

# Girls Only

## Standing Firm

### Additional Project Ideas

**Make a list.** Have the girls prayerfully consider what they would like to be remembered for or what they would like to do in their lifetime. Let the girls make a list of several of these things. Encourage the girls to set smaller goals for achieving these things. Allow time for the girls to share their lists and plans with the group. Talk to the girls about the importance of sharing these goals with one another and avoiding negative peer pressure to achieve their goals.

**Say thank you.** Have each girl think of an authority figure who has had a positive influence in her life. Provide the girls with stationery and have each girl write a note to the authority figure thanking them for the positive influence they've had in her life. Talk about the importance of positive peer pressure.

**Make new friends.** Pair each girl with a trusted woman (post-high school or older) within the church. You can meet at church or at another location. The pair should conduct an activity together. Depending on each pair's individual interest and expertise, let them choose a project together (learn to do a craft together, cook or bake, organize a party, write a Bible study, etc.). Have the girls journal about what they learned from working with a mature Christian woman and how positive peer pressure can be helpful.

**Invite a guest.** Have a mature Christian woman come talk to your girls about her experience with peer pressure when she was in high school, what choices she made (right or wrong), and the consequences of those decisions. Encourage her to talk about what she did to withstand peer pressure and if she still experiences peer pressure today.

**Get creative.** Have the girls create a painting, drawing, sculpture, or other piece of art representing how it feels to endure peer pressure.

**Write a story.** Have the girls write stories about a girl who encounters peer pressure, how she handles it, and what the consequences of her decisions and actions were. Have the girls write stories individually or in groups and provide time for the girls to share their stories if they'd like.

**Encourage positivity.** Encourage the girls to join or start a Youth Alive Club or become a Campus Missionary. If her school doesn't already have a group, help her research how to start one. The Youth Alive website (<http://yausa.com/>) and Campus Missionary website (<http://yausa.com/campusmissionary/>) are great resources.

**Study someone else.** Have each girl choose a woman who showed outstanding commitment to Christ to study (e.g., Corrie ten Boom, Elizabeth Elliot, Kathryn Kuhlman, Etta Calhoun, Lillian Trasher or Aimee Semple McPherson). There are several biographies and other methods to study these women. The Flower Pentecostal Heritage Center is also a great resource (<http://ifphc.org/>). Allow time for the girls to share their reports with the group. If your girls are interested in theater, allow the girls to dress up as the individual they choose and share their story from a first-person perspective.

## Resource Ideas

- *A Young Woman's Walk with God: Growing More Like Jesus* by Elizabeth George, Harvest House, 2006.
- *Thrive Teen Devotional: Take the Turn for God in Just 5 Minutes a Day* by Blaine Bartel, Harrison House, 2006.
- *Duplicate This! Showing Your Friends How to Live Like Jesus* By Andy Braner, Zondervan – Youth Specialties, 2008
- *Following Jesus into College and Beyond* by Jeff Baxter, Zondervan – Youth Specialties, 2009.

## Additional Discussion Questions

### Discovery #1

- What is peer pressure?
- What are some examples of peer pressure that you've experienced? How did you react?
- Why is peer pressure so hard to avoid?

### Discovery #2

- Why is it important to stand firm?
- What is the most difficult thing about standing firm? Why is it so important to have the approval of your friends?
- What are some habits you can develop now that will help you stand firm in the future?

### Discovery #3

- What can you do to overcome peer pressure?
- Can you avoid peer pressure altogether? Why or why not?
- Is all peer pressure bad? How can peer pressure be helpful?
- Have you ever overcome peer pressure? How did you do it? How did you feel then? How do you feel about it now?

### Discovery #4

- What should you do if you give in to peer pressure?
- What are the possible consequences of giving in to peer pressure?
- What can you learn from Peter about the results of peer pressure? Why did Peter feel so strongly that he could withstand temptation? Why was it so easy for him to give in?

### Discovery #5

- When is it important to stand firm?
- When is it OK to give in to your friends or to peer pressure?
- What kinds of friends can help you stand firm? Why is it important to choose friends who can help you stand firm?

### Discovery #6

- How can you help your friends stand firm?
- Is it easier to stand firm if a friend supports you?
- What qualities should you look for in friends? How can you tell if a friend will help you stand firm?