

Creative Girls' Ministry

Laura N. Farrar, Author/Speaker, *Dancing In The Rain Foundation*

the fight to keep our girls in church...

- secular media is sabotaging our girls with destructive messages and values (Reviving Ophelia)
- only 15% of teens live with their married biological father and mother
- 1 in 3 high school girls are actively dieting
- they hear Bible stories of men from an early age and wonder “where do I fit in?”

schoolgirls & loss of self...

•attention: teachers give more attention—good and bad to boys who yell out answers and disobey, leaving the good girls to be invisible. “In one English class, traditionally girls’ turf, Weston boys received roughly three times the recognition of their female classmates” p. 13

“Boys’ observations about gender swapping involve disparaging ‘have tos’, whereas the girls seem wistful with longing. By sixth grade, it is clear that both girls and boys have learned to equate maleness with opportunity and femininity with constraint... Marta, a 14 year old Latina girl was blunt, ‘There’s nothing lucky about being a girl...I wish I was a boy.’ – Peggy Orenstein, *SchoolGirls*

the key: relational ministry...

- girls talk, hang out
- biggest impact—doing life
- little things count: visiting at jobs, taking them out
- celebrate together: birthdays, holidays, special days
- one on one time: phone, email, text, follow up
- above all: when they speak, listen!

launching your ministry...

- write out goals, mission statement, ideas for activities
- fundraising: church budget, small or large fundraisers, donation letters, (use photos, flyers, etc.)
- work on ministry name, theme, logo, charm/physical reminder
- organize: leadership base, bio sheets, pictures to remember names, technology (FB group)
- plan simple events to start (working with pastors—proposals, etc.)
- plan for dealing with crisis: resources
- train your leaders

girl groups...

- weekly book studies/Bible studies
- accountability & mentoring
- fun: service projects, exercise, life skills, cooking, organizing/idea groups

events...

- once a month: movie night, park days, mall/shopping, ice cream, lunch or dinner, theme
- camping, sleepover, pamper, relax, hear from women
- new students initiation, Christmas, Valentines, Easter, prom, banquet
- retreats: PJ parties, beauty, S.O.L.O.
- remember the arts: musicians, writers, artists, dancers, actresses
- create a newsletter – have girls write, photograph and scrapbook
- “Love Days” – service projects, tutoring, mission trip, crisis pregnancy center, rescue mission
- don’t forget the details—cards, bookmarks, letters to parents, texts (www.ministrytxt.com), email, website, phone call, promo

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teachable topics...

- help girls to see themselves in Biblical characters
- Mark 5:41 "Little girl, I say to you, arise"
- Stories to cover: Eve, Sarah, Rahab, Ruth, Hannah, Mary, Anna (Luke 2:36-38), Samaritan woman, Martha & Mary, Mary Magdalene, Lydia
- Value Training – who girls are in Christ, identity and worth through Him
- tough stuff: body image, self-esteem, anger, sexuality/purity (Hayley DiMarco), depression, self-injury, suicide, eating disorders, parents/family,
- dreams/life callings – how to succeed in high school, college, career, ministry
- testimony – leaders and students sharing
- personality study

program ideas...

- Strong Women – Encounter digital lessons by Standard Publishing
- Twelve Extraordinary Women* by John MacArthur
- Chick Flicks 1 & 2 – Group's Dinner and A Movie
- Scarred: preparing for the hurt in life by Doug Fields & Megan Hutchinson
- Life Hurts, God Heals (8-step recovery) by Doug Fields, John Baker & Megan Hutchinson
- Live Free Journey (small group study) by Jan Kern [covers 3 books by Jan on self-injury, promiscuity/sexuality, and online addiction]
- Personality Plus by Florence Littauer
- Create your own: Fiction (Melody Carlson series), Non-Fiction (Hayley DiMarco), write curriculum

For more resources and discussion, including a **Girls' Ministry Resource Packet** visit

www.laurafarrar.com

www.dancingintherainfoundation.org

Great Books for Girls

- **Redefining Beautiful* by Jenna Lucado
- **Faith Unplugged: stories for girls to challenge what you believe and how you live*, Honor Books
- **One Girl Can Change the World* by Claudia Mitchell & Kim Goad
- **My Life, Unscripted* by Tricia Goyer
- **Twelve Extraordinary Women* by John MacArthur
- **Girlfriend, You are a B.A.B.E.* by Andrea Stephens
- **God Called A Girl* by Shannon Kubiak
- **Deal With It (12 week study on teen girls' anger)* by Mary Huebner
- **Thin Enough: my spiritual journey through the living death of an eating disorder* by Sheryl Cruse
- **Leah: confessions of a first runner-up* by Shannon Primicerio
- *by Hayley DiMarco (*Idol Girls, Mean Girls, Sexy Girls, and Technical Virgin*)
- Creative Times with God* by Doug Fields

GIRLS MINISTRY

- Girls' Ministry 101: Ideas for Retreats, Small Groups, and Everyday Life with Teenage Girls* by Whitney Properi
- Girls Ministry from Start to Finish* by Rebecca Bradford, Meghan Charles-Goad & Kristy Lohr
- Mentoring from Start to Finish* by Tami Wright, Grant Byrd and Doug Fields

PSYCHOLOGY

- Helping Teenagers in Crisis* by Rich Van Pelt & Jim Hancock
- Reviving Ophelia: Saving the Selves of Adolescent Girls* by Mary Pipher, Ph.D.
- School Girls: Young Women, Self-Esteem, and the Confidence Gap* by Peggy Orenstein
- Meeting At The Crossroads* by Carol Gilligan
- The Feminist Mistake* by Mary Kassian
- Ophelia Speaks: Adolescent Girls Write About their Search for Self*: by Sara Shandler