

TRUE PRINCESSES

by Erin Davis



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We believe that the Bible has God for its author; salvation for its end; and truth, without any mixture of error, for its matter and that all Scripture is totally true and trustworthy. The 2000 statement of *The Baptist Faith and Message* is our doctrinal guideline.

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About the author

ERIN DAVIS is passionate about pointing young women toward God's Truth. She and her husband, Jason, have been involved in full-time student ministry for more than a decade. They are the founders of Graffiti Ministries (www.graffitiministries.com), an organization dedicated to addressing the issues of identity, worth, and true beauty in the lives of young women.

Erin is the author of several resources for young women including *Graffiti: Learning to See the Art in Ourselves*. She also co-authored the companion guide for *Lies Young Women Believe*. Erin is a frequent blogger and popular speaker at youth and women's events.

Jason and Erin live in Southwest Missouri. Erin's quest for the perfect scoop of ice cream is never ending and her sons, Eli and Noble, are her constant source of entertainment.

Special thanks

The young women I've encountered through student ministry laid the foundation for this resource. My conversations with you over endless slices of pizza or sips of caramel lattes helped me understand what needed to be written and drove me deeper and deeper into God's Word for answers. You constantly challenge me to live out what I teach and to ditch the diva in myself. I love teaching you and watching God work in your lives. It is my great pleasure to discover God's Truth alongside you. Thank you for letting me walk beside you.



For leaders: How to use this study

Weekly study

If you will be using this resource as a weekly Bible study for girls, you will probably want to teach the book over six weeks. For large group time, use the First Glance section of each session. Additional teaching plans can be found on pages 115-127. The girls will complete three days of individual study between group meetings. These individual study sections are titled Second Look.

Event-based study

If you intend to use this study for an event (like a retreat or lock-in), complete the number of First Glance sessions based upon how many sessions of group Bible study times you'll have that weekend. (Most DiscipleNow models include five teaching times.) Using this model, you will teach the First Glance sections to a large group and allow time for girls to work through the individual lessons (Second Look, parts 1, 2, and 3) during quiet times or in small groups (or a combination of the two).

Individual study

Every session includes three individual study segments. In order to get the most out of this study, the girls in your group really need to complete their "homework" outside of the large group teaching time. Let them know from the start of this study that the individual sessions aren't optional. If you offer up the challenge, many girls will be willing to complete the homework.

Make a point to regularly encourage them to do the individual study. Here are some creative ways to spur them on:

- 1. Start a Facebook group for your study.** Regularly post thoughts, ideas, and questions on the group's wall. Use it as a forum to remind them to do their individual study.
- 2. Send out reminder postcards.** Getting regular mail is a treasure in today's electronic world!
- 3. Set up accountability partners** in the first session. Have the girls hold each other accountable to do the individual work.

Weekly activities

At the end of each session, you can incorporate the following activities.

Alone time

You will wrap up your group study each week by giving the girls some alone time. Tell them that this time is designed to help them process what they've learned and to let God speak to them about any changes He'd like to make in their lives. The tone of the room should be quiet and reflective.

Journal

If you decide to incorporate journaling into your large group study time, give each girl a journal. Conclude each session by asking the girls to journal about what they've learned and what God is teaching them. Tell them they can use their journals to write letters to God, draw, create poetry, write songs, or record their thoughts.

Prayer prompts

Each week you will place index cards throughout the room with specific prayer prompts written on them. Encourage girls to move silently from card to card using each prompt as a way to begin a conversation with God. If they'd like, they can record their thoughts and prayers in their journals. Use the list of prayer prompts below and/or supplement them with your own.

Week 1:

- Lord, one thing I want to learn through this study is...
- I know you want to change my heart in the area of...
- God, thank you for adopting me into your family. It means so much because...
- One area of my life where I haven't honored you is...
- Lord, teach me how to minister to the other girls in this group. (Stop and pray for each girl by name.)

Week 2:

- Jesus, when I hear about the kind of King You are, I feel...
- Lord, it is hard to shift my focus away from myself because...
- Jesus, one area where I haven't made You King is...
- God, I want to worship You more because...
- Heavenly Father, one thing You are teaching me right now is...

Week 3:

- Jesus, when I think about Your humble birth, I feel...
- I am so thankful that You came to earth to deliver the message that...

- Jesus, it is hard for me to grasp that You chose to take on human flesh because...
- I am so thankful for Your gift of salvation because...

Week 4:

- Lord, sometimes the treasures of this world seem so alluring, especially...
- God, help me to pursue treasures that last...
- Lord, I am learning that Your kingdom is more important than...
- God, when I think about the treasures in Your kingdom, I feel...

Week 5:

- Father, I am thankful that You saved me from my sin because...
- Lord, one area of my life where I need You to make me new is...
- God, thank You for teaching me that my inheritance from You is...
- Father, teach me the areas of my life I need to work on in order to live more like a daughter of the King.

Session 1

THE TRUTH ABOUT ROYALTY

First Glance

The tables are set with white linen and fine china. Seated at each table are groups of girls whispering excitedly as they nibble tiny sandwiches and yummy desserts. Some girls are sipping hot tea from fine china teacups. Everyone in the room is wearing a tiara. Adults circle the room giving out kind words of affirmation. One message is repeated over and over throughout the evening: "You are a princess."

The scene I'm describing wasn't ripped from the pages of a high society magazine. This isn't a royal banquet taking place inside a castle (although it was designed to feel like it). In fact, this scene can be found most often in church youth rooms and fellowship halls. The girls made to feel like princesses are *you*.

In case you haven't noticed, there's been a movement to convince young women like you that you're all princesses. "Pure Princess" retreats and "daughter of the King" banquets are planned at churches just like yours in an attempt to show you your value as a child of God.

But where *exactly* does this idea that we are princesses come from? What *exactly* does it mean to be a daughter of the King?

Defining a princess

All of us have an image in our minds of what a princess should be like. Circle the words below that match your perception of princesses.

Crowned	Beautiful	Servant	Fairy Tale
Dramatic	Meek	Entitled	Diva
Adored	Selfish	Responsible	Meek
Submissive	Well-dressed	High-Maintenance	

Let's take it one step further. Use the statements below to define your concept of what it means to be a princess.

- A princess looks like.....
- A princess acts like.....

Most of us have a similar vision of a princess. She's beautiful. She's decked out in a gorgeous gown and a sparkling crown. She's also spoiled and is a bit of a diva. In many ways, her life is easier than most. There's no shortage of people waiting to satisfy her needs and wants.

This version of royalty is easy to find. She's in every Disney movie we've ever watched. She is the stuff that fairy tales are made of.

But is this the kind of princess that God designed *us* to be? Does our definition of princess match up with the way we are described in God's Word?

Proving your royal heritage

As you already discovered from your Bible search, there is no passage that says, "Thou art princesses." But that doesn't mean that this concept of royalty can't be found in Scripture.

Beside the following passages, write out the portion of Scripture that mentions royalty.

- 1 Timothy 6:15-16
- Revelation 19:16
- Romans 8:15-17
- Ephesians 1:4-5
- God is the He has adopted me as his That makes me a!

Because you are the adopted daughter of the King of kings, you are indeed a princess. But more importantly, you are the daughter of the King. Take a moment to write a note of thanks to God for adopting you.

Jesus, thank you for adopting me into your family. Knowing this truth makes me feel special because...

PICTURE OF A PRINCESS
Draw your idea of the perfect princess in the space provided below. Don't worry; you won't be graded on artistic talent. Focus your artwork on expressing your perception of how a princess looks, acts, and lives.

GROUP ACTIVITY
Surely this princess concept comes from God's Word, right? Find out! Get into pairs and do a quick search using a Bible concordance or online Bible search engine. Find the specific passages where Scripture talks about being a princess. List them in the space provided below. Ready, set, search!

A NEW PICTURE

I hope you didn't put away those art supplies too soon! Pull them back out and create a new image of a princess. This time, focus on what it looks like to be a daughter of the King. How does this change a princess' appearance and behavior? In order to make the distinction even more clear, after you've finished drawing, add some descriptive words to your picture.

TRUE PRINCESS

Princess vs. daughter of the King

I'd like you to shift your focus from seeing yourself as a princess to seeing yourself as the daughter of the King. That may seem like a silly distinction, but trust me, there's a huge difference between *acting* like a princess and *being* the daughter of a king (especially the King of kings).

- What is the princess' responsibility to her father, the king?.....
- How is a princess expected to treat her father?.....
- In what ways does a princess represent her father?.....
- How should a princess respond to her father's decisions?.....

Hollywood may lead us to believe that princesses can do what they want whenever they want with no accountability or authority in their lives. But this simply isn't the case. Being a princess comes with great responsibility. You aren't called to act like a spoiled brat. You are called to honor the King.

Write out Psalm 45:11 in the margin. Circle the portions of the passage that describe how God, the King, feels about you. Underline the portions of the passage that describe how you should respond.

- In your own words, define the word "honor.".....
- What does it mean to honor the King?.....
- What are three specific ways you can honor God today?..

Making the distinction

Are you beginning to see the difference between *acting* like a princess and *living* like a daughter of the King? You'll be digging even deeper into these truths during your personal study throughout the week. For now, think about

The Truth About Royalty

the differences between the world's portrayal of a princess and God's calling to live as a daughter of the King.

Being a princess

Being a daughter of the King



Which kind of princess are you?

Are you living like a princess or a daughter of the King? Answer true or false to the following questions to find out.

- T or F I love being the center of attention.
- T or F When making a decision, I don't usually consider the truth in God's Word.
- T or F My friends think I'm a drama queen.
- T or F It's hard for me to find time to help others.
- T or F I feel like I deserve certain things.
- T or F Love doesn't require sacrifice.
- T or F The way I spend my time and money is my business.
- T or F I want to be taken care of.
- T or F The things I watch and listen to have nothing to do with my relationship with God.
- T or F I couldn't live without my cell phone, iPod®, or computer.

Mostly true—Princess alert! There's a part of you that wants to be like the princesses you see in movies and fairy tales. You like to be comfortable and avoid making sacrifices and serving others. You're drawn to the things that culture promises will bring fulfillment. If you're in this category, don't worry. You'll be doing some deep digging into God's Word over the next few sessions. The promises God offers you can motivate you to live out *His* plan for your life. We'll look at lots of practical ways you can make changes in order to live more like a daughter of the King of kings.

Mostly false—Living like a daughter of the King! No divas here. You're already living out some of the qualities of a daughter of the King. But that doesn't mean you can tune out for the rest of this study. There's still plenty of work to be done in your heart and life.



Second Look

PART 1: What's in a name?

The pop princesses of our culture have a reputation for rebellion. It's no surprise when their scandals hit the headlines and their behavior is photographed for the world to see. These "princesses" don't seem to worry about honoring their family name or protecting the reputation of their fathers.

We may call these girls princesses, but deep down we know this isn't how a princess should act. These aren't the kind of young women we should admire. Their lives aren't the stuff of fairy tales.

A princess is special because she is the daughter of someone special. Everything she does points toward her father, the king. If a princess acts recklessly or ignores the needs or customs of her people, it isn't just *her* reputation that suffers. ***The honor and image of the throne is at stake.***

Honoring the family name may seem like an ancient concept to our modern brains. But it is a key responsibility of a daughter of our King, and it's a theme repeated often in Scripture.

The following Scriptures will give you some insight into the importance of an honorable reputation. Beside each passage, write down the value of a good name.

■ Proverbs 3:3-4 _____

■ Proverbs 22:1 _____

■ Ecclesiastes 7:1a _____

As God's adopted daughters, we have a responsibility to honor God and reflect His character. We need to honor His reputation. This is the mark of a true princess.

Take a moment to reflect on how you can use the following areas of your life to honor your King. Write one specific action you can take in each area.

■ The way I use my time _____

■ The plans I make for my future _____

■ The way I act online _____

■ The way I dress _____

■ The way I treat others _____

Mixed messages

As Christians, everything we do sends a message to others. Scripture puts it this way:

"Therefore, whether you eat or drink, or *whatever you do, do everything for God's glory.*" (1 Cor. 10:31, emphasis added).

Everything we do either brings glory or dishonor to God. In other words, we are Christ's ambassadors. We have a responsibility to represent the King.

The idea that we are Christ's ambassadors is clear in Scripture.

Read the following passages below. Answer the questions listed with each.

2 Corinthians 5:18-21 Ephesians 6:19-20

Whom are you representing?

What are your responsibilities as Christ's ambassador?

What's the King done for you that you can tell others?

ACTIVITY:

In your own words, write a definition for the word "ambassador."



Second Look

Part 2: Living by the rules of the kingdom

By the law of the kingdom, Princess Jasmine was forced to marry a prince. Princess Ariel was scolded by the king for spending her days at the ocean's surface instead of in royal choir rehearsals. Cinderella had to wait for an invitation to a royal ball before she could have a shot at happily ever after.

These are the princesses we know best. But even their lives weren't all about tiaras, ball gowns, and princes. Their choices were often dictated by others. They submitted to the laws of the kingdom.

While royalty certainly has its perks, it isn't the carefree life we often imagine it to be. True princesses live in discipline and submission.

Do words like "discipline" and "submission" make you want to reconsider your royal role? Does your idea of a disciplined life line up with the standards presented in God's Word? Take the quiz below to find out.



Quiz

Does discipline make you chinge?

- Rules are:
 - a) meant to be broken
 - b) for my own protection
 - c) a major bummer
- A synonym for *discipline* is:
 - a) punishment
 - b) instruction
 - c) improvement
- When your parents enforce rules, you usually respond by:
 - a) rolling your eyes
 - b) expressing your opinion, then doing what they ask
 - c) it depends on the rule
- When it comes to the subject of discipline, God's Word:
 - a) has some great advice
 - b) is pretty confusing
 - c) seems too old fashioned

- God disciplines His children because:
 - a) He loves us
 - b) He is a just God
 - c) He's not really good
- Rebellion seems...
 - a) glamorous
 - b) dangerous
 - c) a normal part of being a teenager

How did you do? This quiz doesn't have an answer key because it was designed to help you start thinking about your attitude toward discipline and submission to others. A disciplined life isn't easy. There are times when submitting to the rules and expectations of others is downright frustrating. But there are benefits of submitting to the rules of God's kingdom.

To whom do you belong?

As daughters of the King, our lives are not our own. Scripture says:

Or didn't you realize that your body is a sacred place, the place of the Holy Spirit? Don't you see that you can't live however you please, squandering what God paid such a high price for? —1 Corinthians 6:19a, The Message

Being adopted into God's family means allowing Him to be in charge. He sits on the throne of your heart, and your choices should be determined by His will. It is critical for you to realize that your life is under the authority of the King. You are called to live a life in submission to Christ.

You are probably living out this principle in some areas of your life. Write out how becoming a Christian has changed the following:

- The way I spend my time.....
- The way I treat others.....
- The people with whom I spend my time.....

Knowing the rules of the Kingdom

Being a daughter of the King should also change the standards by which we live. Princesses must know and live by the rules of their family's kingdom. God has given us the laws of His kingdom through His Word. But this is no ordinary set of laws.

Write out the following Scriptures in your own words. Pay close attention to how God's Word can specifically impact your life.

■ Psalm 18:30

■ Psalm 19:7

■ Psalm 119:43

■ Hebrews 4:12

God's Word is living and active. His laws are perfect. The rules of His kingdom are trustworthy. We can put our hope in them. Submission to the rules of God's kingdom is in our best interest. But in order to *follow* God's rules, we must *know* them—which brings us to the concept of discipline.

Knowing the Word: A royal discipline

Sometimes the laws of the land can be downright silly. Check out the list of laws below. Circle the ones that you think are actually on the books in the United States.

- In Alabama, it is illegal to wear a fake moustache that causes laughter in church.
- Flirtation between members of the opposite sex on the streets of Little Rock, Arkansas, may result in a 30-day jail term.
- Chicago law prohibits eating in a place that is on fire.
- No one may catch fish with his bare hands in Kansas.
- It is illegal in Michigan to hitch a crocodile to a fire hydrant.¹

Believe it or not, all of these are actual laws. Besides being silly, these laws are nearly impossible to follow because they aren't known by the citizens.

God's laws aren't silly. They are perfect and trustworthy. But we can't live by them if we don't know them. In order to know them, we must regularly study God's Word. The psalmist put it this way; *"I have treasured Your word in my heart so that I may not sin against You"* (Ps. 119:11).

Hiding God's Word in our hearts requires discipline. We can't depend on our parents or youth ministers or pastors to teach us biblical truth. We must study it *ourselves*. For most Christians, regularly studying the Word can seem overwhelming.

Write down the top five obstacles that keep you from regularly studying God's Word. I've listed a few to get you started.

■ *"I'm too busy."*

■ *"Reading the Bible feels boring to me."*

■ *"I don't understand it."*

■

■

■

■

■

When you look at them on paper, don't those excuses seem kind of lame? Does it change your perspective to know that God's laws are perfect (Ps. 19:7) and that the Bible is a living book (Heb. 4:12)? The bottom line is this: in order to live as daughters of the King, we *must* read His Word. Here are some tips for how to start spending more time in the Word:

- 1. Get an accountability partner.** Find another believer who agrees to ask you regularly if you've been reading your Bible. Make plans to meet with that friend weekly to discuss what God is teaching you through His Word.
- 2. Get rid of time snatchers.** Often, we don't read our Bibles because we simply run out of time. What activities or habits are robbing you of the time you need each day to read the Word? Some possibilities might include MySpace, Facebook, TV, and sleep. How can you change your choices in these areas to allow more time for studying the Bible?

3. Find a reading plan that motivates you. You can read through the Bible in a year, do a topical study on a subject that interests you, study certain biblical characters, or study a specific book of the Bible. Don't just flip open your Bible and read the first thing you see. Choose a plan that helps you dig into His Word. Then stick to that plan.

4. Memorize Scripture. Memorizing passages of Scripture is a great way to let God's Word marinate in your heart. Make a concentrated effort to memorize Scripture that reminds you of how God calls you to live.

5. Make a commitment you can keep. If a behavior is repeated for 30 days, it is more likely to become a habit. Make a commitment to study your Bible every day for the next 30 days. Keep your commitment manageable. Don't set out to read your Bible for an hour every day. Don't try to set any new world records for Bible speed-reading. Set a manageable goal and commit to follow through for the next 30 days.

What would you add to this list? What advice would you give to a friend who is looking for ways to study God's Word more regularly? List three things below.

-
-
-

Go back to the lists above and choose one action you can take today to start spending more time in God's Word. To solidify your commitment, write out your action step below and sign and date it. For added accountability, share your commitment with the other girls in your study the next time you meet together.

I realize that in order to live like a princess, I need to know the rules of the kingdom. I want to understand God's laws better by studying His Word more often. I commit to take the following step toward more consistent studying of God's Word by

(write your action step in the above blanks).

Signature:
Date:



Second Look

PART 3: Embracing the adventure God has for you

We're delighted when the princess and her prince ride off into the sunset to enjoy the life of adventure that awaits. We cheer when a princess defeats a dragon or witch or evil king. We love it when she escapes a dungeon or tower against dangerous odds. We love the adventurous life of a princess.

But surely adventure is lost if being a princess is truly about submission, right? Wrong.



How adventurous are you?

- Your best friend talks you into taking a dance class after school. When it comes time for your recital, you:
 - a) invite everyone you know to come watch your sweet moves
 - b) hide in the back row
 - c) fake a broken leg
- A friend calls you and asks you to join her on a hike. You:
 - a) grab your hiking boots and head out the door
 - b) ask her to walk around the school track with you instead
 - c) stay on the couch. You're not a spur-of-the-moment gal.
- Your church mission team is planning a trip to Zambia, Africa. You:
 - a) sign up for the trip and start tent shopping
 - b) sign up but pack an air mattress and a week's worth of food
 - c) sign up for next year's trip to Daytona Beach, Florida
- When it comes to your hair, you think:
 - a) "Change is good!"
 - b) "It's fun to make subtle changes every once in awhile."
 - c) "I'll just stick with what works."

- On the last youth ski trip, you:
 - a) rented a snowboard and headed for the top of the mountain
 - b) stuck with your friends on the moderately easy slopes
 - c) never left the lodge
- Your friends describe you as:
 - a) crazy and spontaneous
 - b) practical and fun
 - c) organized and dependable
- What's your favorite movie genre?
 - a) thrillers
 - b) drama
 - c) chick flicks

So, how adventurous are you? Add up your As, Bs, and Cs.

Mostly As. You're a thrill seeker. You want adventure. You're drawn toward whatever makes your adrenaline pump. You get bored easily.

Mostly Bs. You love adventure but have a practical side. No one would accuse you of being an adrenaline junkie, but you're not likely to be found on the sidelines either. You love to have fun as long as it's relatively safe.

Mostly Cs. You play it safe. You stick to what you know and value routine. You may love to experience adventure vicariously through movies or friends, but you won't be going bungee jumping any time soon.

What's the most adventurous thing you've ever done?

.....

.....

A God-sized adventure

The idea that living like a true princess means submitting to the will of someone else may make you feel like you'll be throwing your chances for adventure right out the window, but as daughters of the King, that couldn't be further from the truth. Unlike a princess who may or may not like the life that is chosen for her, we are in for the ride of our lives when we embrace what God has in store for us.

Write out the following passages below. Then go back and **circle** the benefits to us when we trust in God. **Underline** the gifts He promises us in these passages. **Draw a box** around words that describe your future.

■ Psalm 37:4-6

.....

.....

.....

■ Proverbs 3:5-6

.....

.....

.....

■ Jeremiah 29:11

.....

.....

.....

■ Romans 12:2

.....

.....

.....

Living our lives in submission to Christ doesn't mean abandoning all hopes of adventure. God is able to provide a life for us that is infinitely more exciting and fulfilling than anything we could create for ourselves. He isn't a power-hungry King who will demand that we make choices that will lead to misery. He is our loving Creator. We can trust what He has in store for us.

But there's more...

It isn't just adventure that draws us toward princesses. We're drawn to the idea that their lives matter. Their lives are more spectacular than the average citizen. We want the same to be true for us. We need to know that we matter, that our lives count for something significant. God alone can satisfy that need in us.

Read the passages on the next page and list in the space provided what each tells you about your significance.

■ Jeremiah 31:3

■ Psalm 45:11

■ 1 John 3:1

Now that is the stuff of fairy tales! God describes His love for you as everlasting. Your beauty enralls Him. The Bible says that He lavishes His love on you so that you can be called His child. If you are looking for evidence that you matter, look no further. God's Word is clear that you are deeply loved by the King of kings.

When God describes His love for me as "everlasting," it means...

When I read that God thinks I'm beautiful, I feel...

Submitting my life to Christ is difficult for me because...

One area I need to submit to God is...

Summing it all up

Here's a quick summary of what you have learned this week.

1. God is the He me into His family. That makes me a!

Romans 8:15-17 announces our adoption. As daughters of the King, we are adopted into His family as princesses. However, God's kingdom is not the place for a diva mentality. *Have you been acting like a princess instead of seeking to live in a way that honors God? If so, take time now to ask God's forgiveness. Ask Him to teach you what it means to be His daughter.*

2. Everything I do brings glory or dishonor to God. In other words, I am Christ's

Read 2 Corinthians 5:20. *Have you been living as if your own reputation is the only thing at stake? Are you most concerned with how your choices impact your own life? In what areas do you need to make changes to better honor Him? Remember, you are His ambassador.*

3. In order to the rules of God's kingdom, I must regularly read His

Part of being a princess is submitting to the laws of God's kingdom. In order to follow God's law, we must know it. In order to know His Word, we must spend time reading, studying, and meditating on it.

Review the steps you committed to take toward reading the Bible more often. What steps are you willing to take this week?

4. When I submit my life to Christ, I am in for a - sized

We are in for the ride of our lives when we surrender to what God has in store for us. Will you embrace your God-given identity and trust His plans for you, or will you refuse to surrender your life to Jesus?

For you did not receive a spirit of slavery to fall back into fear, but you received the Spirit of adoption, by whom we cry out, "Abba, Father!"
—Rom. 8:15

Therefore, we are ambassadors for Christ, certain that God is appealing through us. We plead on Christ's behalf, "Be reconciled to God."
—2 Cor. 5:20

I have treasured Your word in my heart so that I may not sin against You.
—Ps. 119:11

"For I know the plans I have for you"—this is the LORD's declaration—"plans for your welfare, not for disaster, to give you a future and a hope."
—Jer. 29:11

What scares you about this God-sized adventure?

Action step

Each week you will be given an action step to help you put into practice what you've learned through your Bible study. This week, you are being challenged to practice living as if your life is not your own. (It's not!) Choose a slot of time in which you are usually free to do what you want (right after school or after your homework is completed). Instead of using that time to focus on yourself, use it to meet a need of someone in your home. Here are a few options (or choose your own):

- 1. Offer to cook dinner one evening.** Encourage your parents to spend the time they would have spent cooking and cleaning doing something that helps them relax.
- 2. Take your younger brother or sister outside** for some play time. Let him or her pick the game and then play until he or she is worn out. For extra credit, allow a friend of his or hers to hang out with you, too.
- 3. Spend 30 minutes in prayer for someone in need.** Don't use this prayer time to make requests for yourself. Concentrate your prayer efforts on the needs of someone else. It could be a person in your church, a teacher, or a family member.

Taking care of the needs of others made me feel... ..

I realized that submission is... ..

Reflections of truth

Each week, you will write out one truth you learned this week, then place that truth on a mirror you use regularly. Write your weekly truth on an index card or sticky note or by using a dry erase marker directly on the mirror. Leave your truths up until the completion of the study and watch how it changes what you see in the mirror.

Week 1 Truth:
I am the daughter of the King of kings!
 Romans 8:15-17

"For you did not receive a spirit of slavery to fall back into fear, but you received the Spirit of adoption, by whom we cry out, 'Abba, Father!'" The Spirit Himself testifies together with our spirit that we are God's children, and if children, also heirs—heirs of God and co-heirs with Christ—seeing that we suffer with Him so that we may also be glorified with Him."
 —Rom. 8:15-17

1. "Loony Laws,"
 Loony Laws (online).
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 Internet: www.loonylaws.com.

Session 2

WHO is
 REALLY
 ON
 THE
 THRONE?