seek, Surrender, Submit

Objective: To help young women learn how to discern God's will for their lives