



MOM-TO-MOM ENCOURAGEMENT

Hey Moms,

This topic is one of my biggest areas of struggle as a woman and a mom. I have body issues of my own and desperately don't want to pass on those insecurities to my daughters. Can you relate? Do you fear saying too much, or not enough, about their bodies? I am. I'm afraid to harp on healthy choices or suggest exercise. I am also afraid to not say enough and ignore health and exercise.

Last week, we talked about being made with a purpose. In our weakest moments, that's the truth we have to come back to. Because if we don't feel good about ourselves, it's really difficult to walk out that purpose. Let's do our very best to fight for healing in our own hearts and continue to remind ourselves of the truth of how God sees us. You, precious mom, are wonderfully made. You don't have to be a certain size, shape, or status to be loved. And neither does your daughter.

How we feel about ourselves and how we talk about our bodies and our girls' bodies matters. I don't want to talk about skin care as it relates to looking younger. I want to talk about using sunscreen and lotion to keep skin healthy and protected. I don't want to talk about eating fruits and vegetables to be thin. I want to talk about wise diet choices to make our bodies strong. Let's talk about our bodies in a way that's about more than how they look. Because it's about so much more than that. It's about why we should care for our bodies. Because they're precious, valuable gifts—purchased with the life of a King.

Can we make a pact? Let's raise up girls who respect their bodies and understand that taking care of them is an important responsibility—one given to us by God.

While we may still occasionally need to remind them to brush their teeth or get more sleep, we can spend more time delighting in them and telling them how absolutely stunning and wonderfully created they already are.

Even while we are shifting over to them the responsibility of caring for their bodies, they will need our gentle and consistent encouragement. They will need us to model the idea that our bodies are gifts given to us—gifts bought with a precious price—that we have the honor of being in charge of and protecting.

Much love,
Courtney DeFeo
Founder of Treasured, [TreasuredGirlz.com](https://www.treasuredgirlz.com)

TREASURED

SESSION 2: YOUR BODY

BOTTOM LINE: Be in charge of your body.

SCRIPTURE: *“Don’t you know that your bodies are temples of the Holy Spirit? The Spirit is in you, and you have received the Spirit from God. You do not belong to yourselves. Christ has paid the price for you. So use your bodies in a way that honors God” (1 Corinthians 6:19-20 NIV).*

TIPS FOR GROUP

- As you look over the Discussion Questions in this guide, consider giving your daughter a heads up that we’ll be talking about the wonderful ways God made us.
- During group time, remember to use encouraging words about your daughter that won’t be embarrassing to her.
- There may be some topics that arise in this session that you will want to discuss further with your daughter. Check out the Continue the Discussion questions in this document or the Additional Resources links.



WORDS YOUR DAUGHTER NEEDS TO HEAR FROM YOU

As your daughter grows and her body changes, affirm her as much as you can. Here are some phrases to use to help her learn to value and be in charge of her body.

- I love you exactly how God made you.
- You are in charge of your body. It’s up to you to take care of it.
- Being healthy is about more than how you look.
- You have the right to say “No” when someone makes you feel uncomfortable.
- I love spending time with you! Would you like to get some exercise together and go for a walk after dinner?
- Remember that every girl grows and changes at a different pace.

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SESSION 2 DISCUSSION QUESTIONS

We'll talk about these in the group. Your group leader may not use all of the questions.

1. What is one thing that stuck out to you from this session?
 2. In your opinion, what is the best part of growing up?
 3. As you have grown, what are some new responsibilities that you have now that you didn't have before?
 4. What is something valuable you own, and how do you treat it?
 5. Read 1 Corinthians 6:19-20. Why is your body valuable?
 6. Knowing that your body is valuable, how can you take of it?
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MOM / DAUGHTER CHALLENGE

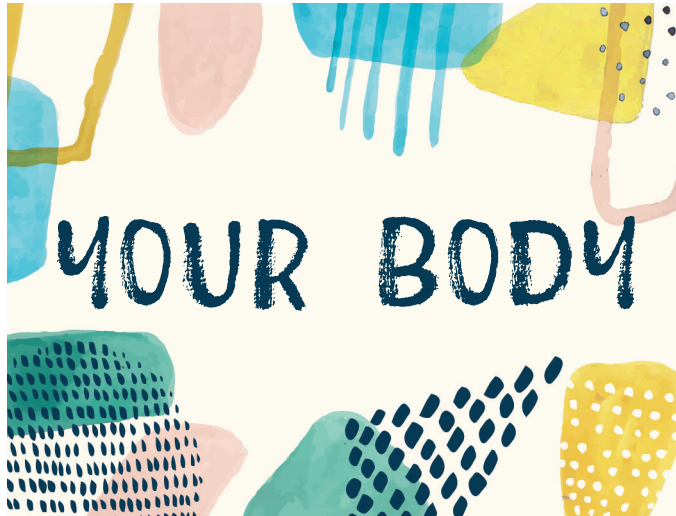
Choose one or more of these to do after the group.

Spend some quality time with your daughter this week. Here are some ideas to consider for your time together:

- **Show and Tell.** Find a fragrance or lotion you've always loved and let your daughter try it. Take her to a beauty counter and try on different lotions or perfumes for fun. Pick a favorite and describe it out loud and why you like it.
- **Stock up.** If possible, take your daughter to a discount store or big box store and let her go pick out lotion, deodorant, face wash, tooth paste, and a toothbrush, or even a fun headband to hold her hair back as she washes her face. You may want to also pick up some sanitary products and tuck them in a safe place in her bookbag so she is fully prepped for emergencies. (Use this time to explain a few things if you need to.).
- **Build a Routine.** Talk to your daughter about your routine. Show her what you do every day to wash and take care of your body. Make a daily plan for how your daughter can be responsible for her body. Encourage her to create a list on a poster or white board, decorate it in a way that inspires her, and put it up in her room.

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CONTINUE THE DISCUSSION

Here are some questions to further the discussion at home after Session 2:

- Have you ever felt unsafe around anyone?
- Do you have any questions about your body and how it's changing? You can ask me anything!
- What is something I can do to help your daily routine be easier and more fun for you?
- If there are questions you don't feel comfortable asking me, who would you like to talk to?

ADDITIONAL RESOURCES

For additional resources, visit [TreasuredGirlz.com](https://www.treasuredgirlz.com) or theParentCue.org/resources.

And don't forget to head over to ParentCueStore.org to check out the *Treasured Journal* for more conversation starters and ideas to connect with your daughter!