

SOUL SISTERS; feuds, fun and friendships among girls

EQUIPPING OTHERS

Let's equip each other to continue to raise the volume of hope among girls in their friendships.

Below are some suggested questions which can be used to equip leaders in your local, district or regional teams. In total, this session could last between 1 hour 30 – 2 hours depending on the number of activities and questions you engage with. Feel free to pick and choose depending on time and as relevant to your needs. Alternatively you can reflect on them as an individual online.

Watch koko's *I've Got Your Back* video to introduce the topic of friendship. Afterwards, each share one thing that struck you most about its message.

1. ENGAGE

Activity:

If you have time, complete one of the Engage activities from the Soul Sisters resource such as Magazine Madness or Picture Perfect.

Before watching Rachel's video, discuss:

- How would you describe friendship without using the word 'friend'?
- What has been the value of friendship in your own life?

After watching Rachel's video, discuss together:

- Identify some of the healthy and unhealthy relationship characteristics that young women display in your GB group
- How can we help young women lay down a healthy blueprint for relationships so that they may have deep rooted and positive friendships for life?
- Rachel said 'Friendship is powerful. God has created us to have a deep friendship with Him and with each other. It is a deeply spiritual thing as well as equipping girls practically'. Do you agree or disagree?

Pray together:

- Thank God for the incredible friendships that are a blessing in your life
- Ask God to help you model positive friendships even in more difficult circumstances.

2. EQUIP

Activity:

If you have time, complete one of the Equip activities from the Soul Sisters resource, such as Clique or Unique and/or The 'Inbox' Girl.

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Before watching Rachel's video, discuss:

- What do you think is the difference between cliques and real friendship circles?

After watching Rachel's video, discuss together:

- Cliques are when girls are exclusive, bully people not in their clique, want people to go through a 'make-over' to join them and want to make sure they're the most popular clique. Why do you think some girls are attracted to cliques?
- What are some of the practical things that we can do in GB to discourage the formation of cliques and their negative effects?

Pray together:

- Thank God for all the girls and young women in your GB group and the opportunity to be used by Him to turn up the volume of hope in their lives.

3. EMPOWER

Activity:

If you have time, complete the Animal Action activity from the Soul Sisters resource.

Before watching Rachel's video, discuss:

- Conflict is a natural part of human relationships. Just like us, girls handle conflict differently. How do you handle conflict in your friendships?
- Think of examples of when you handled conflict positively and/or negatively. What did they teach you about conflict resolution?

After watching Rachel's video, discuss together:

- What are the main causes of conflict among the girls in your GB group?
- As leaders, is there anything practically that you could do differently to prevent conflict or help resolve it?
- As Rachel suggests, can you think of a number of scenarios involving common sources of conflict which you can ask the girls to role play in GB? In advance, think about examples of how the conflict could be resolved well or badly.

Pray together:

- Thank God for His forgiveness and patience with us when we find our will is in conflict with His
- Ask God to give us courage to forgive others who may have hurt us badly.

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4. ENJOY

Activity:

If you have time, complete The Great Give Away activity in the Enjoy section of the Soul Sisters resource.

After watching Rachel's video, discuss together:

- Rachel says 'Self-appreciation leads to self-confidence and self-responsibility'. What do you appreciate most about yourself?
- As a leadership team, how can you model positive friendships and good team work every week? What are the challenges of this?
- As we know, GB night can be busy and sometimes the 'to-do' list can take priority over building relationships with the girls. The Gospels demonstrate that Jesus was less concerned about the 'to-do' list and consistently prioritised people. What are some of the tangible things that you can do each week to invest in your relationship with girls (that stretches beyond the programme)?

Pray together:

Take this time to pray with another leader one on one. Thank God for their giftings and commitment to Him through GB. Pray that they would continue to raise the volume of hope in girls' lives.