

# NO MORE MEAN GIRLS: SURVIVING THE DRAMA YEARS, GOD'S WAY

October 10, 2017 • 7:30–8:30 p.m. EST

## Memory Verse

*“You should defend those who cannot help themselves.  
Yes, speak up for the poor and needy, and see that they get justice.”*

PROVERBS 31:8,9

Some Christians are really rigid about studying, studying, studying the Bible!

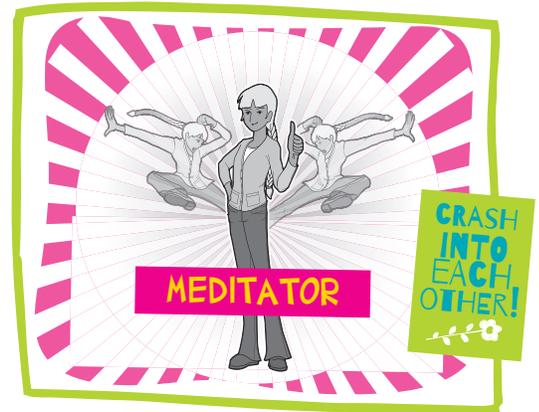


STUDIER



Some Christians are so consumed with praying all the time, they never study!

PRAY-ER



MEDITATOR

CRASH INTO EACH OTHER!



But then there's a third type of person.

A **meditator** studies the Bible and then asks God to help her understand it while she prays. **MEDITATION** is what happens when studying and praying crash into each other!

## Bible Study

**1** The Bible says that no human being can \_\_\_\_\_ the tongue. (*James 3:8.*)

**2** The Bible says that out of the same mouth come \_\_\_\_\_ and \_\_\_\_\_, but this should NOT BE! (*James 3:10*)



## Prayer Time

Take a moment and be honest with your mom. **Circle which girl you are:**

**The mean girl,  
The target,  
or, The girl who  
never does  
anything.**

Now that you have it circled, hand it over to God in prayer.



## Homework time

**James warns that blessings and curses shouldn't come out of the same mouth** (James 3:10).

Your homework this month is going to help you BOTH be accountable to one another as you seek to be kind with your tongue and defend those who need help. You need one easy-to-find supply for this: a simple hair band or rubber band.

- 1** Put the hairband on your wrist.
- 2** Wear the band every day for one month.
- 3** When you say something that is a bullying statement or something a frenemy would say, **SWITCH** the band to the other wrist.
- 4** When you switch the band, your mom or daughter will notice! That is their cue to ask you about it and talk it out. We're not looking for **PERFECTION**, just **PROGRESS**.
- 5** Try to count the number of hours or days between switches, trying to beat your record!



**JUST FOR YOU!**



**Great Dates**  
Talking with Your Daughter About  
**Best Friends and Mean Girls**  
by **DANNAH GRESH**

**8 Great Dates: Talking with Your Daughter About Best Friends and Mean Girls**

**20% OFF**  
+ **FREE SHIPPING**

when you order at least one other product from our bookstore.

\* **CODE: BFF20**

**Secret Keeper GIRL**

[secretkeepergirl.com](http://secretkeepergirl.com)