

Tween Bible Study 101:  
The Frenemy Zone: Doing Friendship Like Jesus  
Livestream Worksheet  
October 6, 2015 | 7:30-8:30 p.m. EST

We're super excited that you're able to join us for tonight's Secret Keeper Girl Gab Livestream featuring Dannah Gresh, Chizzy Anderson, and our special guest speakers the Rubyz! Tonight we'll take a look at identifying true friendships and navigating friendship frustrations. Let's learn to find, and most importantly BE, great godly friends.

## What is meditation?

{ Well, you might think it's some crazy, weird thing you do while sitting crosslegged in a yoga position and humming. That's not true at all. That kind of meditation is just a sad fake for God's original. Let's take a look at what God says meditation should be by looking at three kinds of girls. }



### STUDIER

The **STUDIER** is a great student of the Bible but has to be careful that her faith doesn't get stuck in her head!

### PRAY-ER

The **PRAYER** is great at taking her heart to God and asking Him for help but has to be careful to make sure she is studying the Bible, too!



### MEDITATOR

The **MEDITATOR** combines the power of studying the Bible and prayer into super powerful meditation. Meditation is what happens when studying and praying crash into each other!

## Study Time

1. Jesus wants us to \_\_\_\_\_.
2. Jesus wants us to \_\_\_\_\_.
3. Jesus wants us to tell our friends we \_\_\_\_\_.

## Prayer Time

Daughters AND moms – do either of you have any hurts from a mean girl or frenemy that are still hurting you today? Pray for healing for each other as well as the mean girl or frenemy who hurt you.

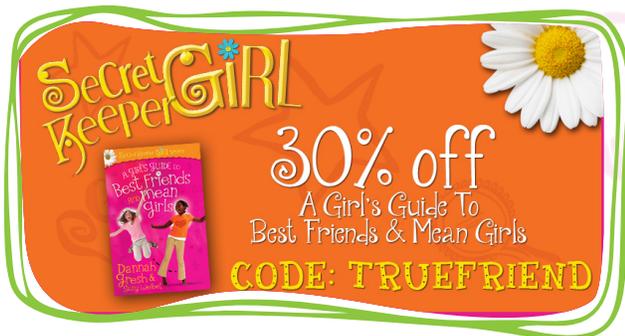
Do either of you still struggle with being mean girl or frenemy sometimes today? Pray for healing.

Pray for wisdom and a kind heart to help you respond like Jesus to the mean girls and frenemies in your life.

## Homework Time

Identify one frenemy in your life. Pray with your mom about how to respond to them, and then do it!

## Congratulations! You Just meditated!



**Secret Keeper Girl**  
30% off  
A Girl's Guide To Best Friends & Mean Girls  
CODE: TRUEFRIEND

*(Includes image of the book cover and a daisy flower)*



**Secret Keeper Girl**  
50% off  
A Girl's Guide To Best Friends & Mean Girls  
CODE: Check your email G2G Moms!

*(Includes image of the book cover and a daisy flower)*

## Thanks for joining us!

We'll be back next month (November 3 at 7:30 p.m. EST) so mark us on your calendar for a date.

Make sure to add [aleigha@secretkeepergirl.com](mailto:aleigha@secretkeepergirl.com) to your email contacts so that you can receive our special livestream-only coupon deals and monthly livestream updates!