

## Kick it Off

Begin by asking students to think about a friend in their life who they trusted, but after some time, things did not turn out the way they expected it would. Ask some students to share their experiences.

In life, we make positive and negative choices. As you read this story, reflect on and visualize some choices you have made. Elisabeth trusted and loved someone so much it was hard to let him go. How long do we hold on?

## Key Verse

*“Put on all the armor that God gives, so you can defend yourself against the devil’s tricks. Ephesians 6.11, CEV*

## Keep it Real

**Small Group Study** Pass out the magazine or article to the entire group along with the study sheets. Divide the students into small groups and have students read the article and answer the questions as a group. Let each group know that they have 10 minutes to complete the task. After the ten minutes are up, have one group member from each group share out. Allot 20 minutes for this portion of the assignment.

*or*

**Whole Group Study** Pass out the magazine or article to the entire group along with the study sheets. Have students volunteer to read a specific portion or paragraph aloud to the rest of the group. When the article is completed, give the entire group ten minutes to record their answers to the study sheet questions. Have volunteers share their answers with the group. Allot 20 minutes for this portion of the assignment.

## Keep the Faith

While groups are completing their study sheets begin writing the following chart below on the board. Divide students into six groups, if possible. Assign Group 1 the name “Belt of Truth,” Group 2 will be assigned the name “Armor of God’s Justice” group, etc. After each group has been given their assigned name, give each group a piece of paper. Tell students this name is now the name of their brand new school and a **NAME** is everything. Write down three rules that students will have to adhere to based on your school’s name. (For example, “Belt of Truth School” – Students must be honest. Students must be trustworthy.)

Belt of <b>TRUTH</b>
Armor of <b>GOD’S JUSTICE</b>
Shoes of <b>PEACE</b>
Shield of <b>FAITH</b>
Helmet of <b>GOD’S SAVING POWER</b>

After students have completed the assignment, have a volunteer in each group share out. Ask students what, if any, characteristics of these schools do they see in themselves.

Explain to students that God wants us to have standards which is why he gave us his Word—the Bible. If we put on the whole armor of God each day and live by God's standards, we will be able to fight whatever the world hurls at us.

## **Keep it Movin'**

Remind yourself that you are protected by God's armor.

Ask God to help you make wise choices. Use the Bible as your guide.

Help young women to be confident in themselves and not dependent on a "man" to make them a "woman."

***Close in Prayer** - Pray for young people who are involved in gangs and for young women who wrongly believe that being the girlfriend of a gang member is something to be proud of. Pray that young people will know that God can fight any battle they face.*