

U & ME

♥ CONVERSATIONS

by GEMS

LOVED.

Discover The Most Important Thing About You

GIRL GUIDE

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DISCOVER THE MOST IMPORTANT THING ABOUT YOU

GIRL GUIDE



a division of Dynamic Youth Ministries

Bringing girls into a living, dynamic relationship with Jesus Christ.

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HI! WELCOME TO LOVED.

I'm so glad you are here! So I'm curious—what is your favorite subject? Do you have a least favorite subject?

For me, I loved English. I'm a "words" girl. But my least favorite class—gym class. Ugh!

The worst part of gym class was when they picked teams. I'm not sure how you pick teams, but when I was younger, everyone lined up along a wall, while two classmates who were "team captains" picked who they wanted on their team. (And it was usually the super sporty and popular kids who got to choose!) Even though that was a lot of years ago, I still remember how it felt to stand there and be the last one picked, every single time.

Gym class wasn't my only problem. When I was in school, I was bullied. I was a chubby, freckled redhead, so kids at school would call me names like "carrot top" and "big red." If you would've given me a name tag about the things I believed about myself I would've scribbled,

Hello, My Name Is . . .

Not Wanted Rejected unloved

I wonder if you've ever felt unwanted, not enough, or unloved? Maybe, like me, you've had lies stuck on you like a sticky name tag?

But here's the good news: everything changed when I learned from the Bible that there is a God who loves me. Those lies

became unglued when I discovered God says I am loved. Period. And guess what? So are you!

Today I'm a mom to two grown boys, two teen girls, and two naughty dogs. My girls remind me what's cool and what's not. (And having red hair and freckles is definitely cool!) Along with being a mom, I work for GEMS (the ones who write books for girls around the world). I would've never guessed that one day this "words" girl would get to help girls know the Truth that they are LOVED. Wow!

My hope is that you and your mom have lots of laughter, fun, and time together with this U & ME Kit. I also hope there is no question in your mind that God says, today and every day, you are loved. Period.

Your friend,

Cindy Bultema
GEMS Executive Director

P.S. There are two name tags in the U & ME Kit. Would you send me a picture of you and your mom holding your name tags? I can be reached at hello@gemsuandme.org. I hope to hear from you!

INTRODUCTION



SEE WHAT GREAT LOVE THE FATHER HAS LAVISHED
ON US, THAT WE SHOULD BE CALLED CHILDREN
OF GOD! AND THAT IS WHAT WE ARE!

1 John 3:1

Here are a few tips to help you make the absolute best use of this guide so you can get as much out of this time together with your mom as possible. Get ready for belly laughs, interesting stories, thoughtful conversations, and special moments with your mom. Plus, you will learn just how LOVED you are while finding lots of opportunities to share your thoughts with your mom, learn more about her, and share with her about yourself, too.

**If you see a graphic like this,
pay attention!**



These graphics are verses from the Bible, which is God's Word. The Bible is the capital 'T' Truth. This isn't the truth of the world, but the Truth from God's Word (John 17:17). The world will tell you lies, but God's Word will always tell you the Truth. Period. Feel free to take pics, rewrite the verses on sticky notes or index cards, or share them with your friends. These words matter!

Mark up your guide.

This guide is all yours. Feel free to make it your own. Add colors, doodle in the corners, fold pages—do whatever you need to do to engage with the activities. This is all you!

GET STARTED!

Color in the heart below with your favorite color. Then draw a tiny heart next to it. Fill it in with your mom's favorite color.



Doodles aren't perfect.

Stick figures are more than welcome!

Don't worry too much about making your guide pretty. There are lots of doodling activities in here, and we don't want you to get caught up with drawing the perfect masterpiece. Just doodle some thoughts to help you remember what you learned. And if you don't like to draw, feel free to write your thoughts instead. It's up to you.

Pay attention to details.

We have lots of great extras, final thoughts, and fun challenges included in these pages. Don't miss them by skipping ahead to the next thing!

Remember that no matter what, you are LOVED.

This is the most important thing. If there's nothing else you take away from this time, simply remember that you are LOVED. Period. Because more than anything else, we want you to know just how LOVED you are.

Period.

YOU ARE KNOWN



**YOU ARE LOVED.
NO MATTER WHAT.**

WELCOME

It's time to get to know your mom (and see how much you already know about her). You may be surprised by the results! Give your book to your mom to fill out for you, while you fill out hers.

Then switch back and write your answers.

Are her answers the same as yours?

ARE YOU KNOWN?

Who is someone you admire?

Your Answer:

Her Answer:

What is your favorite movie or TV show?

Your Answer:

Her Answer:

What is the first thing you do when you get up in the morning?

Your Answer:

Her Answer:

What's your favorite animal?

Your Answer:

Her Answer:

What is your favorite snack?

Your Answer:

Her Answer:

What did you have for lunch today?

Your Answer:

Her Answer:

What are your hobbies?

Your Answer:

Her Answer:

Are you a dog or a cat person (or not a pet person at all)?

Your Answer:

Her Answer:

Are you most energetic in the morning or at night?

Your Answer:

Her Answer:



**What is the most surprising thing
you learned about Mom?**

**What was she most surprised
to learn about you?**

**Jot a few things below to help you
remember what you learned.**

Know what? Whether you and your mom know each other really well or not, the Truth is unchanged. YOU are known! God, the One who made you and gifted you your mother-daughter relationship, knows everything there is to know about you.

WORD

Fill in the "Hello, My Name Is . . ." name tag below with your name. Make sure you write it in pretty letters.

hello my name is:

As your mom reads to you, color or doodle in the letters below:

YOU ARE
LOVED.
PERIOD.

What is your favorite thing about you that God created? Maybe it's the beautiful shape of your eyes or your great ability to memorize things. If you have a hard time deciding, ask your mom to help. Write or draw it in the space below.



FOR GOD SO LOVED THE WORLD THAT HE GAVE HIS
ONE AND ONLY SON, THAT WHOEVER BELIEVES IN HIM
SHALL NOT PERISH BUT HAVE ETERNAL LIFE.

John 3:16

God made a way for us to live with Him forever. Because of Jesus, nothing can separate us from God's love. He loves you so much!

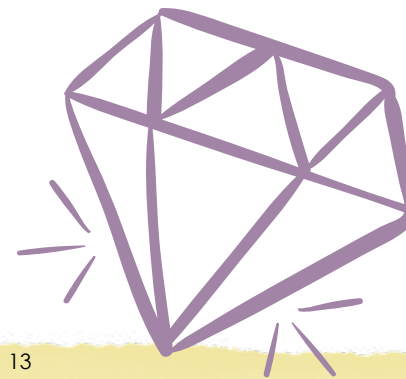
Do you think you hide who you are from others?
Jot your response below.



YOU HAVE SEARCHED ME, LORD, AND YOU KNOW ME.
YOU KNOW WHEN I SIT AND WHEN I RISE; YOU
PERCEIVE MY THOUGHTS FROM AFAR.

Psalms 139:1-2

What do you think is the most amazing thing God knows about you? Talk about it with your mom and doodle your ideas below.





FOR I AM CONVINCED THAT NEITHER DEATH NOR LIFE,
NEITHER ANGELS NOR DEMONS, NEITHER THE PRESENT
NOR THE FUTURE, NOR ANY POWERS, NEITHER HEIGHT NOR
DEPTH, NOR ANYTHING ELSE IN ALL CREATION, WILL BE
ABLE TO SEPARATE US FROM THE LOVE OF GOD THAT
IS IN CHRIST JESUS OUR LORD.

Romans 8:38-39

What is one question you're struggling with right now?
Write it on the lines below.



YOU ARE SEEN. YOU ARE KNOWN.
YOU ARE LOVED. PERIOD.

WONDER



I wonder . . .

. . . what stood out to you from God's Word today?

Go through this section while your mom asks questions about the story you read together.

In the space below, doodle one topic you'd love to know the most about. It could be makeup application, hair styling, natural sciences, an important historical event, or more. The sky's the limit!

Think about things you wish you knew about your friends, or things you wish others knew about you, and write or doodle some of these things in the word below. Which of these things can you share with your mom right now?

KNOWN

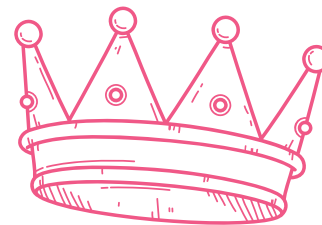
Design a beautiful mask on the next page, and inside of it, write all the things that you think could get in the way of God's love for you. Examples may include being unkind to your siblings, that time you cheated on a test, any moment you lied to someone, or other things. Then put an X through the mask. You don't have to hide anymore! God knows everything about you, and NOTHING will ever change how much He loves you.



WRAP-UP

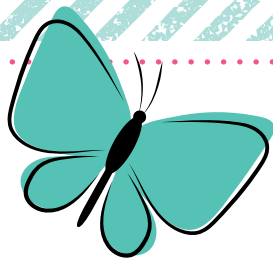
NOTE: End each session by talking with your mom as you pack up your things. Listen to her questions and ask her some questions, too.

Your mom will pray to end your session together.



WALK IT OUT

Live out what you learned: you are known by God. Try to complete one or more of the U & ME Challenges on the next page.



You Are LOVED.

Send the words "You are LOVED." to your mom as much as you can between sessions. Text her, put a note on her dresser, use a dry-erase marker to write it on a mirror, or get even more creative! You can track how many reminders you've left below by filling in the hearts each time you send your mom a LOVED. message. See what this kind of reminder does in the next few days.



You Are Known

Read the things your mom writes about you in the LOVED. Spiral-Bound Notebook. Then answer her question and write some things you love about her. When you've finished writing, place the notebook under her pillow. (If your mom forgets to give you the LOVED. notebook, gently remind her you'd like to try this U & ME Challenge.)

Who Are You?

Make a mask with your mom. Whether it's out of paper or fancy feathers, talk about how you don't wear a mask with God. He knows you inside and out. Share a story about a time you felt truly known or understood. Or ask your mom some fun questions to get to know each other better as you craft.

Psalms 139

Choose a starry night and go outside with your Bible and a flashlight. Read Psalm 139 together. Spend 5 minutes in silence thinking about how much God knows and loves you.



Balloon Bouquet

Write joy-filled notes and put them inside several deflated balloons. When finished, blow up the balloons and create a bouquet. Attach a card that says "You are known and LOVED." and deliver to someone who needs encouragement.



GOD ONLY KNOWS

God knows your heart, desires, and thoughts.

1 CHRONICLES 28:9

God knows your tears.

PSALM 56:8

God knows what you will say before you say it.

PSALM 139:4

God knows how you were made.

PSALM 139:13-14

God knows the number of hairs on your head.

MATTHEW 10:30

God knows your worth and value.

MATTHEW 10:31

God knows your name.

JOHN 10:3