



# *Toward Biblical Womanhood:*

A Mother-Daughter Encounter



## ***Toward Biblical Womanhood: A Mother/Daughter Encounter***

### Leader's Guide Explanation

Toward Biblical Womanhood groups are comprised of 3-4 middle-school aged girls and their moms. Gatherings will be led by the mothers, taking turns. The goal is to disciple and mentor our daughters toward Biblical Womanhood at a developmentally appropriate level. We are providing you with a leaders' guide for each of nine gatherings. You should plan for your TBW group to meet over a nine- to twelve-month period. Moms may need to meet 2-3 additional times to plan the mother-daughter gatherings and divide responsibilities.

*Each guide will consist of the following elements:*

#### **Activity Suggestion**

We will include one suggestion that we think ties well to the topic. However, moms should feel free to be creative and choose activities that they AND their daughters will enjoy together. You need not stress about choosing something that PERFECTLY illustrates the lesson. It's more important that everyone looks forward to these gatherings as a fun time with friends. An appendix with other fun ideas is at the back of this guide to help.

#### **Biblical Foundation**

There will be a summary of the key concepts we want our daughters to understand as a result of this time together. This will include reminders for the mothers of what we learned in Biblical Womanhood and an explanation of what aspects of those lessons will apply to and resonate with Middle-school aged girls. Mothers should be familiar with the Biblical basis for what they are teaching their daughters. We will provide a few passages for all the moms to study and be familiar with prior to each gathering. One mom will take responsibility for introducing the topic and guiding the discussion, but all should be familiar with the principles and able to explain how they have applied them personally.

Be warned: if the mothers talk too much the daughters may feel they are being lectured and will not participate. Therefore, keep your "teaching" time to TEN MINUTES MAXIMUM.

*It is difficult to be this brief—it will take practice!*

#### **Discussion Questions**

While it's important to communicate God's perspective on the topic at hand, we must be sure this is an interactive time and that our daughters are free to share their thoughts, feelings, and experiences. Asking good questions (and listening to the answers) is the key to guiding a conversation without dominating it. A good approach on topics that are sensitive is to ask about the general experience or perspective of your daughters' peers. For example, "Do you know anyone who thinks..." or, "What do the kids at your school say about..." We will give you a framework of several questions to pose that will draw everyone into the discussion. The facilitator needs to be sure the daughters are doing AT LEAST half of the talking.

#### **Wrap Up**

At the end of each gathering, remind everyone what the main point was. Be sure everyone knows the date, time, and location of your next gathering. Remind everyone of any assignments that you have given. Pray.



## ***Toward Biblical Womanhood: A Mother-Daughter Encounter***

Session #1

### ***Kickoff Gathering***

#### ***Activity Suggestion:***

Meet for dinner to get acquainted. *(Include a getting-to-know-you game. See the appendix for ideas.)*

Explain what "Toward Biblical Womanhood" will be like.

- 9 Monthly meetings
- Mothers imparting values and skills of Biblical Womanhood to their daughters
- Deepening friendships between the two generations
- FUN!

#### ***Biblical Foundation: Womanhood According to the Bible***

In Biblical Womanhood we learned about all the "voices" that create confusion about what it means to be feminine. We discovered that God has a specific role and purpose for women in creation and in society which is honorable and valuable.

- Becoming a Biblical woman involves intentional choices to move beyond our culture's ideas of femininity toward the strength and beauty of godly character. *Proverbs 31:30*
- Mothers play a key role in the training and development of their daughters into women of God. *Deuteronomy 6:4-9*

This year we will explore how a Biblical Woman...

- Rejects Deception
- Empowers Others
- Shapes the Next Generation
- Invests Eternally

***Discussion Questions:*** *(Moms, make note of what your daughters say to help you plan activities for your future gatherings.)*

- What is something you enjoy doing?
- What is something you'd like to learn to do?
- What do you hope will result from these gatherings?

***Assign Scripture memory:*** Proverbs 31:30 (We will work on this all year.)

***Remind the group of your next gathering:*** When/where/what...

## ***Toward Biblical Womanhood: A Mother-Daughter Encounter***

### **Session #2—*A Biblical Woman Finds Her Identity in Christ***

If someone asks you who you are, you would start with telling them your name. Then what? Your family connections, friend group, hobbies, where you work or go to school? Do you think about your personality, physical appearance, intelligence, social media status? What defines you, in your own mind?

#### **Activity Suggestion:**

Game—"Who Am I?"

- Put a peel-and-stick label with the name of a famous person on each player's back. These should be names of people who will be easily recognized by all group members.
- Players ask yes/no questions of the others to figure out who they are and move their labels to the front of their shirts when they figure out who they are. Then they continue answering questions for the others, until everyone knows who she is.
- Discuss:
  - What kinds of things told you "who you were"? (*Age, appearance, accomplishments...*)
  - Are these things important for deciding who we are in real life, too?
  - We had to depend on each other to help us discover our identity. How does what other people say about you impact what you think about yourself?

**Biblical Foundation:** Identifying with Christ has several meanings for us:

- Accepting Christ as Savior: John 3:16; 2 Corinthians 5:17; Ephesians 2:8-9; 1 John 5:11-13
- Imitating Christ's example: Galatians 2:20
- Finding significance in living out what Christ designed us for: Ephesians 2:10

We'll discuss imitating Christ and living out what he designed us for more in coming months. This month pay special attention to the foundation of a relationship with God through Christ. Don't assume that *anyone* has accepted Jesus' gift of salvation; find out.

**Discussion Questions:** (for moms *and* daughters)

- Who do you admire most? (No Sunday School answers here.)
- Who do people you know try to imitate?
- What do you think makes people significant? Did any of those things make Jesus significant?
- Identifying with Christ starts with having a relationship with Him. Have one of the mothers share the [Three Circles gospel illustration](https://www.youtube.com/watch?v=V7mURm-8cOI). <https://www.youtube.com/watch?v=V7mURm-8cOI>
- Invite everyone—moms and daughters—to share how they came to accept Jesus' way out of brokenness. (*Realizing some may not have made that decision yet.*)

**Review Scripture memory:** Proverbs 31:30

**Remind the group of your next gathering:** When/where/what...



## ***Toward Biblical Womanhood: A Mother-Daughter Encounter***

### **Session #3—*A Biblical Woman Rejects Deception***

We all know smart people who have made foolish decisions. Why? Because wisdom and knowledge are not the same thing. A wise woman is one who knows the truth and consistently acts on it. But how do we know what is really true? Jesus was specific; God's Word is Truth. A foolish woman is easily deceived. Where does the deception come from? Fake news...social media...popular psychology...con artists? Maybe the most dangerous deception comes from inside of us. You may have been told that truth is relative, we each have our own truth, that we should follow our heart. God's word tells us that our hearts are deceitful and not to be trusted. If we are led by our emotions, we are on shaky ground. But here's a secret: we can master our emotions by taking our thoughts captive and allowing our minds to be shaped by the truth of God's word.

#### ***Activity Suggestion:***

##### Take a Hike!

- Plan a hike at a nearby state park. Provide trail maps for the hikers, with your destination marked. However, provide maps to a different park. For example, you might go to McKinney Falls, but give out trail maps for Pedernales Falls. (*State Park websites provide maps you can print.*) After a few minutes of confusion "discover" your mistake and give hikers the right maps and continue with the excursion.
- Discuss afterward: How did you know something was wrong with the first maps you were given? What would have happened on our hike if those were the only maps we had?

#### ***Biblical Foundation: Rejecting Deception (and being guided by truth)***

- Our own hearts deceive us and lead us astray. (Proverbs 28:26, Jeremiah 17:9)
- God's Word IS the truth that leads us to right living. (John 17:17, 2 Timothy 3:16-17)
- When our minds are shaped and disciplined by the word of God, we experience peace and transformation. (Romans 12:1-2, Philippians 4:4-9)

We'll discuss some specific areas where we tend to be deceived in coming meetings. The main point this time is that the Word of God is our source for Truth.

#### ***Discussion Questions:*** (for moms *and* daughters)

- Describe a time that you were deceived. (*Other than on our hike today!*)
- "A wise person is someone who knows the truth and consistently acts on it." Why would someone know the truth and not act on it? Give an example.
- What kinds of lies are easy to believe? (*The ones we want to be true!*)
- People often say we should trust our hearts. Is that good advice? Why?
- Where do you go for the truth? (John 17:17 and 2 Timothy 3:16-17)
- Who is the wisest woman you know? How do you think she got that wisdom? Does she do anything you could imitate?

***Review Scripture memory:*** Proverbs 31:30

***Remind the group of your next gathering:*** When/where/what...



## ***Toward Biblical Womanhood: A Mother-Daughter Encounter***

### **Session #4—*A Biblical Woman Values Inner Beauty Over Outer Beauty***

How do you know what's important to someone? Maybe it's what she talks about, what she spends time doing, what she spends her money on, what she seeks advice about or works to learn more about. By any of these standards we can assume that our society and most of the women we know value beauty. In fact, if we're honest, most of us feel that our value as women is tied to our physical appearance. Are we pretty, stylish, sexy...enough? What a relief to hear that God says our value comes from within...from the beauty of our inner character! What is YOUR inner beauty routine?

#### ***Activity Suggestion:***

Create Beauty: Plan a gathering focused on making something beautiful (other than ourselves!)

- Have someone teach everyone a handcraft. (Maybe one of the moms can crochet or sew.)
- Learn a few interior design tips and practice with plans to redecorate a room of your home.
- Take a class on flower arranging, or gardening, or go to Board and Brush...
- Discuss: Beauty doesn't just happen. What went into our "creating beauty" experience? (a plan, time, effort, practice, ADVICE from someone who knows more than we do)

#### ***Biblical Foundation: Valuing Inner Beauty over Outer Beauty***

- God is the Creator of everything—an Artist and Designer who made a beautiful world. Scripture says that He Himself is beautiful! Beauty is one of His great gifts to us. The love of beauty and the desire to create beauty is evidence that we are created in God's image. However, the Enemy of our souls has tricked women into believing that our value is wrapped up in our physical appearance.
- God looks at our character, not our appearance. (1 Samuel 16:17, Proverbs 11:22, 1 Peter 3:3-4)
- Jesus is the perfect example of beautiful character. We can learn to imitate Him through the example of others who follow Him. (1 Corinthians 4:14 and 11:1)
- A character of beauty is formed through *spiritual disciplines* like regular time hearing from God through His word, prayer, and relationships with other Christians. (Psalm 119:11, Luke 11:1, Hebrews 11:24-25)

#### ***Discussion Questions:*** (for moms *and* daughters)

- Do you feel pressure to be beautiful? Where does that message come from? (*media, friends...*)
- Describe your beauty routine. (*Everybody has one, even if it's just showering and putting on clothes!*)
- What's the difference between character and personality? (*Moms, remember that "gentle and quiet" means self-controlled and submissive to God's direction, not shy or introverted.*)
- What do you think a "Spiritual Beauty Routine" would involve? What makes it hard to follow?
- If you have a spiritual habit that is helpful to you, share it with the group.
- Identify one spiritual habit that you can put into practice for the next month. Maybe it's memorizing a passage of the Bible or journaling your prayers... Be ready to share what happened with the group when you gather again.

***Review Scripture memory:*** Proverbs 31:30

***Remind the group of your next gathering:*** When/where/what...



## ***Toward Biblical Womanhood: A Mother-Daughter Encounter***

### **Session #5—*A Biblical Woman Loves People as Jesus Does***

When we say we love someone we are usually talking about how we feel when we are with them or how we feel about them when we are apart. When people let us down, when they do or say things that hurt us, we aren't feeling the love! In a way, we love people who love us, or we love people we hope will love us. Sometimes we even "love" people as a way of getting them to meet our needs or to love us back.

Jesus' love is different. He loves us when aren't lovely, when we don't love Him. His love motivates Him to put what's good for us above what benefits Him. Jesus' love is not about how He feels; it's about what He does. Jesus lives to bless and serve those He loves rather than manipulate or use them. What would it look like if we imitated the love of Jesus in our relationships?

#### ***Activity Suggestion:***

Cooking Lesson: For many of us, gathering around a meal is how we connect with people we love. Planning, preparing, and sharing food is at the heart of family memories and the way we build the circle of friends who are "like family." For this gathering, have each mother/daughter pair contribute part of your meal. This is a great opportunity for moms to teach their daughters to make a "family favorite." (If your own family's favorite is from a local restaurant or is a particular flavor of Blue Bell ice cream, that's fine...contribute that! This isn't a cooking competition.) Save some of the cooking for when you are together. Work together on setting and decorating the table. Share the responsibility; don't let the hostesses do all the work. Sit down and enjoy a delicious meal and good conversation together. Make it a special occasion!

Take it to another level: Bless and serve someone outside your group with this meal. Maybe there is an elderly widow in your neighborhood, or a family with a new baby or illness in the home. Prepare extra food, package it up, and deliver it to this neighbor. (Use disposable containers and let the neighbor know you don't need anything returned.)

#### ***Biblical Foundation:***

- Matt 5:43-47
- Matthew 22:36-40
- Mark 10:45
- John 13:34-35
- 1 Corinthians 13
- Ephesians 4:1-3
- Philippians 2:3-5



**Discussion Questions:** (over dinner)

- What have you enjoyed most about this experience? Why?
- The topic for this gathering is Loving People. What do you think it means to love people?
- What tells you that YOU are loved?
- Is there anyone you find it hard to love? Why?
- Most people think love is a feeling. Is that what you hear when the Bible talks about love?  
*(Have the key scripture passages, above, printed out ahead of time. Ask daughters to read them.)*
- What does God's kind of love look like in practice?

**Review Scripture memory:** Proverbs 31:30

**Remind the group of your next gathering:** When/where/what...





## ***Toward Biblical Womanhood: A Mother-Daughter Encounter***

### **Session #6—*A Biblical Woman Seeks Godly Mentors***

The Apostle Paul wrote that it is the responsibility of older women to teach younger ones how to live out their faith in the practical details of everyday life. This advice may be timelier today than ever before. Our culture is certainly highly individualistic. Often our “older women” hesitate to interfere with younger women who seem to prefer to figure things out for themselves. Younger women hate to impose on those further down the road who seem too busy to give them attention. It will take some trouble and courage to lean into the challenge of building intergenerational friendships. What if we took the risk? The kingdom of God might benefit even more than the professional world has from a culture of mentorship.

#### ***Activity Suggestion:***

##### What's your Model?

Try solving a jigsaw puzzle without a picture to refer to. Just provided the puzzle pieces, no box. If anyone objects say, “I think it’s better to try and figure this out on our own. Referring to a picture on the box is old-fashioned. We’re smart enough to do this without any help. It’s not like there’s only one way to put this together...” Eventually you may pull out the box with the picture if your group is really frustrated. Enjoy your discussion while you finish solving the puzzle.

#### ***Biblical Foundation: Seeking the Friendship of Godly Mentors***

- God tells older women to mentor younger women (Titus 2:2)
- Even the wisest mother isn’t the only voice her daughter needs. (Proverbs 15:22)
- Christians are told to pay attention to the life patterns of spiritual leaders and follow their example. (Philippians 3:17, Hebrews 13:7)
- It is dangerous to assume you have no need for advice. (Proverbs 26:12)

#### ***Discussion Questions:*** (for moms *and* daughters)

- Can you solve a jigsaw puzzle without a picture to guide you? (Yes!) Why did you want to see the puzzle box with the picture on it?
- Have you ever felt you’d rather “make your own mistakes” and “figure life out for yourself”? What is appealing about that approach to life?
- Why do people tend to have friends their own age, not older or younger?
- What kinds of things do you think people need mentors for? Have you ever been helped by a mentor?
- What do you think makes someone a good mentor? How could you find one?

***Review Scripture memory:*** Proverbs 31:30

***Remind the group of your next gathering:*** When/where/what...

## ***Toward Biblical Womanhood: A Mother-Daughter Encounter***

### **Session #7—*A Biblical Woman Builds Christ-centered Friendships***

What kind of friend was Jesus? What kind of friends did He have? The Bible describes Him as the best kind of friend possible. And He was friends with every possible kind of person. He fit in everywhere without ever compromising who He was to do it, because He was always on mission to bring the love of God to everyone He met. When our identity is found in Christ and we love people as He does, we bring Him into every other relationship we have. We too will be able to make friends everywhere we go. When He is part of our friendships, we'll introduce people to Him and grow closer to Him together. Because friendship with Jesus brings people closer to God.

#### ***Activity Suggestion:***

Read a Book or watch a Movie with strong friendship themes, for example:

- Anne of Green Gables
- Beaches
- Steel Magnolias

Discuss: Did the characters have friendships that were based on real love? Or was there manipulation? How did their differences impact their friendship? Did the friendship make the friends talk, act, dress alike? Did the characters become better versions of themselves because of their friendship? Did they sacrifice for each other or use each other?

#### ***Biblical Foundation:* Building Christ-centered Friendships**

- If our friends give us our identity we will imitate them, often in bad ways. (Proverbs 13:20)
- Genuine love for people is the most powerful motive for sharing the gospel. (1 Thessalonians 2:8)
- Christ-centered friendships help us follow Jesus and become more like him. (Hebrews 10:24-25, Proverbs 18:24, 27:6, Ecclesiastes 4:9-10)
- The love Christians have for each other is a powerful witness about Jesus to the world around us. (John 13:34-35, Acts 2:41-47)
- Christian friendships transcend the social divisions that usually separate people. (Colossians 3:11-12)

#### ***Discussion Questions:* (for moms *and* daughters)**

- Do you prefer friends who are like you in some way? Do you have any friends who are very different from you? In what ways do our friends shape our identity?
- In what ways could it be helpful to find our identity in our friend group? In what ways could it be dangerous?
- During our second gathering we discussed finding our Identity in Christ. If that was true for us, how would it impact our friendships?
- How can friends encourage each other to follow Jesus?
- Do you have friends who help you follow Jesus better? Do you do that for your friends?
- Do you have friends who don't know Jesus? What might you do to introduce them to Him?

***Review Scripture memory:*** Proverbs 31:30

***Remind the group of your next gathering:*** When/where/what...



## ***Toward Biblical Womanhood: A Mother-Daughter Encounter***

### **Session #8—*A Biblical Woman is Passionate for Purity***

No area of a woman's life is more strongly associated with femininity than our sexuality. Satan has really gained a foothold in our society to confuse our thinking about this important subject. When we act on his deception, we experience tremendous damage to our souls, our families, our relationships, and even our emotional and physical health. The popular worldview regarding sexuality is so deeply entrenched that it takes careful, patient thought and conversation to examine and reorient ourselves. But as Biblical women, we are committed to Rejecting Deception and building lives on the Word of God. So, let's go!

#### ***Activity Suggestion:***

Plan a weekend away: rent or borrow a vacation home, cooperate on meals and outings. Build your plans around the [Passport2Purity](#) program by Dennis and Barbara Rainey. This will take some preparation by the Moms in the group, so start two or three months ahead of time.

#### ***Biblical Foundation: Honoring God with Our Sexuality***

- God designed our sexuality, and He has a plan for it that is for our good. (1 Thessalonians 4:3, 1 Corinthians 6:18-20)
- God created people in two genders, both in His image. (Genesis 1:27)
- God gave sexual intimacy to cement a husband and wife into one flesh. It is His plan for sex to be enjoyed within the marriage relationship *only*. (Genesis 10:6-9, Hebrews 13:4, 1 Corinthians 7:1-5)

#### ***Discussion Questions:***

Will be provided in the Passport2Purity material.

*Moms should be prepared to discuss issues of gender and sexual identity from a Biblical point of view. We suggest the book: Irreversible Damage by Abigail Shrier for your preparation.*

***Review Scripture memory:*** Proverbs 31:30

***Remind the group of your next gathering:*** When/where/what...



## ***Toward Biblical Womanhood: A Mother-Daughter Encounter***

### **Session #9—*Rite of Passage***

You all have covered a lot of ground together over the last year! Now is the time to review, affirm, and celebrate all you've discovered and enjoyed together. It's also time to commemorate the commitments you've made to God and to each other. It's time for the daughters to receive a blessing and a charge from their moms to continue moving forward in life Biblical Women. Make this a memorable, special event!

#### ***Activity Suggestion:***

Be creative as you plan a special final gathering. You know your daughters very well, and you know what will be meaningful for them. This is a suggestion to get your creativity going:

- Plan a special dinner. Dress up. Go to a favorite special occasion restaurant.
- Ask everyone (Moms and Daughters) to share a favorite memory from your gatherings this year.
- After dinner meet at someone's home for dessert.
- Have one mom review the high points of what you want your daughters to take from your time.
- Affirm and encourage each daughter individually. Consider having all the moms speak to each of the daughters; point out their strengths and what you admire in them; commend them for growth in maturity you've observed.
- Give the daughters a gift that symbolizes their encounter with Biblical Womanhood. (Perhaps a piece of jewelry engraved with Proverbs 31:30 and the date.)
- Surprise them by having their fathers join you. (If a father is unavailable, invite an important father-figure.) Have the dads explain how precious each one is, and how she should expect to be treated by the men in her life—both now and in the future. Ask them to bless their girls, affirming the strength and beauty of their character.
- Close your time in a prayer of blessing



## ***Toward Biblical Womanhood: A Mother-Daughter Encounter***

### Possible Activities

- Tour the state capitol
- Visit the Bob Bullock Texas State History museum
- Go to an art museum (Blanton Museum or Laguna Gloria or Women and their work
- Watch a good movie and discuss themes about femininity (preview to be sure the content is appropriate for your daughters' maturity level):
  - Terms of Endearment
  - The Sound of Music
  - Little Women
  - Real Women have Curves
  - Mona Lisa Smile
  - The Hiding Place
  - Anne of Green Gables
- Kayaking or Paddle boating on Lady Bird Lake
- Memorizing Scripture together
- Go to a Lady Longhorns game (softball, volleyball, basketball, etc.)
- Weekend retreat at Log Country Cove
- Climb Enchanted Rock (or some other kind of hiking trip)
- Take a cooking class at Central Market
- Visit a nursing home
- Volunteer at Community First! Village
- Help an elderly neighbor with household chores or yardwork