



MOM-TO-MOM ENCOURAGEMENT

Hey Moms,

I want to start out by reminding you that this isn't all up to you. Your daughter's faith and body and emotions and all of it—it's not completely on you.

You are an incredible, significant influence in her life. You might be her #1 role model. However, you are not sovereign. Your daughter is going to make choices. I know I did when I was a young girl. I walked away from my faith and went against everything my parents taught me. I thought I had a better idea of how life went. However, I had truth in my heart, and God never let go. I had parents who also didn't let go and never stopped loving me.

I do believe we can help our girls navigate through the tough teen years and the self-image and the friend issues. I do think we can help raise kind and compassionate girls. But we cannot be God.

There's just no way we can fill the void in their hearts—void that they will try to fill with everything from boys to likes on social media to new clothes. I want so badly for my daughters and yours to know that there's nothing like being filled with the fullness of God.

I don't want obedient and compliant girls just so mom looks good. I want my girls to be confident in who they are—because God made them. I want them to know what it's like to be a friend to God.

We can pray. We can surround them with people who love them and who love Jesus. We can model as best we can. But, at the end of the day, we have to learn the delicate art of hanging on loosely—of handing them back over to God again and again, and trusting Him to do the rest.

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

TREASURED

SESSION 6: FAITH

BOTTOM LINE: Be a friend to God.

SCRIPTURE: *"Come near to God and he will come near to you" (James 4:8a NIV).*

TIPS FOR GROUP

- When looking at the Discussion Questions, consider sharing what you'll be talking about ahead of time so she'll be comfortable.
- Be honest during group. Don't feel pressure to have it all together when it comes to your faith.
- Don't feel guilty if this topic makes you uneasy or if you've never talked deeply with your daughter about this topic. The Continue the Discussion Questions and the Mom/Daughter Challenge in this document can help you get the conversation started.



WORDS YOUR DAUGHTER NEEDS TO HEAR FROM YOU

It's important to create a safe place for your daughter to talk about her questions and doubts. Here are some phrases to work into your conversations as you talk about faith.

- The best way to get to know Jesus is to spend time with Him and talk to Him—just like you would a friend.
- It's okay to have questions about your faith. I have questions, too.
- God doesn't move away from us. But when we get to know Him, we move closer to Him.

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SESSION 6 DISCUSSION QUESTIONS

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

1. What's one thing that stuck out to you from this session?
 2. Think about your closest friends. Why are they your closest friends? How do you stay close to them?
 3. James tells us that if we come near to God, He will come near to us. Moms or daughters, tell us about a time when you felt close to God?
 4. Today we learned there are four ways we can come close to God: hearing, praying, talking, and living. What do each of these look like in real life?
 5. Out of the four, which is easiest for you? Which is the most challenging?
 6. What's one thing you can start doing this week to get closer to God?
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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:

- Have you ever told your daughter your story? Not just the pretty parts, but the whole story? Brew the two of you some hot chocolate or take your daughter out for a milkshake and share. Tell her about your journey of faith. Tell her about the times you felt far from God and the times you felt close. If you're new to faith, be honest about that. Your daughter can handle your doubts, and so can God. When your daughter hears that you have wrestled with faith, she will feel safe to wrestle, too.
- Take your daughter to a bookstore and let her pick out a journal or devotional that you can do together. (Know God is a student devotional that teaches the faith skills mentioned in this session and can be found at ParentCueStore.org.) Or go through a devotional online or in an app.

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- Write out a prayer for your daughter and tuck it under her pillow one night. Write your favorite verse on a card and stick it in her lunchbox or text her an encouraging verse for the day.
 - Help your daughter express her thoughts by allowing her to write them to you. Think about starting a “Mom and Me” notebook where you can write a question or thought to your daughter and put it on her pillow or in her room. Let her answer you back on her own timing and assure her it’s only for her and you. Encourage her to write her thoughts or questions about anything (boys, friends, her body, God) and reassure her you are always ready to talk about anything.
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CONTINUE THE DISCUSSION

Here are some questions to further the discussion at home after Session 6.

- Do you have any questions about God or what having faith means?
 - How can I help you learn more about growing in your faith?
 - Do you and your friends ever talk about God? What questions do your friends have?
 - Is there another adult who you feel comfortable talking to about your faith?
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ADDITIONAL RESOURCES

For additional resources, visit [TreasuredGirlz.com](https://www.treasuredgirlz.com) or [theParentCue.org/resources](https://www.theparentcue.org/resources). Also available to order, the *Treasured Journal* is a fun opportunity for mothers and daughters to deepen their Treasured experience through reflection and discussion. Available at [ParentCueStore.org](https://www.parentcuestore.org).