

Friends Club



Life-Controlling Problems

Additional Project Ideas

Invite a guest. Invite someone from your church who has overcome a life-controlling issue to come in and share their testimony with the girls. Remind the speaker of the age- and maturity-level of the girls in your group. Leave plenty of time for the girls to ask questions.

Advertise it. Have the girls come up with an advertising campaign for a drug-free lifestyle. Have the girls design T-shirts, posters, commercials, etc. Coordinate with another club and allow your girls to present their campaign to younger girls. Explain the importance of having good role models to look up to and that they can be role models for the younger girls.

Research it. Have the girls talk about what kinds of life-controlling issues they see their friends dealing with (without naming names). Have the girls research the different problems they talk about and present their findings to the club. Encourage the girls to focus on warning signs to look for and what they can do to help friends who may struggle with these issues.

Get creative. Have the girls make an art project which illustrates the effects of a life-controlling problem.

Give it back. Coordinate with your local Teen Challenge center. Ask if there's a project the girls can help with. Have the girls do a Rock-a-thon fundraiser to raise money for the center or around Christmastime have the girls organize a gift-giving campaign. If possible, help your girls organize a team from your church to do maintenance or decorating at the center.

Memorize it. Have the girls come up with verses to memorize that will help them overcome temptation. Read Matthew 4:1-11 (Jesus' temptation) with the girls and talk about the importance of knowing Scripture and hiding it in their hearts. Have the girls come up with their own verses or choose from the following:

John 3:17

Romans 6:16

1 Corinthians 10:13

Resource Ideas

- *Crossroads The Teenage Girl's Guide to Emotional Wounds* Youth Specialties, 2008.
- *Stuck in a Rut* DVD available at www.gospelpublishing.com
- *Wake up and Smell the Pizza* by Todd and Jedd Hafer, available at www.gospelpublishing.com

Additional Discussion Questions

Discovery #1

- Without naming any names, what are some life-controlling problems you see in your school?
- Why do people turn to life-controlling substances to help them?
- Where should our help come from?

Discovery #2

- Are life-controlling problems a new development?
- How can you help others see the truth?
- What are some of the ways we lie to ourselves? Why do we believe our own lies?

Discovery #3

- What does it mean to be preoccupied? Is being preoccupied always a sign of a life-controlling problem?
- What does it mean to love someone with your whole heart? Does that change the way we act?
- How can you stay alert to your own attitude and behavior?

Discovery #4

- How can you help your friends avoid life-controlling problems?
- What are some unhealthy ways to deal with hurt? What are some healthy ways to deal with hurt?
- Why is it important to have self-control?

Discovery #5

- Do you have any habits? Are all habits bad? How do you break habits?
- What are some strong feelings you've had in the past week? How did you deal with those feelings?
- Take a moment to think about who you are in Jesus. Why is it important to understand this? How does it change your attitude?

Discovery #6

- Who will really fix your friends or family members who deal with life-controlling problems?
- Why do we have such a hard time talking about difficult subjects with our friends?