

The summer conference

for GB's children and youth leaders

11 July 2015

Cliff College, Calver, Hope Valley,
Derbyshire, S32 3XG

Including

volumise

– a resource for equipping leaders

#Value: Discover your God-given worth

What is this resource?

This resource for equipping leaders is based on a session held at Girls' Brigade's summer conference in July 2015 to equip leaders to explore self-worth with their GB group.

This resource has been produced to help you as leaders to multiply the learning from this session with other leaders in your group, local area and region. It's also accompanied by another resource which can help you run a session on self-worth with girls.

How should I use it?

There are four sections in the Volumise resource:

1. Engage – this section helps leaders engage with issues surrounding self-worth
2. Equip – this section equips leaders to explore emotional needs
3. Empower – this section empowers leaders to help others manage emotions effectively
4. Enjoy – this section helps leaders to enable others to celebrate each person's God-given value.

Each session is accompanied by an introductory video from GBEW's President Rachel Gardner. Check out the Volumise section within our website's Go leader zone to find four video clips equipping you to run these sessions.

The resource is flexible and can be used in a variety of settings:

- With your local GB leadership team
- In regional and district leadership meetings
- As an individual online.

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 one and a half hours to two hours depending on the number of activities and questions you engage with. Feel free to pick and choose activities depending on time and relevancy.

Let's equip other leaders to continue to raise the volume of hope among girls by enabling them to recognise their God-given worth!

#Value: Discover your God-given worth

INTRODUCTORY VIDEO

Show GBEW President's Rachel Gardner's introductory video to this equipping session.

I. ENGAGE

This section enables us to acknowledge the importance of our emotional well-being as well as each person's God-given value.

ACTIVITY:

If you have time, complete the 'Roll the dice' activity from the Engage section in the Volumise resource for young women with your leaders.

BEFORE WATCHING RACHEL'S VIDEO, DISCUSS TOGETHER:

- Do you think there's a difference between self-esteem and self-worth? If so, how would you define it?

AFTER WATCHING RACHEL'S VIDEO, DISCUSS TOGETHER:

- Rachel shared 'Self-worth is a God-given intrinsic value that we have that never, ever changes... Our self-worth doesn't change.' Do you agree or disagree?
- How can we help girls remember that their value never changes even if they're experiencing negative emotions?

DELVING INTO GOD'S WORD:

- Read Psalm 139 together. Which sentence or line makes you go 'Wow!?' Does anything confuse you? What does it tell you about your God-given worth?

PRAY TOGETHER:

- Thank God that He loves us and that in His eyes, we are fearfully and wonderfully made.
- Ask God to help you model good emotional health in your everyday life and especially at GB.

2. EQUIP

This section helps us explore our emotional needs and how we can express them in constructive and destructive ways.

ACTIVITY:

If you have time, complete the 'Gingerbread girl' activity from the Equip section in the Volumise resource for young women. Why don't you make some gingerbread girls?

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BEFORE WATCHING RACHEL'S VIDEO, DISCUSS TOGETHER:

- Share situations when you managed your emotions well or unhelpfully. What do you learn from these experiences?

AFTER WATCHING RACHEL'S VIDEO, DISCUSS TOGETHER:

- What do you think are the two most pressing emotional needs of the girls and young women in your GB group?
- Watch koko explores: self-harm video at www.thekokostory.com. What strikes you about this video?
- How can we equip young women to manage their emotional needs in constructive ways?

PRAY TOGETHER:

- Thank God for all the girls and young women in your GB group and the opportunity to be used by Him to show their God-given value.
- Ask God to give your strength, courage and discipline to always look to Him to supply all your emotional needs.

3. EMPOWER

This section enables us to explore how we can equip young women to manage their emotions effectively.

ACTIVITY:

If you have time, complete the 'Elephants never forget' activity in the Empower section of the Volumise resource for young women.

BEFORE WATCHING RACHEL'S VIDEO, DISCUSS TOGETHER:

- Have you put any steps in place to help you manage your emotional health?

AFTER WATCHING RACHEL'S VIDEO, DISCUSS TOGETHER:

- What do you think of Rachel's suggestions for how we can equip ourselves and others to handle our emotions well?
- Have you got any other suggestions?

DELVING INTO GOD'S WORD:

- Read Romans Ch.8:15 together – you could print off a small credit-card sized copy for each member of the group. Share how this Biblical truth encourages you.
- Are there any other Bible verses relating to your God-given identity which inspire and encourage you? Share them with the group.

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PRAY TOGETHER:

- Thank God for the Biblical truths in His word that demonstrate our God-given value. Ask God to help us lean into them in times of anxiety, discouragement and low confidence.
- Write out the names of the girls and young women in your GB group on small pieces of paper. Give a few names to each GB leader and ask them to spend some time praying for them.

4. ENJOY

Let's celebrate each person's uniqueness and God-given value.

ACTIVITY:

If you have time, complete the 'Tree goals' activity in the Enjoy section of the Volumise resource for young women.

AFTER WATCHING RACHEL'S VIDEO, DISCUSS TOGETHER:

- How do you celebrate the uniqueness and God-given value of each girl and young woman in your GB group?
- As a leadership team, how can you do this even more effectively and intentionally? What are the challenges of this?
- Do you take time as a leadership team to celebrate each other? Perhaps you could make a plan to do this more intentionally.

DELVING INTO GOD'S WORD:

- Rachel shared 'Self-esteem begins with God-esteem. How we see ourselves has to start with how God sees us. We have to choose to align ourselves up with the Biblical truth of our identity – this is the truth that sets us free.' Read Resource Sheet A – I AM. With worship music in the background, quietly reflect on which aspects of your God-given identity you need to reclaim.

PRAY TOGETHER:

Take this time to pray with another leader one on one. Thank God for their giftings and commitment to Him through GB as well as their God-given value.



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RESOURCE SHEET A

I AM

CHOSEN:

'You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, He may give it to you' - John Ch.15:16 (ESV).

REDEEMED:

'He is so rich in kindness and grace that he purchased our freedom with the blood of His Son and forgave our sins. He has showered His kindness on us, along with all wisdom and understanding. God has now revealed to us His mysterious plan regarding Christ, a plan to fulfill his own good pleasure. And this is the plan: At the right time He will bring everything together under the authority of Christ — everything in heaven and on earth' - Ephesians Ch.1:7-10 (NLT).

LOVED:

'I've never quit loving you and never will. Expect love, love, and more love!' – Jeremiah Ch.31:3 (*The Message*).

FORGIVEN:

'God rescued us from dead-end alleys and dark dungeons. He's set us up in the kingdom of the Son He loves so much, the Son who got us out of the pit we were in, got rid of the sins we were doomed to keep repeating' - Colossians Ch.1:13-14 (*The Message*).

PRECIOUS:

'Others were given in exchange for you. I traded their lives for yours because you are precious to me. You are honoured, and I love you' – Isaiah Ch.43:4 (NLT).

KNOWN:

'Do not be afraid, for I have ransomed you. I have called you by name; you are mine' - Isaiah Ch.43:1 (NLT).

STRONG:

'Whatever I have, wherever I am, I can make it through anything in the One who makes me who I am' – Philippians Ch.4:13 (*The Message*).

FREE:

'Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you' - Galatians Ch.5:1 (*The Message*).

NEVER ALONE:

'Be strong. Take courage. Don't be intimidated. Don't give them a second thought because God, your God, is striding ahead of you. He's right there with you. He won't let you down; He won't leave you' - Deuteronomy Ch.31:6 (*The Message*).

CROWNED WITH GLORY AND HONOUR:

'When I look at the night sky and see the work of your fingers - the moon and the stars you set in place - what are mere mortals that you should think about them, human beings that you should care for them? Yet you made them only a little lower than God and crowned them with glory and honour' - Psalm 8:3-5 (NLT).