



## TREASURED/PARENT CUE TEAM

### CEO, THE RETHINK GROUP

Reggie Joiner

### EXECUTIVE DIRECTOR OF MESSAGING

Kristen Ivy

### CREATIVE DIRECTOR, TREASURED STUDY

Sherry Surratt

### FOUNDER OF TREASURED

Courtney DeFeo

### LEAD EDITOR, TREASURED STUDY

Karen Wilson

### BRANDING & GRAPHICS

Sharon VanRossum

Ana Popović

### VIDEO PRODUCTION

Beth Helmer

Ben Grant

### PROJECT MANAGER

Sheeva Olyaie

### WRITERS & EDITORS

Sarah Bragg

Holly Crawshaw

Karen Wilson

Courtney DeFeo

Sherry Surratt

Tim Walker

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# TREASURED

## SESSION 1: IDENTITY

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**Knowing what to expect before the group begins sets you up for leadership success! Read through this entire Leader Guide for a session summary, things to think about, and tools to use to communicate to your group.**

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### SESSION 1 SUMMARY

Some of our girls are beginning to notice themselves in new ways. When they look in the mirror, they see the size of their nose, the texture of their hair, the physical similarities and differences they share (or don't share) with their friends. And some of our girls are downright discouraged by what they perceive to be true about themselves.

No matter what age, almost every girl (and woman) battles to find her authentic identity. We want our girls to base that identity on the firm foundation of God's truth. As the years go by, we want our girls to remember that they are made just right, on purpose, for a purpose.

In this session, we show our girls how to break the habit of comparing themselves with others by being thankful for how amazing and unique God made them to be.



### THINK ABOUT THIS

For many of the girls in your group, this study will be their first experience of this kind—maybe for some of the moms, too. Keep your expectations realistic, and the overall mood of your time together lighthearted.

Sometimes, getting to small group can be challenging. Make snacks available as people arrive. Then, start your time together with the Icebreaker Activity to loosen things up and put everyone at ease. Introduce the study with the optional Introduction Video or use the script. Then, watch the Teaching Video together, or teach the session with the script included in this Leader Guide. Engage moms and daughters to interact with each other using the Discussion Questions in the Session 1 Participant Guide. The Closing Activity will illustrate the main idea and conclude the group on a fun note.

Remember, some of the girls in your group may be hesitant to share. While gently nudging them to respond may lead to them opening up, keep in mind they may not be ready to share their thoughts out loud. Give them the option of writing down their answers on their Participant Guide. If some of the girls in your group don't share aloud, they're still hearing critical truths that will take root in their hearts, allowing them to grow over time.

# COMMUNICATING WITH MOMS

## SESSION 1: IDENTITY



**Remember to email the moms before each meeting with a reminder of when the group starts and ends, and how they might be able to prepare for each session. In addition, you will want to attach the Mom Guide, which will give them everything they need to mentally prepare for each session. To make it simple, just copy and paste the email below and fill any additional information. Feel free to change the email text to fit your needs.**

### SAMPLE MOM EMAIL FOR SESSION 1

**(To be sent *prior* to Session 1 with the Session 1 Mom Guide attached.)**

Hey everyone!

Hope you all are having a great week! I am so excited to begin our *Treasured* study together.

We will be starting off this six-session study talking about Identity. We will show our girls how to break the habit of comparing themselves with others and instead be thankful for how amazing and unique God made them to be.

No matter what age, almost every girl (and woman) battles to find their authentic identity. We want our girls to base that identity on the firm foundation of God's truth. As the years go by, we want our girls to remember that they are made just right, on purpose, for a purpose.

Although there is no homework, you will want to review the attached Mom Guide to help you prepare. The Mom Guide will include:

- An encouragement letter from the founder of Treasured, Courtney DeFeo
- Session Overview
- Discussion Questions
- A Mother/Daughter Connection Challenge
- Ideas to Continue the Discussion

I am praying for you and for your daughters—praying that this would be a season of growth and connection for you both.

Here are the details for our meeting:

Date/Time:

Address:

See you soon!

P.S. To make the most of the Treasured experience, check out the *Treasured Journal*. The *Treasured Journal* is designed to help girls talk with their moms about the subjects we are covering. Each topic has five days of things to think about, talk about, doodle, and do—and things for you to do, too. You can purchase it at [ParentCueStore.org](http://ParentCueStore.org).

# GROUP MEETING

## SESSION 1: IDENTITY



### SESSION 1 SCHEDULE

Icebreaker Activity  
 Introduction (optional, Video or Live)  
 Teaching (Video or Live)  
 Discussion Questions  
 Closing Activity  
 Closing Prayer

### SUPPLIES NEEDED

***This supply list may vary depending on your use of the video versus a live speaker.***

**Large Group** (live teaching, no video):

- Yardstick or ruler (one that is breakable)

**Icebreaker Activity:**

- Play-Doh®
- OR
- Moldable clay
- OR
- (1) sheet of paper per person
- Markers, crayons, or colored pencils

**Closing Activity:**

- (1) ruler for each girl (or a paint stick)
- Several permanent markers
- Other embellishments to decorate rulers (like stickers, ribbon), if desired

### ICEBREAKER ACTIVITY

**(Allow 15-30 minutes)** The following activity will give people an opportunity for everyone to introduce themselves to the rest of the group. Have both moms and daughters participate.

Using the materials provided (Play-Doh, modeling clay, or paper and drawing utensils), create something that represents the best thing about you. For example, if you're a great singer, you can draw or create a microphone. If you're really good at soccer, draw or mold a soccer ball. If you love the color of your eyes, draw or create them.

Allow several minutes for each person to complete the activity and have everyone share their creations with each other. If they don't know each other, have them introduce themselves by saying their names and explaining how their creation represents them.

### INTRODUCTION (OPTIONAL)

**(Allow 5 minutes, optional)** Show the video, or if you prefer, use this content (or create your own introduction) to welcome each mom and girl in the group. Introduce what they will be reviewing. You can say something like this:

*(continued on next page)*

# GROUP MEETING

## SESSION 1: IDENTITY

*"Welcome to Treasured. We're so glad you're here. This study is all about discovering how much we are treasured as both moms and daughters. There is a verse in the Bible that says: 'But God chose you to be his people. You are royal priests. You are a holy nation. You are God's special treasure. You are all these things so that you can give him praise. God brought you out of darkness into his wonderful light' (1 Peter 2:9 NIV).*

*This verse tells us that God loves us and that we are His special treasure. He also chose which family we would be a part of, which means having our mom as a friend is a treasure, too.*

*As we spend the next six sessions together, we want you all to remember how treasured you are. We'll talk about our identity, our body, and our emotions. We'll also talk about friendships and technology, and we'll end with talking about who God is and how we can be His friend."*

### SESSION 1 TEACHING

**(Allow 10 minutes)** Show the video, or if you prefer, teach the lesson yourself or bring in a guest. The teaching script can be found at the end of this document.

### SESSION 1 DISCUSSION QUESTIONS

**(Allow 15 minutes)** These questions are a guide to get the conversation started in your group after you watch the video. Don't feel like you need to ask everything on this list. As long as you're having a conversation, you're right on track. Also, feel free to adjust the questions to fit the needs of your group. (These questions are also in the Participant Guide.)

**BOTTOM LINE:** Be amazed by how God made you.

**SCRIPTURE:** *"How you made me is amazing and wonderful. I praise you for that. What you have done is wonderful. I know that very well" (Psalm 139:14 NIV).*

1. What's one thing that stuck out to you from this session?
2. What is one way girls your age compare themselves to others?
3. Moms, what's one way you compare yourself to other moms?
4. Why do you think we compare ourselves to others?
5. Name one of your unique qualities, talents, or traits.
6. How do you think God can use that for something good?
7. What does it look like to celebrate someone else?
8. When you are tempted to compare yourself to someone else, what is one thing you can do?

### CLOSING ACTIVITY

**(Allow 10-15 minutes)** Provide a paper ruler, a paint stick, or a plastic ruler for each mom and daughter. Provide markers to write with (and any other embellishments, like stickers, ribbon, etc.).

*(continued on next page)*

# GROUP MEETING

## SESSION 1: IDENTITY

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Say: *"Remember that you break the habit of comparison when you remember WHO it is that made you and how amazing He made you. Each time you thank Him for how He made you, you break the habit of comparing yourself to someone else."*

On one side of their ruler, have each girl write the verse from today's session:

*"How you made me is amazing and wonderful, I praise you for that" (Psalm 139:14 NIV).*

On the other side of the ruler, have each girl write a few words that describe herself that she can be thankful for. Have each mom also write a few words on their daughter's ruler to describe the wonderful way God made her daughter.

(Allow a few minutes for each mom and daughter to write on their ruler. They can also decorate it, if desired.)

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### CLOSING PRAYER

*"God, thank You for each and every girl in this room. Thank You for how you made them—for the ways they laugh, the ways they think, and the many different and wonderful ways they are wired. God, You created us on purpose, for a purpose. I pray that any time we start to feel bad about the way we are made, we remember the ONE who made us. You are the Creator of all things perfect and good."*



# TEACHING SCRIPT

## SESSION 1: IDENTITY



**BOTTOM LINE:** Be amazed by how God made you.

**SCRIPTURE:** *"How you made me is amazing and wonderful. I praise you for that. What you have done is wonderful. I know that very well" (Psalm 139:14 NIV).*

**The following is an edited teaching script from the transcript of the video. If you choose to teach the content instead of showing the Teaching Video for this session, we encourage you to take the content and edit it to work within the context of your small group. We've kept any personal stories or references in the script so that you can use them as a guide when substituting your own stories.**

There is one phrase that I have said too many times to count. Are you ready for it? Here it is: "I wish I were more like her."

My guess is that many of us have said the same thing, too. And if we haven't said it out loud, we've at least thought it.

I wish I had hair like her.  
I wish I were funny like her.  
I wish I were better in school like her.  
I wish I were good at sports like her.  
I wish people liked me like they like her.

The list could go on and on.

Have you heard the word *comparison*? Comparison happens when we measure ourselves against others. Comparison is normal! It's normal to be aware of how you measure up against others.

But we do this all the time, right? And people do it to us, too. Our grades are measured. Our growth is measured. Our abilities are measured. Comparison is almost like second nature to us because it's done our whole lives.

But there's a problem with comparing ourselves to others: you either feel worse about yourself or you feel better about yourself. But more than that, we start to believe that the only way we have value is to be better than, smarter than, or prettier than someone else. And if we don't feel good about where we stand, we are tempted to put others down in order to feel better about ourselves. Or, we do everything we can to become more like the person we are comparing ourselves to instead of becoming who we are created to be.

When I was 10, my family moved to a new town. And if you've ever been the new kid, you know how hard it can be to make new friends. I was invited to a pool party and naturally being the new girl, I kept to myself. I found comfort in a float. Then something happened. I don't know how it happened, but I popped the float. One girl turned around, laughed and yelled, "She's so fat she popped the float!" Then, everyone laughed. And in that moment, I had the sudden realization that I had an imperfect body. That I wasn't good enough. That I didn't measure up.

What happened at that party changed how I thought of myself. For the next few years, I started walking into rooms and immediately comparing myself to everyone

# TEACHING SCRIPT (CONTINUED)

## SESSION 1: IDENTITY

else. And most of the time, I didn't like what I saw when I looked in the mirror.

I felt like I didn't measure up. I felt less than. Less pretty, less smart, less funny. I felt unaccepted—like I didn't belong. I would have almost done anything to be prettier, smarter, better.

Have you ever felt like that?  
Do you sometimes wonder if you measure up?

You are not alone. Each one of us have felt that way at some point.

**(Hold out a “measuring stick”—either a yardstick or a ruler.)**

I bet we all know what this is, right? It's a measuring stick. And we use it to . . . measure! That's right. We can use it to measure things around us.

We can use it to measure who is the tallest or shortest.

We can use it to measure who can jump the farthest.

We can use it to measure who has the longest toes.

We can use this measuring stick to tell us a lot about ourselves and about other people. But there's another kind of measuring stick. It's not a literal ruler like this one in my hand. But it works the same way.

When we look at ourselves in the mirror, we find ourselves wondering how we measure up when it comes to how we look. In other words, how do we compare? Are we tall enough? Fast enough? Pretty enough?

What about school? If our super smart friend is here **(indicate the top of the ruler)**, we measure our own intelligence based on theirs. When it comes to being smart, we may think we fall here **(point to the middle of the ruler)**. Or even here **(point to the bottom of the ruler)**.

We do this in so many ways—when it comes to who is the funniest, most athletic, the best singer, or who has the most friends.

But what if you had a way to fight those thoughts? What if there were a way to stand next to another girl and not let it affect the way you see yourself?

When I was younger, my mom read me this verse. It made me think about comparison differently. Listen to this:

*“How you made me is amazing and wonderful. I praise you for that. What you have done is wonderful. I know that very well” (Psalm 139:14 NIV).*

Here's the deal. When you meet an artist, you praise the artist for what they created. You celebrate their talent. That is what the person who wrote that verse does. The praise isn't based on how well the artwork measures up against other pieces of art. The artwork is praised because of the One who created it!

You may not feel like artwork all the time, but you are. Because you were created by the greatest Artist ever—God! And instead of comparing yourself to other pieces of art—to your friends, or teammates, or people you see on TV—God wants us to praise Him instead.

Here's what I want you to try. The next time you want to compare yourself to someone else, do what the psalmist did. He praised the artist. *“I praise You for that. What You have done is wonderful. I know that very well.”*

When we do that—when we praise God instead of comparing ourselves to others—we break the measuring stick. We free ourselves from feelings of jealousy, hurt, and anger.

You were made with thought. You were created with a purpose. You are unique—one-of-a-kind. Everything about you was intricately and beautifully formed from your head down to your toes—even your personality!

Breaking the measuring stick starts with thanking God for how He created you.

Thank you for my nose.  
Thank you for my strong legs.  
Thank you for my loud mouth.



# TEACHING SCRIPT (CONTINUED)

## SESSION 1: IDENTITY

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Then, thank God for the way He created her—whoever it is you're comparing yourself to.

Thank you for making her so fun.  
Thank you for making her with such pretty hair.  
Thank you for making her so good at soccer.

***(Hold out the measuring stick again—the yardstick or ruler.)***

Remember this old thing? This ruler represents all the negative things you've thought and said about yourself in the past. This ruler represents how comparing yourself to others makes you feel less than. Not enough. Or too much.

But starting today, we're going to do this . . .

***(Break the measuring stick over your knee.)***

We're going to break the habit of comparing ourselves to others by thanking God who created us on purpose, for a purpose.