



## 10 THINGS TO TEACH OUR GIRLS

1. Females are equal to males in God's sight. Though we are equal, it doesn't mean we are the same. We bring our own unique perspective and gifts to the world just like men do.

Galatians 3:28 (NLT) There is no longer Jew or Gentile, slave or free, male and female. For you are all one in Christ Jesus.

2. Our value is not determined by how we look but who we are. Consider that God has bestowed on you the wonderful gift of being his image bearer.

Genesis 1:27 (NLT) So God created human beings in his own image, in the image of God he created them; male and female he created them.

3. God has given you a voice. It is a powerful instrument. Be gracious and firm at the same time, by bathing your words in grace and respect.

Proverbs 15:1 (NLT) A gentle answer deflects anger, but harsh words make tempers flare.

4. Be free in praise of others, especially other females.

Proverbs 15:23 (TPT) Everyone enjoys giving great advice. But how delightful it is to say the right thing at the right time!

5. If you want others to respect you, respect yourself first, after all God created you, uniquely you!

Psalms 139:14a (ESV) I praise you, for I am fearfully and wonderfully made.

6. When your feelings get hurt, you have two choices, to carry those hurts around, which become a burden weighing you down. Or to lighten your load by forgiving and moving forward.

Ephesians 4:32 (NIV) Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

7. Life is not fair, it has never been, and it never will be. When we learn how to deal with the ups and downs of life, we become stronger and discover how to navigate the world successfully.

Philippians 4:13 (NIV) I can do all this through him who gives me strength.



8. Try something new that moves you out of your comfort zone. If you do fail, and you will some time, clap and cheer, because you were willing to stretch yourself. You usually learn more from your failures than you do from your successes.

Proverbs 24:16a (TPT) For the lovers of God may suffer adversity and stumble seven times, but they will continue to rise over and over again.

9. Perfection is a myth and a weight that holds us down. The only perfect being who walked on this earth is Christ. Instead of wasting your time on trying to be perfect, work at being transformed by following God's Word.

Hebrews 12:1 (NLT) Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

10. Don't let negative emotions control you! Identify your emotions, question them (are they based on truth), and then release the negative ones knowing that with the help of the Holy Spirit you can control how you are feeling.

James 1:19-20 (NLT) ...You must be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.

