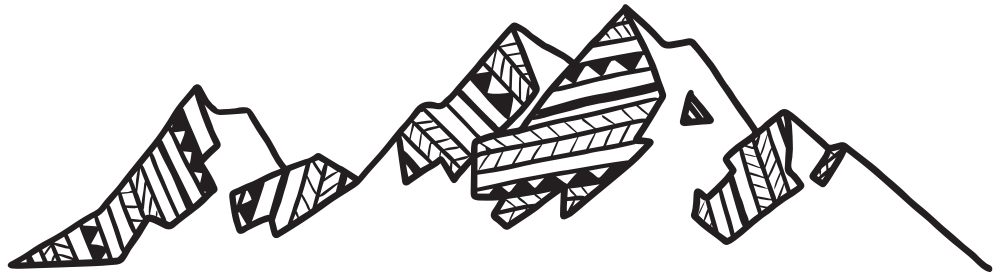




# UNSHAKEABLE

PSALM 62:2

LARGE GROUP  
RESOURCE BOOK



# UNSHAKEABLE

— PSALM 62:2 —

STANDING FIRM  
ON GOD'S PROMISES

**LARGE GROUP  
RESOURCE BOOK**

**GEMIS** Girls' Clubs

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UNSHAKEABLE!  
STANDING FIRM ON GOD'S PROMISES  
LARGE GROUP RESOURCE BOOK

**GEMS** Girls' Clubs

A division of Dynamic Youth Ministries  
Bringing girls into a living, dynamic relationship with Jesus Christ.

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# LETTER FROM THE EXECUTIVE DIRECTOR



## HI, FRIEND!

Almost everything has changed in our shaking world, hasn't it? Since the 2020 global pandemic, we've seen and experienced an acceleration of shaking in our physical and mental health, moral chaos, finances, relationships, and more.

It's impacted everything and everyone—especially our girls. The pandemic has accelerated girls' anxiety, depression, and questions as they wonder who they are, where they belong, and what difference they can make in an uncertain world. They long for a sure and safe place to stand firm and unshakeable.

**How do we equip a girl for a lifetime so that she can stand strong, secure, and confident in Christ?**

Here's what doesn't work: bubble-wrapping our girls. As much as we may want to isolate them or swoop in and rescue them from hardships, those things don't equip them to navigate challenging situations or to be salt and light in our world. Until Jesus returns or calls them Home, our girls will face tough stuff, and they need God's Truth.

Jesus said, *"In this world you will have trouble. But take heart! I have overcome the world"* (John 16:33).

Girls will NOT outgrow the troubles of this world, but they can overcome them when they place their trust in our unshakeable God. *Truly he is my rock and my salvation; he is my fortress, I will never be shaken* (Psalm 62:2).

What a promise! No matter what your girls face, in Christ they can stand unshakeable and help others do the same!

Can you imagine if every girl you mentored had unshakeable confidence that no matter what pressure she faces, nothing can change God's promises that she is loved, that she is not alone, that she is strong, that she is forgiven, and that He has provided all she needs to be a world changer?

Can you imagine if she was so anchored in God and His unbreakable promises that when her darkest days come, she shines brightest? No trial can untether her from God's love; no darkness can diminish her light. She knows what God has promised about Whose she is and who she is, and it's more than enough to stand firm and weather every storm.

Friend, you don't have to imagine. You get to be part of the life change that happens when a girl understands that since God's promises are unbreakable, her stand can be unshakeable!

As you mentor girls in our shaking world, I'll be praying for you and cheering you on. If there is any way I can serve you, please reach out. That's what I'm here for!

Serving Him Together,

Cindy Bultema  
GEMS Executive Director

# MEET THE UNSHAKEABLE CURRICULUM TEAM



**CINDY BULTEMA** is the Executive Director of GEMS Girls' Clubs. Prior to GEMS, Cindy served as the Children's Director at a West Michigan megachurch, a children's curriculum writer for Zondervan Publishers, an international women's speaker, and is the author of the women's Bible studies *Red Hot Faith* and *Live Full Walk Free: Set Apart in a Sin-Soaked World*.

Cindy lives in Grand Rapids, Michigan with her husband and their four children. When she's not running a full household, you can find Cindy meeting a friend for coffee, walking her two dogs, or hosting a house full of teenagers.

**LENAE BULTHUIS** has served as Content & Curriculum Director for GEMS Girls' Clubs since 2003. For over 17 years, Lenae has written life-changing curricula for GEMS. She was eight years old when her life intersected with the GEMS ministry for the first time. Today, she counts it grace to write curriculum and train leaders within a ministry that has radically changed her life.

Lenae lives with her husband, Mike, on a Minnesota grain and livestock farm. She enjoys reading, watching her grandchildren, and seeing God's grace on gravel roads and other dusty places.

**AMY BROOKS** is the Club Life Program Director for GEMS Girls' Clubs. She attended club as a girl, and as a young adult, she returned to be a leader. She loves to share how this ministry continues to bring her into a living, dynamic relationship with Jesus Christ. She is passionate about equipping and encouraging women in their roles as GEMS Leaders and is grateful to God for all the ways He has provided for her to serve within GEMS Girls' Clubs.

Amy lives with her husband, Patrick, and their college-age son and daughter in suburban New Jersey. She enjoys a day down the shore with a bike ride on the boardwalk and a chair by the water's edge.

**KAMARAH BAYARD** is a Content Writer for GEMS Girls' Clubs. She is an aspiring writer who has served on the GEMS staff for over a year. She has had a passion for storytelling since she was small, as well as a love for education, and of course, girls! Her passion for education took her overseas to South Korea, where she taught English to children as a private tutor and co-coordinated her church's Sunday Children's program.

Kamarah lives in her hometown of Grand Rapids, Michigan and enjoys watching science shows, cooking, and sipping a hot cup of tea while listening to music.

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# WHY UNSHAKEABLE?



If today's girls had a carabiner attached to their backpacks, too many of their tags would read, "Help! Too heavy to lift!" The burden is not the weight of books, but the weight of the world hanging on their shoulders.

Anxiety, depression, fear, and big questions about who they are, where they belong, and what their purpose is in our uncertain world weigh heavy on this generation of girls. It's impacting their sleep, schooling, relationships, and views of themselves and their futures.

They are under pressure from our toxic culture and the messages they absorb from social media, peers, and the world. The lies are sinking sand that has left them shaking, stuck, and without sure footing.

But everything changes when a girl knows the Truth of who God is and all that He says about her. She can stand firm, strong, and unshaken when God is her Solid Rock.

*Truly he is my rock and my salvation; he is my fortress, I will never be shaken.* Psalm 62:2

Does this mean that a girl will never face tough stuff that is more than she can handle? Is she now exempt from tears and fears?

Nope. Our world is shaking. Though life is beautiful and each day a gift, until Christ returns and restores all things to Himself, our world will always contain pain, brokenness, and heartache. When these inevitable storms come their way, girls can either develop coping mechanisms to isolate or create some sense of control, or they can cry out and stand firm on their unshakeable God and His unbreakable promises.

God is.

God is who He says He is.

God is unshakeable.

God is our Rock.

God is our Salvation.

God is our Fortress.

You are loved.

You are not alone.

You are strong.

You are forgiven.

You are a world changer.

You will not be shaken.

Now go tell a girl.

Watch the ReFresh Message "Unshakeable! Standing Firm on God's Promises" at [gemsrefresh.org](http://gemsrefresh.org) for more inspiration.



# HOW *UNSHAKEABLE* WORKS

The *Unshakeable* curriculum will help girls understand who God is and what it means to stand strong, secure, and confident in His unbreakable promises. They will grow in their relationship with Him and in their understanding of who they are in Him through prayer, worship, Bible study, and spending time with others.

When girls understand that God is unshakeable and His promises are unbreakable, it will change the way they respond to tough stuff and strengthen them to be leaders who love and walk alongside others through crisis.

**GOD IS.** The *Unshakeable* curriculum will teach girls who God is—our Rock, Salvation, and Fortress. He is unshakeable!

**I AM.** Though God's Word is packed with thousands of promises, girls will stand firm and memorize five "I am" promises God makes to them—"I am loved," "I am not alone," "I am strong," "I am forgiven," and "I am a world changer."

**WE WILL.** In our shaking world, girls will be the first ones to show up for others and remind them they are not alone. They will model what it looks like to stand firm on God's promises—strong, secure, and unshakeable!

The *Unshakeable* Starter Kit curriculum contains enough material for six weeks of club gatherings, whether girls are meeting in person, at a distance, or virtually. Use the material weekly for a semester, monthly, or whatever frequency best fits your schedule.

From the fullness of their trust in an unshakeable God, your girls will stand firm in His unbreakable promises that they are . . .

- Loved—1 John 3:1
- Not alone—Deuteronomy 31:6
- Strong—Philippians 4:13
- Forgiven—1 John 1:9
- World changers—Micah 6:8

. . . and more!

Through worship, Large Group Bible teachings, Small Group application, memorizing God's promises, prayer, crafts, and fun friendship-building activities, girls will grow in their relationship with God and stand firm in every circumstance as they remind themselves and one another who God is and all that He says about them.

In understanding that God is unshakeable and His promises unbreakable, peace permeates everything and girls stand strong, secure, and confident in Him for a lifetime. It'll change our girls and change our world—one girl at a time.



# HOW TO USE *UNSHAKEABLE*: 3 OPTIONS



GEMS Girls' Clubs come in all shapes and sizes—from big clubs to small clubs, from city clubs to rural clubs. There is no one-size-fits-all! However, the one consistent thing among all GEMS Clubs is they use GEMS curriculum. Based on how frequently your club meets, you'll want to select one of the options below for using the *Unshakeable* resources. Once you've selected the option that best fits your club, set your schedule for the year and begin praying, planning, and preparing.

## OPTION 1:

### ***UNSHAKEABLE* ALONE**

Works great for clubs that meet monthly or for a shortened season: October-November, January-February, or June-July.

Use *Unshakeable* as a standalone resource for up to six weeks. Everything you need for a full club gathering is included!

## OPTION 2:

### ***UNSHAKEABLE* + BADGES**

Works great for clubs that meet two or more times a month or who desire to lead a fall semester of *Unshakeable* and a spring semester of badgework or vice versa.

Use the six weeks of *Unshakeable* with GEMS Girls' Clubs badges. Go to [gemsgc.org](http://gemsgc.org) for more information on our wide variety of girl-friendly badges.

## OPTION 3:

### ***UNSHAKEABLE* + BADGES + OTHER GEMS SUPPLEMENTAL CURRICULUM**

Works great for clubs no matter the length of their season!

Use the six weeks of *Unshakeable* with other GEMS curricula like *LOVED*, or *Friended* plus badges. Go to [gemsgc.org](http://gemsgc.org) for more information on these curricula and badges. Download a Service Projects Resource and an *Unshakeable* 32-Week Guide from the *Unshakeable* Online Resources.

## HOW TO MAXIMIZE THE UNSHAKEABLE SURVEY

You are a difference-maker. What you do for this generation of girls matters! But on our hardest days, we may wonder . . .

- Is it worth it?
- Have the girls heard *anything* we said?
- Are lives *really* changing at GEMS?

These are questions asked by church decision makers (should we continue the GEMS program?), parents (should I sign my girl up for club?), and volunteers (should I serve in GEMS another year?). And on the days when you're tired, discouraged, and ready to quit, you may ask these questions in your own heart.

What if the answers to all those questions could be a resounding "YES"?

The *Unshakeable* Survey is an important tool to help you measure what matters so that you can strengthen your club's eternal impact on the lives of girls. You will have real-life information to share with your church and community about how GEMS is making a difference in your girls' lives.

Imagine being able to stand up on GEMS Sunday or share with your parents and volunteers, "This is where the girls were at the beginning of the season, and this is where the girls are now. At the beginning of the season, 10% of the girls in our club didn't believe God loved them when they did something wrong. Today, 92% know God promises that they are loved no matter what." Everyone would say, "Wow! Thank You, God! Thank you, GEMS Club!"

## MEASURE WHAT MATTERS BY FOLLOWING THESE THREE EASY STEPS!

1. **GIVE THE SURVEY.** Download the survey from the *Unshakeable* Online Resources and have each girl take it during Small Group in Lessons One *and* Six (your before *and* after!). It only takes a minute to complete, and the answers are anonymous, giving the girls freedom to honestly share.
2. **RECORD THE ANSWERS.** After Lessons One and Six, Small Group Leaders give the surveys to the Club Coordinator, who will ensure that the club's answers are compiled and recorded at <http://bit.ly/UnshakeableSurvey>. An automatic report will be generated for your club.
3. **SHARE THE RESULTS.** Share what you discovered with church decision makers, parents, your leadership team, and your congregation on GEMS Sunday. Celebrate where you see God at work! Take note of where girls are struggling to see who God is and what He has promised them so you can intentionally pray and mentor.

When you measure what matters, you maximize the opportunity to make an eternal difference in the life of every girl who has been entrusted to your club.

Give the survey, record the answers, and share the results. Be reminded that what you do is more than worth it. You're changing the world—one girl at a time.

# WHAT YOU NEED



The *Unshakeable* curriculum provides all the necessary components to help your girls understand that because God is unshakeable and His promises unbreakable, they can live strong, secure, and confident in our shaking world.

**LARGE GROUP RESOURCE BOOK**—There are six lessons with an overview, Large Group arrival activities (called Icebreakers), scripted lesson openers and Bible teachings, craft activities, and meaningful dismissals.

**UNSHAKEABLE TEACHING VIDEOS**—There are six *Unshakeable* Teaching Videos that can be used in person at club or when your club meets virtually. Each video is a combination of the Lesson Opener and the Bible Teaching from the *Unshakeable Large Group Resource Book*. It was condensed and crafted for short attention spans and online viewing. All videos are available in the *Unshakeable* Online Resources.

**SMALL GROUP LEADER'S GUIDE**—There are six Small Group welcomes, memory verse games, relationship-building activities, questions for application of God's Word, prayer prompts, and craft instructions contained within this guide for girls in grades 1-8. The application questions and activities range from a girl learning about God for the first time to a girl who's ready to dig deeper. Leaders base what questions and activities they choose primarily on their group's knowledge of God and His Word rather than their age. It's a must-have resource that will connect every leader to every girl, no matter her age or where she is on her faith walk.

**UNSHAKEABLE CARABINER**—This *Unshakeable* Carabiner contains six beautiful tags with the key verse, Psalm 62:2, and the five unbreakable promises girls are focusing on in this study. You will want to get one for every girl and leader. Distribute the beautiful

tags at the beginning of the season, at the conclusion, or distribute one by one as you study each lesson. There is one *Unshakeable* Carabiner included in the *Unshakeable* Starter Kit, and they are also available from [gemsgc.org/store](http://gemsgc.org/store).

**UNSHAKEABLE JOURNAL**—Purchase one inspirational journal for each girl and leader. They are a must-have during Small Group. The coloring pages and the dotted grid and journal pages with each lesson's Bible verse are the perfect place for girls to record application thoughts, memory verses, and prayer requests. There is one *Unshakeable* Journal included in the *Unshakeable* Starter Kit, and they are also available from [gemsgc.org/store](http://gemsgc.org/store). **NOTE:** You may want to keep the *Unshakeable* Journals at club for the duration of the study, since girls use the same journal each time.

**UNSHAKEABLE STICKERS**—Girls can decorate water bottles, mirrors, helmets, and more with the 5 unbreakable promises that are part of the *Unshakeable* curriculum. There are 5 stickers per 5x7 sheet. There is one *Unshakeable* Sticker Sheet included in the *Unshakeable* Starter Kit, and they are also available from [gemsgc.org/store](http://gemsgc.org/store).

**UNSHAKEABLE THEME SONG**—"Unshakeable" by Chris Coleman (performed by Colleen and Grace), as well as creative movement video downloads, are available in the *Unshakeable* Online Resources.

**"REAL TALK" VIDEOS**—An intro video to meet the GEMS *Unshakeable* "Real Talk" teaching team and six "Real Talk" videos provide fun and inspiring challenges to close each lesson, helping your girls live out what they learned in club. All videos are available in the *Unshakeable* Online Resources, along with a corresponding bookmark for each lesson that

contains a link to each video. This makes it possible for girls to watch these girl-friendly videos at club and at home.

**UNSHAKEABLE VIRTUAL EDITION GUIDE PDF**—A guide that provides everything you need to take the *Unshakeable* curriculum to your girls wherever they are. If you're meeting at a distance or through a screen, you'll have the tips and tools you need to keep connecting with your girls so they know they are seen and loved by God and by you!

## UNSHAKEABLE ONLINE RESOURCES

If you purchased an *Unshakeable* Starter Kit, you received access to a digital library that contains items such as printables, Bible Teaching, Creative Movement, Craft, and “Real Talk” videos, an *Unshakeable Plus Virtual Edition Guide* PDF, and presentation slides. If you did not purchase an *Unshakeable* Starter Kit, these digital resources are available for purchase at [gemsgc.org/store](http://gemsgc.org/store) or by calling (616) 241-5616, ext. 3032.

## OPTIONAL RESOURCES

You may purchase these additional resources from [gemsgc.org/store](http://gemsgc.org/store) or by calling (616) 241-5616, ext. 3032.

**UNSHAKEABLE PROMISE POSTER & UNSHAKEABLE VERSE POSTER**—These beautiful posters display the five unbreakable promises the girls are studying in this curriculum (*Unshakeable* Promise Poster) and the key verse, Psalm 62:2, they will memorize (*Unshakeable* Verse Poster). These digital downloads include a high-resolution file and a license to print one copy at the printer of your choosing.

**MICAH 6:8 POSTER**—This poster displays the GEMS Girls' Clubs Aim, which is Micah 6:8. Girls and leaders recite this aim each time they meet at club!

**GEMS GOSPEL TREASURE BOX**—Use to share the Gospel message with your GEMS girls! See “The Joy of Sharing Jesus: Leading a Child to Christ” on page 13 for more information.

You may also want to incorporate other GEMS curricula like *LOVED*, or *Friended* or badges from the *Discovery Place Badge Book*. See “How to Use *Unshakeable*: Options 2 and 3” on page 6.

**AND MORE!** Find more resources at [gemsgc.org/store](http://gemsgc.org/store).

**NOTE:** All *Unshakeable* materials are protected under copyright. Photocopying is not allowed with the exception of the printables in the *Unshakeable* Online Resources.



# LEADER GUIDE



The *Unshakeable* curriculum is designed to lessen your planning and prep time so leaders have more time to pray and focus on building relationships with their girls. It contains everything you need to guide your girls into understanding that because God is unshakeable and His promises unbreakable, they can live strong, secure, and confident in our shaking world. Here is the structure of what is included in each lesson.

## LESSON OVERVIEW

**PURPOSE**—Each lesson has a short statement with the primary focus of the lesson. This is your main aim and prayer!

**BIBLE/MEMORY VERSE**—This is the Bible verse that girls will memorize and study throughout the lesson. Additional Scripture passages and Bible teachings are woven into each lesson.

## PREPARATION

At the beginning of each lesson is a chart that lists the materials you need to prepare for each club meeting. Advance preparation includes praying for your girls, gathering needed supplies, and, if necessary, printing materials from the *Unshakeable* Online Resources.

## LESSON ELEMENTS

The lessons are broken into four elements to make it easy for you to lead your girls. While some clubs have the luxury of two-hour meetings, this study is structured for a 1½-hour club meeting.

**ARRIVAL—GIRLS MATTER.** Arrival is the time frame between when girls arrive and when club officially starts. When girls open the club doors, the first people they should meet are their leaders. The whole team is waiting for them, welcoming them, and letting them know they matter!

During Arrival, warmly welcome girls by name. As you distribute name tags, look each girl in the eye and say, “\_\_\_\_\_ [girl’s name], this is a place for you to belong and be

loved.” Then direct girls into the Large Group space to play the Arrival activity.

**LARGE GROUP—GOD’S WORD MATTERS.** Large Group is the 20- to 30-minute time frame when you gather all of the girls and leaders into one space. Begin with a warm welcome and prayer. Recite the GEMS Girls’ Clubs Aim. Then worship together—sing praise to God!

After worship, you’ll open God’s Word. You’ll teach girls that this is God’s Word of Truth. It tells them who God is and what He says about them. Though God’s Word is packed with promises, you will highlight five: “I am loved,” “I am not alone,” “I am strong,” “I am forgiven,” and “I am a world changer.”

**SMALL GROUP—RELATIONSHIPS MATTER.** Small Group is a 60-minute time frame when six to eight girls meet with their Small Group leader. GEMS is a relationship-building ministry, and it’s within Small Groups that relationships are built and lives are transformed.

During the first 30 minutes of Small Group, a leader will guide the discussions, application of God’s Truth, and activities with what is provided in Scripture and the *Small Group Leader’s Guide*. The *Unshakeable* Journals contain coloring pages and dotted grid and journal pages with each lesson’s Bible verse that are the perfect place for girls to record application thoughts, memory verses, and prayer requests. Be sure each girl has a Bible and an *Unshakeable* Carabiner. This time includes the application of God’s Word, prayer, and memorizing Scripture—including

five unshakeable promises (See page 15). Promises include: “I am loved” (1 John 3:1), “I am not alone” (Deuteronomy 31:6), “I am strong” (Philippians 4:13), “I am forgiven” (1 John 1:9), and “I am a world changer” (Micah 6:8). During the last 30 minutes of Small Group, grow relationships with hands-on activities. This is the time to craft, earn badges, or participate in service projects. Download a free Service Projects resource from the *Unshakeable* Online Resources.

**DISMISSAL—LEAVING LOVED MATTERS.** Dismissal is the last 5 to 10 minutes of club. Gather all of the girls into the Large Group space to reiterate the focus of the club meeting and pray. Send the girls home with high fives, hugs, and words of encouragement.

Gather all of the girls and leaders into the Large Group space. Show a “Real Talk” video from the *Unshakeable* Online Resources and then send girls home with the lesson’s bookmark (from the *Unshakeable* Online Resources) so they have the video link to rewatch it at home. Then speak life-giving words. Remind them of the foundational Truth that because God is unshakeable and His promises are unbreakable, they can stand firm no matter what. And when they leave club, may they remember those last words.

## LEADERS NEEDED

In addition to the Club Coordinator, you will need one leader for each Small Group of six to eight girls. The leader should stay with her Small Group throughout the year. You may also choose to have additional helpers for sound and video, worship, snacks, and crafts.

## SPACE NEEDED

You will need one space to host the Large Group activities for each lesson and separate spaces for Small Group activities and crafts.

## DÉCOR (OPTIONAL)

**LARGE GROUP SPACE.** Decorate with anything that will make your space feel like you are hiking, camping, or on an outdoor adventure! Think tents, sleeping bags, a backpack (this is a must!), hiking gear, teddy bears, buffalo plaid

or burlap garland, lanterns and flashlights, trees (pull out the Christmas trees!), firepits, s’mores, and more.

**SMALL GROUP SPACE.** Create a Small Group space that invites girls into the adventure of connecting with God and one another. Use colorful picnic tablecloths or blankets and anything outdoors to cover your table.

### CENTERPIECE OPTIONS:

- Rocks with the five unbreakable promises written or painted on them.
- A picnic caddy to hold pencils, crayons, gluesticks, and granola bars
- Lanterns, string lights, or battery-operated tealights in Mason jars
- Rustic wood pieces to serve as placemats that girls can personalize with their names and record memory verses on
- *Unshakeable* Carabiner hanging from each chair. This will help you preselect seating for your girls. Switch up seating each meeting to keep girls sitting by new friends.

If possible, keep décor up all season! For more fun decorating ideas, visit [gemsgc.org](http://gemsgc.org) to find the GEMS *Unshakeable* Pinterest board.

# UNSHAKEABLE CLUB GUIDE



## ARRIVAL

Icebreaker Activity

## LARGE GROUP

Praise & Worship

Lesson Opener

Bible Teaching

Closing Prayer

## SMALL GROUP

Bible Application & Activities

Craft, Badgework, or Service Project

## DISMISSAL

Return to Large Group

“Real Talk” Video

Closing Prayer

Watch the ReFresh Message “Four Essential Pieces to Structuring Your Club Meeting” at [gemsrefresh.org](http://gemsrefresh.org) for more details about each part of your club meeting.

**GEMS ReFresh**  
Equip • Encourage • Engage



# THE JOY OF SHARING JESUS: LEADING A CHILD TO CHRIST

At GEMS, we are on a mission to help bring girls into a living, dynamic relationship with Jesus Christ. It's the heart of our name and the GEMS acronym—Girls Everywhere Meeting the Savior. GEMS is committed to speaking the life-changing Truth that girls are loved and known by God and that they matter to Him and to us.

Think about this generation of girls. Think about the girls in your sphere of influence.

**GIRLS HAVE QUESTIONS ABOUT GOD.** Who is God? Do I have to be good for God to love me? Does He love me when I'm bad? Can He be powerful *and* personal, an unshakeable King *and* a loving Friend who knows my name?

**GIRLS HAVE QUESTIONS ABOUT THEMSELVES.** Who am I, anyway? Where do I belong? Do I matter? What's my purpose?

Friend, you know the Truth! You know the good news that girls' questioning hearts need to hear. His name is Jesus! His love is unending and unstoppable. In Jesus is love, strength, life, forgiveness, meaning, and our true identity.

**JESUS MADE OUR MISSION CLEAR.** *Go and make disciples* (Matthew 28:19). You get to tell this generation of girls about Jesus and His love. You get to help them discover who Jesus is, what He says about them, and that He is inviting them into a relationship with Himself. It's why you're holding this resource!

**THE TIME IS NOW.** Girls must know they have a friend in God. A survey by the International Bible Society reported that 83 percent of Americans make their commitment to follow Jesus between the ages of four and fourteen.<sup>1</sup>

And George Barna reports, "What you believe by the time you are thirteen is [generally] what you die believing."<sup>2</sup>

As you experience the joy of sharing Jesus, remember that you don't go alone. You're part of a growing sisterhood who is on a mission to bring girls to Jesus. And above all else, God is our Guide who calls and equips us to lead girls to Christ!

## SHARING THE GOSPEL REMINDERS

Sharing Jesus is not a one-time conversation. Every time you meet with your girls, share more about who He is and what He says about them.

Sharing Jesus is more often caught than taught! Girls are observing your life and relationship with Jesus.

Sharing Jesus happens best as we listen to the Holy Spirit and to the child. What do they need to hear about Jesus first?

- The unloved need to hear that God accepts and loves them no matter what.
- The lonely need to hear that God is near. He is with them and they are not alone.
- The weak and insecure need to hear that in Him they are strong.
- The one who feels ashamed needs to know that God forgives everything.
- The anxious need to hear that God cares about them and is bigger than their fears.
- The one wondering if she has a purpose needs to hear that God wants to use her to change the world.

<sup>1</sup> [home.snu.edu/~hculbert/ages.htm](http://home.snu.edu/~hculbert/ages.htm)

<sup>2</sup> [barna.com/research/research-shows-that-spiritual-maturity-process-should-start-at-a-young-age/](http://barna.com/research/research-shows-that-spiritual-maturity-process-should-start-at-a-young-age/)

Sharing Jesus requires heart prep. Always be prepared to share your faith story within the context of His big story. And pray that He would prepare the hearts of the girls to receive His good news!

## RESOURCES

GEMS has resources to help you share the Gospel with the child/children in your care.

**GEMS GOSPEL TREASURE BOX.** This box is a beautiful, tangible resource that aids leaders

in walking girls through the Gospel message. It can be used in Large Group, Small Group, or one-on-one settings throughout the season. To order, go to [gemsgc.org/store](http://gemsgc.org/store) or call the GEMS Global Office at (616) 241-5616, ext. 3032.

**GOSPEL MESSAGE SERIES.** Watch the three-part **GOSPEL MESSAGE SERIES** videos at [gemsgc.org/gospel](http://gemsgc.org/gospel) for specific training for sharing the life-changing Good News of Jesus. The videos are also available on GEMS ReFresh at [gemsrefresh.org](http://gemsrefresh.org).

SAMPLE  
DO NOT REPRODUCE

# FIVE UNBREAKABLE PROMISES OF GOD



**THEME VERSE:** *Truly he is my rock and my salvation; he is my fortress, I will never be shaken* (Psalm 62:2).

In *Unshakeable*, girls will learn that because God is unshakeable and His promises unbreakable, they can live strong, secure, and confident in our shaking world. This will impact girls and how they love and lead others in these uncertain times!

Challenge girls to memorize Psalm 62:2 and these five unbreakable promises. For extra heart-strengthening, encourage girls to memorize some or all of the corresponding Bible verses.

## FIVE UNBREAKABLE PROMISES OF GOD

1. **I AM LOVED.** *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).
2. **I AM NOT ALONE.** *Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you* (Deuteronomy 31:6).
3. **I AM STRONG.** *I can do all this through him who gives me strength* (Philippians 4:13).
4. **I AM FORGIVEN.** *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness* (1 John 1:9).
5. **I AM A WORLD CHANGER.** *He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God* (Micah 6:8).

# LESSON

# 1

Date of Lesson \_\_\_\_\_

## WHAT IS UNSHAKEABLE?

**PURPOSE:** Introduce GEMS girls and their grown-ups to this season's curriculum: *Unshakeable! Standing Firm on God's Promises.*

**BIBLE/MEMORY VERSE:** *Truly he is my rock and my salvation; he is my fortress, I will never be shaken* (Psalm 62:2).

### ARRIVAL

- ☐ Name tags—download from the *Unshakeable* Online Resources
- ☐ Icebreaker: Four Corners or Sit & Chat Questions.
  - Four Corners. Supplies: Get To Know You Questions—download from the *Unshakeable* Online Resources.
  - Sit & Chat Questions. Supplies: Something for girls to do with their hands. Pass an object while you share or engage in a simple craft like drawing a picture, decorating rocks, or gluing pom poms on anything (get creative!).
- ☐ **OPTIONAL:** Create a Photo Bulletin Board. Supplies: A mountain backdrop and fun props that relate to a mountain adventure, hiking, or camping. Examples: A carabiner, backpacks, walking sticks, canteens, hats, etc.
  1. Take individual pictures of each girl in front of the mountain backdrop. If desired, they can choose a prop (or several!) for their picture.
  2. Print two pictures of each girl: one to display on the bulletin board and one to gift to the girl sometime throughout the season—in a birthday card, at Christmas, or in a special encouragement note when it's needed most.

### LARGE GROUP

#### FOR GIRLS:

- ☐ Select worship songs, including the *Unshakeable* theme song “Unshakeable,” and provide the means to play them. Suggested songs and lyrics can be found at <http://bit.ly/UnshakeableSongs>
- ☐ **OPTIONAL:** Show the Lesson One *Unshakeable* Teaching Video—download from the *Unshakeable* Online Resources. Read the paragraph before the Lesson Opener in your *Large Group Resource Book* to introduce it. See page 8 to learn more.
- ☐ Micah 6:8 Presentation Slide—download from the *Unshakeable* Online Resources or display using the Micah 6:8 Poster available at [gemsgc.org/store](http://gemsgc.org/store)
- ☐ Bible placed inside of a backpack that has an *Unshakeable* Carabiner attached to it
- ☐ 56 paper or plastic cups that are the same size (28 for Volunteer 1, 28 for Volunteer 2)
- ☐ A timer
- ☐ One table large enough to build a paper cup tower with a base of seven cups
- ☐ A rock or mountain that is part of your décor
- ☐ A swim ring or life preserver
- ☐ **PEOPLE:** Two of your oldest girls for the Lesson Opener
- ☐ **DÉCOR:** Decorate with anything that will make your space feel like hiking, camping, or an outdoor adventure! Think tents, sleeping bags, a backpack (this is a must!), hiking gear, teddy bears, buffalo plaid or burlap garland, lanterns and flashlights, trees (pull out the Christmas trees!), firepits, s'mores, and more.

**FOR GEMS GROWN-UPS:** (Choose a time at the beginning or end of club to meet with the GEMS Grown-Ups.)

- ☐ A club schedule
- ☐ Club registration form—download from the *Unshakeable* Online Resources
- ☐ GEMS Grown-Ups Letter—download from the *Unshakeable* Online Resources
- ☐ Use the “Connect with GEMS Grown-Ups” text within this lesson to guide your meeting
- ☐ Share the short, encouraging message titled “GEMS Grown-Ups: You’re Not Alone” with your girls’ grown-ups. **NOTE:** This is a short message of encouragement that can be shared at your club meeting, on your club’s social media pages, via email (<http://bit.ly/GEMSGrown-Ups>), or as a QR code on the GEMS Grown-Up letter that is available on the *Unshakeable* Online Resources. It’s all on GEMS ReFresh for easy access!

## SMALL GROUP

- ☐ *Unshakeable* Journal for each girl
- ☐ *Small Group Leader’s Guide* for each leader
- ☐ Bibles
- ☐ 1 *Unshakeable* Survey for each girl—download from the *Unshakeable* Online Resources (See page 7 of the *Large Group Resource Book* for details!)
- ☐ *Unshakeable* Carabiner for each girl
- ☐ Pencils or pens, sticky notes, and crayons, colored pencils, or markers
- ☐ **OPTIONAL DÉCOR:** Create a Small Group space that invites girls into the adventure of connecting with God and one another. Use colorful picnic tablecloths or blankets and anything outdoors to cover your table. Incorporate sound effects like a bonfire, crickets, or other outdoorsy sounds.

### CENTERPIECE OPTIONS:

- Rocks with the five unbreakable promises written or painted on them
- A picnic caddy to hold pencils, crayons,

glue sticks, and granola bars

- Lanterns, string lights, or battery-operated tealights in Mason jars
- Rustic wood pieces to serve as placemats that girls can personalize with their names and record memory verses on
- *Unshakeable* Carabiner hanging from each chair. This will help you preselect seating for your girls. Switch up seating each meeting to keep girls sitting by new friends.

## CRAFT SUPPLIES

### OUR ROCK VOTIVE CANDLE HOLDER

- ☐ Small rocks or pebbles
- ☐ Votive candle holder
- ☐ Wooden disk for base\*
- ☐ Adhesive (such as e6000 or similar)
- ☐ Paint and brushes
- ☐ Permanent markers

**NOTE:** For a step-by-step video tutorial of this craft, go to the *Unshakeable* Online Resources and view the L1-Rock Votive Candle Holder video.

\*To make your own wood slices, cut a small branch into pieces using a table saw. Remove unwanted “gross” things like sap or bugs, then bake in your oven at 150 degrees Fahrenheit (65 degrees Celsius) for 30 minutes on a foil-lined pan.

## DISMISSAL

- ☐ Videos: “Meet the Real Talk Team” and Lesson One “Real Talk” and the means to play them—download from the *Unshakeable* Online Resources
- ☐ Bookmarks: Distribute the Lesson One *Unshakeable* Bookmark that contains the “Real Talk” video links so girls can watch the videos again at home—download L1-*Unshakeable* Bookmark from the *Unshakeable* Online Resources
- ☐ **OPTIONAL:** Give your girls a GEMS Club Invite to help them invite their friends to your next club meeting—download from the *Unshakeable* Online Resources





# ARRIVAL

[Time: When girls arrive until club begins]

Greet each girl at the door with a warm welcome. Introduce yourself and call each girl by name! As you distribute name tags, look each girl in the eye and **SAY** “\_\_\_\_\_ [girl’s name], you matter and are so very loved.”

Until club starts, direct girls into the Large Group space. You may want to engage your younger girls in movement with the Icebreaker game Four Corners. Engage girls who are older or who may be reserved and shy with the Sit & Chat Questions.

## FOUR CORNERS

**SUPPLIES:** Get To Know You Questions—download from the *Unshakeable Online Resources*

1. Read the questions from the Get To Know You Questions download. For each choice, direct girls to one corner of the room where they are to move to demonstrate their answer.
2. Once girls are in the corner that matches their choice, give them a moment to connect with the other girls before asking another question. Play until club begins.

## SIT & CHAT QUESTIONS

**SUPPLIES:** See the list of ideas under Arrival on the supply page. Engaging a girl’s hands opens up the door for her to feel comfortable sharing. Encourage intentional conversation with one or more of these questions.

For the girls who would rather Sit & Chat, ask one or more of these questions:

1. If you could go anywhere for a one-day visit, where would you go? Why?
2. Using only one word, how would you describe your day?
3. What sound drives you crazy?

## OPTIONAL: Photo Booth

As girls arrive, take their Mountain Adventure photos. Ensure that the leader taking the photos is very enthusiastic so the girls know they are seen and welcomed and are immediately engaged in the fun.

(When it’s time for club to begin, start Large Group.)



## LARGE GROUP

### WELCOME & PRAYER

[Time: 2 minutes]

**SAY** Welcome to \_\_\_\_\_ [name of your club] GEMS Girls’ Club! I am so thankful you are here! **PRAY** [Have everyone stand for opening prayer.]

## GEMS GIRLS’ CLUBS AIM

**SAY** One of the ways we’ll begin each club gathering is by reciting our GEMS Girls’ Clubs Aim, Micah 6:8. It is what GEMS girls and leaders across Canada, the United States, and the world recite each time they meet at club!

**MICAH 6:8 PRESENTATION SLIDE:** Download from the *Unshakeable Online Resources* or display using the Micah 6:8 poster available at [gemsgc.org/store](http://gemsgc.org/store).

**ASK** \_\_\_\_\_ [name of your club] GEMS and GEMS leaders, what does the Lord require of us?

(Leaders and girls respond): To act justly and to love mercy and to walk humbly with our God Micah 6:8.

## GEMS GIRLS’ CLUB AIM HISTORY:

In 1972, GEMS Girls’ Clubs adopted Micah 6:8 as the organization’s theme verse and aim. Girls and leaders worldwide recite this aim in unison at the start of each club gathering to remind ourselves of the type of women and girls God desires us to be.

## PRAISE & WORSHIP

[Time: You decide!]

About 4 minutes per song]



**SAY** GEMS stands for Girls Everywhere Meeting the Savior. Does anyone know the name of

our Savior? (*Listen.*) That's right! His name is Jesus. Whether you've known about Jesus your whole life or this is the first time you're hearing His name—or maybe you're somewhere in between—I want you to know you are so welcome here!

One of the most important ways we spend our time at club is by singing. It's called Praise & Worship. Praise & Worship is when we sing our thanks and praise to God for who He is and all that He does for us. Even if a song is new to you, sing with all your heart!

**SING** one or more songs as a whole group.

**SAY** I love singing with you, but more importantly, God loves to hear you sing to Him. One of the things we know about God is that He is unshakeable. Let's think about this powerful promise together.

**NOTE:** Any supplies or people needed for the Lesson Opener or Bible Teaching are found under the Large Group list at the beginning of the lesson.

## LESSON OPENER: UNSHAKEABLE



[Time: 5 minutes]

Place your backpack on your back and **SAY** Welcome to Mount Unshakeable! This is where we're going to lace up our hiking boots to learn about God and His promises and how we can stand unshakeable.

**ASK** Does anyone know what unshakeable means? (*Listen to responses.*)

**SAY** Very good! To be unshakeable is to be steady, strong, and secure, kind of like an immovable mountain.

**ASK** I wonder if you consider yourself unshakeable—steady, strong, and secure? Or do you consider yourself shaky—you have times when you fear and freak out about your life?

You've likely felt shaky *and* unshakeable. That's okay. Together, we're going to discover who God is and what He has promised. Even in our biggest worries, we can have an unshakeable

faith because we are standing firm on God, our Solid Rock.

*Hold up a stack of 28 paper cups and SAY* Let's think about what fills your days. What are the ordinary, stressful, and great things you do each day like doing schoolwork, feeding your pet, or hanging out with friends?

**ASK** How many things from your day do you think we can list in 1 minute? (*Listen to responses.*)

**SAY** Let's do it! I'm going to ask Miss \_\_\_\_\_ (*another leader*) to time us. Ready, set, share!

*(As the girls list the parts of their day, place a paper cup upside down on the table for each thing they list. The cups shouldn't be stacked, but placed side by side on the table. If they list 28 things, then move to the second stack of cups and place those 28 cups side by side on the floor. When finished, thank the girls for sharing.)*

**ASK** Think about all the ways we fill our days. On a scale of 1 to 5—1 being “my days are mostly easy and stress-free” to 5 being “my days are mostly stressed out and filled with worry,” what rating would you give? Hold up your fingers with your answer. (*Wait for responses.*)

No matter how many fingers you held up, I have good news for you. Even if everything in your life feels big and causes you to worry, you can stand unshakeable. But it'll depend on what's under your feet!

I need two volunteers for a **TOWER CHALLENGE**. (*Choose two of your oldest girls. Invite them forward and have them introduce themselves to the group. Let the girls know what you will be doing so when you shake the table with the tower, the girl will not be surprised by it.*)

## TOWER CHALLENGE INSTRUCTIONS

1. To begin, 28 cups need to be placed on the table and 28 cups on the floor.
2. Designate what volunteer will build her tower on the table and who will build hers on the floor.
3. Towers should be built with 7 cups placed upside down on the foundation, then 6 cups on the second layer, 5 cups on the next, and so on until the top layer has 1 cup on top.



4. At your signal, girls should race to see who can build their tower the fastest.
5. **THIS IS KEY:** Continue to bump or shake the table so that tower falls. Jump near the tower on the floor demonstrating that the floor is a solid foundation and doesn't cause the cups to fall.
6. When the tower on the floor is finished, the Tower Challenge is complete.

*Thank volunteers!* **ASK** What foundation was unshakeable? (*Listen to responses.*)

**SAY** Exactly! The floor, not the table, was solid. A solid foundation changes everything, doesn't it?

(*Open your backpack and take out your Bible.*) **SAY** Girls, God is a Solid Rock where we can stand unshakeable. Stomp your feet and push them into the floor while I say that again. God is a Solid Rock where we can stand unshakeable. In God's Word of Truth, the Bible, we learn how we can stand unshakeable even when we feel worried, alone, and scared. Listen closely.

## BIBLE TEACHING: GOD IS



[Time: 8 minutes]

**SAY** Psalm 62:2 tells us three important things about God. These are three things girls know to the tips of their hiking boots if they are going to stand unshakeable. As I read, see if you can identify the three!

(*Read from your Bible.*) Truly he (*Point up!*) is my rock and my salvation; he is my fortress, I will never be shaken (Psalm 62:2).

**ASK** What three things does Psalm 62:2 tell us about God? (*Listen.*)

**SAY** That's right! God is our Rock, our Salvation, and our Fortress. Let's talk about each one.

First, God is our Rock. (*Direct the girls' attention to any rock or mountain you may have within your décor.*) God is a Solid Rock that you always trust. What God says . . . He will do! What He promises . . . you can count on!

God is a promise keeper, but we are not. Sometimes we break our promises or don't

do what we said we would do. But God always keeps His Word. We can trust Him!

We can trust God with our family, our friendships, and our future. We can trust Him with the big things that are more than we can handle and the small things that might not matter to anyone else, but they matter to God.

I'm going to ask a question for you to answer in your thoughts. It's important. Are you ready? If you were going to write your biggest worry on this rock, what would you write? Do you have something in your mind?

No matter what your worry is, you can trust God with it. You can trust God your Rock with all of your worries! Nothing is too big for Him.

**ASK** Girls with an unshakeable trust in God know that He is Who? Stomp your feet while you say your answer. (*Point to the rock and listen to responses.*)

**SAY** Yes! God is our Rock. You can trust Him with everything.

God is also our Salvation. Salvation is a big word that means God saves and helps us. There is no greater Rescuer or Helper than Him! (*Hold a swim ring.*) One of the ways to rescue swimmers who are in over their heads is to toss them a life preserver or life ring.

But water isn't the only place where we can get in over our heads, is it? Sometimes we can feel like we're drowning in trouble at home, at school, or with our friends. Sometimes it can feel like everything and everyone is against us, so we cry out like a swimmer in need of a life preserver—HELP!

**ASK** I'm going to ask you another question to answer in your thoughts. What do you need help with today? If you were going to put this life ring on top of the place where you need to be rescued, where would you place it? Maybe you'd place it on top of your homework, your little brother's head, or your phone.

**SAY** When we need help, we often run to our grown-ups, friends, or devices. And while those people and places can provide some help, let's not forget that our greatest Helper is God. No one loves or cares for you as much as He does.

No one is stronger, wiser, or more able and willing to rescue you than He is! God is your Salvation.

**ASK** Girls with unshakeable faith know that God is Who? (*Lift up the swim ring and listen to their responses.*)

**SAY** Yes! God is our Salvation. You can trust Him to help you!

**SAY** The third promise in Psalm 62:2 is that God is our Fortress.

**ASK** If you were outdoors mountain climbing or hiking and got caught in a thunderstorm, where would you run for cover? (*Listen to responses.*)

**SAY** Good answers! Do you know where I would run? If there was a castle nearby, I'd run there. A castle has thick walls and towers, and I know it would protect us. Inside the walls of a castle, we could rest, play games, and eat our favorite snacks because we would have confidence that those thick walls would protect us.

Girls, another name for a castle is a fortress. God is your Fortress. Like a castle, He is your protector and a safe place where you can rest even if everything around you feels uncertain and scary. You will be okay because God is there for you. Since God is our Fortress, does that mean you'll never get injured or sick? (*Listen.*)

**SAY** Nope. Bad things happen, don't they? What God promises is that as your Fortress, He will always be there for you. You are safe in Him.

**ASK** Girls with unshakeable faith know that God is Who? (*Listen to responses.*)

**SAY** Yes! God is our Fortress. You can trust that God will be there for you. You are protected and safe in Him.

When we remember that God is our Rock, our Salvation, and our Fortress, something happens to us. It's a promise at the end of Psalm 62:2! Listen carefully. *Truly he is my rock and my salvation; he is my fortress, I will never be shaken.*

Did you hear that? "I will never be shaken." Say it with me.

(*Girls say with you, "I will never be shaken."*)

(*Shake the table with the cups on it.*) Wow! Everything else may shake, but God promises that when we trust Him, we can be unshakeable.

**ASK** Does that mean you'll never be scared? Nope. Scary things happen.

What it *does* mean is that even if you're scared and worried and *feel shaken*, the Truth is that God promises He is with you and you will be okay. Even when you're having a terrible, horrible, no good, very bad day, when God is your Solid Rock (*stomp twice*), you can stand unshakeable!

Girls, that's just one promise out of thousands of amazing promises in the Bible! Together, we're going to learn five of God's promises about you. (*Use your fingers to count.*) You are loved, you are not alone, you are strong, you are forgiven, and you are a world changer. I can't wait for you to come back each week to learn more.

Here's the best thing about God's promises: When God makes a promise, He will keep it. His promises are unbreakable!

Girls, maybe today feels like you're walking a tiny hill and everything makes you smile. Yay! We're smiling with you! Or maybe today it feels like you're climbing a mountain like Mt. Everest and you're worried, tired, and ready to quit. That's hard, but we're here for you. You have a Friend in God your Solid Rock and a friend in all of us.

Whether you're on a tiny hill or a steep mountain, Unshakeable girls know they are going to be okay. Because God is our (*See if girls can say it with you!*) Rock, our Salvation, and our Fortress, which makes you unshakeable!

## WRAP-UP & PRAYER

[Time: 1 minute]



**SAY** Girls, if you want to learn more about trusting God and what it means to belong to His family, let's talk. Or perhaps you already have a relationship with God, but if you have some things that are shaking you right now and you need someone to listen and pray for you, we're here for you. If so, after I pray, please stay and meet with \*me (or say the name of another leader) or talk to your Small Group leader. We want to connect one-on-one with you!

(**PRAY** your own prayer or conclude with this one.)

**PRAY** Dear God, thank You for Who You are—our Rock, our Salvation, and our Fortress. Thank You for always keeping Your promises. Teach us how to be girls with unshakeable faith in You. Use our time together at club to grow our love for You and for each other. In the powerful and loving name of Jesus, amen.

**\*LISTEN** carefully to each girl. Acknowledge her feelings. Answer her questions as you are able. If she asks questions you do not have answers for, let her know you don't know but will look for answers. Ask your pastor or Club Coordinator for help if you need it. Share your faith story as appropriate and pray. Pray with worried girls who need to know they are going to be okay. Pray with girls who want to have a relationship with Jesus.

Need resources to help you lead a child to Christ? See page 13 and watch the **GOSPEL MESSAGE SERIES** videos at [gemsgc.org/gospel](http://gemsgc.org/gospel). They are also available on GEMS ReFresh at [gemsrefresh.org](http://gemsrefresh.org).

(Dismiss to Small Groups.)

## CONNECT WITH GEMS GROWN-UPS



[Time: 15–20 minutes, depending on Q&A time]

Hold a brief grown-ups (parents/grandparents/caregivers) meeting at the beginning or end of your first club gathering.

**COLLECT REGISTRATION FORMS.** Ask the GEMS Grown-Ups to complete a club registration form for their girls. A form is available in the *Unshakeable* Online Resources.

### DISTRIBUTE A GEMS SCHEDULE AND GEMS GROWN-UP

**LETTER.** Distribute a personalized club schedule with all the dates and details for meetings, special events, and GEMS Sunday. A GEMS Grown-Up Letter is available in the *Unshakeable* Online Resources. It can be personalized for your club. It includes a QR code to a video message just for them called “GEMS Grown-Ups: You’re Not Alone.” **NOTE:** This short, encouraging message is also on GEMS ReFresh ([gemsrefresh.org](http://gemsrefresh.org)). If you choose, you can show it to your grown-ups at this meeting, via email (<http://bit.ly/GEMSGrown-Ups>), or on your club's social media pages.

**THANK GROWN-UPS.** *You may want to say . . .* Thank you for sharing your girls with our club this season. Our club wouldn't be the same without her! She matters to God, to you, and to us. As GEMS Leaders, we are committed to praying for her, connecting and building a relationship with her, and modeling a kind of relationship with Jesus and other leaders that she can look up to and exemplify in her relationships.

We are committed to sharing the Truth of God's Word with enthusiasm, building a culture of love and encouragement among the girls, and having a whole lot of fun, too! We hope that GEMS will be her favorite day of the week. As we get to know your girls, we want to get to know you, too. So thank you for being here.

### SHARE THE MESSAGE OF UNSHAKEABLE WITH GROWN-UPS:

*You may want to say . . .*

The theme for this club season is *Unshakeable. Standing Firm on God's Promises.*

I wonder what is shaking your girl's world right now? Maybe it's friendships, fear of failure, or worries about her future. What we know is that it's not easy being a girl or her grown-up today. We could list the struggles our girls are facing from A to Z! A—Anxiety, B—Bullying, C—Cutting, all the way to Z—Zits.

Though our girls may outgrow their favorite shoes or jeans, they will not outgrow hardships



and heartaches. That's our reality, right? We even say to our girls, "I have good news and bad news. Which one would you like to hear first?"

No one lives in an endless string of good-news days. Our world is shaking and quaking, and we are not promised a problem-free life. (*Read from your Bible.*) In God's Word, the Bible, Jesus even told His friends to expect tough stuff. In John 16:33, it says, "*In this world you will have trouble.*"

But then Jesus continues, "*But take heart! I have overcome the world.*"

At GEMS this season, your girls will take heart knowing though this world may shake, but God does not. He is unshakeable and His promises are unbreakable! Though His Word contains thousands of promises, during our GEMS season, we will focus on these five:

1. You are loved.
2. You are not alone.
3. You are strong.
4. You are forgiven.
5. You are a world changer.

Wow! We're going to remind your girl of those five promises at club. Please remind her at home, and we'll ask her to remind you too!

As her GEMS leaders, it is our prayer that our unshakeable God and His unbreakable promises become your girl's firm foundation. She'll lose her fear when she remembers that God is near. Her worries will be replaced with peace!

But peace doesn't mean quiet. We're anticipating that this place will be filled with laughter and fun as friendships are made at club. We can't wait!

We're also praying very specifically for two areas of growth. You may want to pray with us!

**GOAL #1:** We want to grow in our relationship with God.

Maybe you want that for you and your family, too! Wherever you are in your relationship with God, you are very welcome here. God always

meets us right where we are and invites us into a closer relationship with Himself.

At GEMS, we're helping girls and their grown-ups grow in their faith, so if you're not sure how to pray, don't know what it means to be a Christian, are looking for a church home, or don't have a Bible or wonder where to begin reading, please reach out. You're among friends, and this may be exactly why you're here! Belonging to God's family is the best decision you could ever make. Please, if you have questions, talk to one of the GEMS leaders or reach out to the GEMS Staff at [gemsgc.org](http://gemsgc.org). We care about you and your girls.

Our first goal is to grow together in our relationship with God.

**GOAL #2.** We want to grow our trust in God.

The *Unshakeable* theme verse girls will be memorizing is Psalm 62:2. It reminds them who God is and what He's promised them. (*Read from your Bible.*) *Truly he is my rock and my salvation; he is my fortress, I will never be shaken.*

What a promise. The world may shake, but we will not! The girls will stand firm on His promises—especially focusing on the five promises I just shared. Each one is featured on this *Unshakeable* Carabiner. (*Hold up your Unshakeable Carabiner.*)

After each club meeting, ask your girl what promise she learned. If you really want her faith to stick, memorize the promises with your girl. You may even want to purchase your own *Unshakeable* Carabiner from [gemsgc.org](http://gemsgc.org).

When our girls know that they can trust God on their good *and* bad days, they will not be shaken. It'll change them, and it'll change the world as they show others that they can stand firm on God's unshakeable promises too.

I'm eager to grow with your girls, as is this team . . .

**INTRODUCE YOUR GEMS CLUB TEAM.** Introduce each leader by name and role within your club.

## COMMUNICATE EXPECTATIONS

**PICK UP/DROP OFF TIMES AND EXPECTATIONS.** Do you require grown-ups to come into the building to check their girls in and out? If so, what is the process? If your girls are meeting online, what can parents expect?

**GEMS SCHEDULE/PLANS.** Direct their attention to the club schedule and highlight the events that specifically involve them—GEMS & Gals Night, GEMS & Gents Night, GEMS Sunday, fundraisers, etc. Encourage them to add these dates to their phones and calendars.

**CLUB SPECIFICS.** What do you expect of the girls and their grown-ups? What can they expect from you and your club? How will you regularly communicate with them? Will you use print or emailed newsletters, a club Facebook page or text messages?

**TECHNOLOGY PLAN.** Technology is native to our kids, so it's important to communicate what that looks like at your club. Tell the GEMS and their grown-ups the acceptable times and places technology can be used at club.

## CLOSE WITH Q&A AND PRAYER.

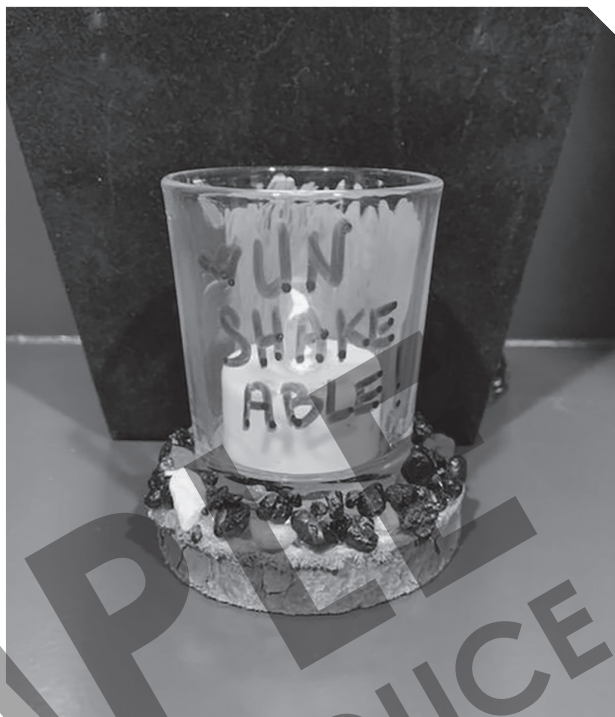


Dismiss with joy and anticipation!



## CRAFT OUR ROCK VOTIVE CANDLE HOLDER

[Time: 20-30 minutes]



**LEADER TIP:** Time required for any craft depends on how much prep work is done in advance, how many helping hands are available to the girls, and a girl's age and individual abilities. **To see a step-by-step video tutorial of this craft, go to the *UNSHAKEABLE* ONLINE RESOURCES and view the *L1-ROCK VOTIVE CANDLE HOLDER VIDEO*.** For an inspiring overview of the importance of crafts at club, be sure to watch "Crafting with a Purpose" on GEMS ReFresh. Visit [gemsrefresh.org](https://gemsrefresh.org) for more information.

**NOTE:** If you have extra time and supplies, have girls make extras to gift to others!

## SUPPLIES

- Small rocks or pebbles
- Votive candle holder
- Wooden disk for base\*
- Adhesive (such as e6000 or similar)
- Paint and brushes
- Permanent markers

\*To make your own wood slices, cut a small branch into slices using a table saw. Remove unwanted “gross” things like sap and bugs, then bake in your oven at 150 degrees Fahrenheit (65 degrees Celsius) for 30 minutes on a foil-lined pan.

## INSTRUCTIONS

1. Write the verse citation, Psalm 62:2, or the entire verse on the votive holder.
2. Glue your votive holder to the wooden base.
3. “Map out” the rocks that you will be using to surround your votive holder or glue to your votive.
4. Paint rocks to your desire.
5. Attach rocks to your votive holder and base.

**LEADER NOTE:** As the girls work on the craft, ask the Craft & Chat questions.

## CRAFT & CHAT QUESTIONS



1. What is your favorite outdoor activity? Why?
2. If you could go on a mountain adventure or hike anywhere in the world, where would you go?
3. Psalm 62:2 says God is a Rock. What does this promise mean to you?

(Dismiss to Large Group space for Dismissal.)

**NOTE:** Any supplies needed are found under the Dismissal list at the beginning of this lesson.



## DISMISSAL

[Time: 3 minutes]

**LEADER NOTE:** Have music playing as girls return to the Large Group room. Once everyone is in the room, close with a “Real Talk” video. Then wrap up your meeting and close in prayer. Remind them when you’re going to meet again. Use your own words or follow the guide below.



## REAL TALK

**SAY** It is time for a “Real Talk” video. We have something really special to share with you. Please turn your attention to the screen.

**NOTE:** Show the Intro Video first so the girls will get to know the “Real Talk” Team they’ll be hearing from all season!

**LEADER TIP:** If there are technical difficulties, please use the script below.

### INTRO “REAL TALK” TEXT

**KAMARAH:** Hello, friends! Welcome to your first “Real Talk” video! My name is Kamarah . . .

**KAYLA:** My name is Kayla . . .

**MACY:** And my name is Macy, and we are your Unshakeable “Real Talk” Team.

**KAMARAH:** We’re the “Real Talk” Team because we keep it real. We aren’t afraid to talk about the things that make us freak out and wonder if we’re going to be okay. Anyone else have those kinds of days besides me? (Raise hand!)

**KAYLA:** (Has her hand raised.) I do! It’s why being at club matters so much to me. When we show up to remind each other who God is and all that He promises, it makes all the difference in the world. It’s what friends do!

**MACY:** So keep showing up. We need you here! And we will be here too—keeping it real, cheering you on, and challenging all of us to live unshakeable. We can’t wait to share more with you this year! See you again REAL soon!

### LESSON ONE “REAL TALK” TEXT

Hi, girls! I’m Kamarah! Did you have a great time at GEMS? Same here!

I wonder what you’ll remember most about this club meeting? Maybe you learned a new song, made a new friend, or got glue stuck in your hair. Yikes!

If I could stick something to our memories from this meeting that we would never

forget, it would be this: You are going to be okay.

If you're feeling invisible, ignored, or wonder if you matter, the Truth is you are going to be okay. God is your Rock, your Salvation, and your Fortress. He sees you, and you matter to Him and to us!

If you're feeling like you're not good enough or you don't have what it takes at school, in sports, or to fit in with friends, the Truth is you are going to be okay. God is your Solid Rock, your greatest Helper, and He always surrounds you with His love.

Unshakeable girls know that because of who God is and all that He promised, they will be okay.

This week, I encourage you to put a rock, a swim ring, or maybe even a picture of a castle somewhere in your home to help you remember who God is. And be sure to share what you learned with a friend or family member who might have some worries shaking them today.

Together, let's choose to trust God and His promises so that we can stand unshakeable!

Thanks so much for coming to GEMS. See you next time!

Which makes YOU unshakeable! Let's pray together.

(**PRAY** your own prayer or use this one below.)

**PRAY** Dear God, thank You for all that we learned about You and Your promises. Help all of us to remind ourselves and one another that because of You, we will be okay. You are our Rock, our Salvation, and our Fortress in Whom we trust. Give us all we need this week to stand unshakeable! In Jesus' name, amen.

**LEADER NOTE:** Distribute the Lesson One *Unshakeable* Bookmarks that contain the "Real Talk" video links so girls can watch the videos again at home. **OPTIONAL:** Distribute the GEMS Club Invite to help girls invite their friends to your next club meeting. Give high fives, hugs, and words of encouragement.

(After the video is finished . . .)

**SAY** Girls, we are beyond grateful you joined us at our first club meeting this year. We hope to see you at every club gathering. Plus, we encourage you to always invite a friend.

We'd love that. Between now and our next meeting, remember the three things you learned about God. Look another girl in the eyes as we say it together. (*Girls say . . . God is our Rock, our Salvation, and our Fortress.*)





## LEADER NOTES

Use this space to reflect on your club gathering. What went well? What could be improved? Where did you see God working?

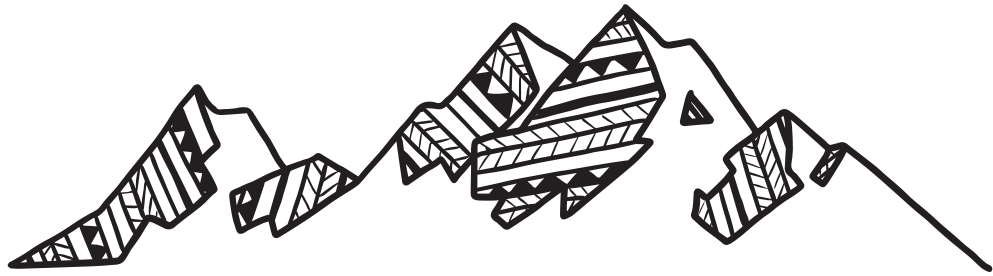
## PRAYER REQUESTS



# UNSHAKEABLE

PSALM 62:2

SMALL GROUP  
LEADER'S GUIDE



# UNSHAKEABLE

— PSALM 62:2 —

STANDING FIRM  
ON GOD'S PROMISES

**SMALL GROUP  
LEADER'S GUIDE**

**GEMIS** Girls' Clubs

GEMSGC.ORG

SAMPLE  
DO NOT REPRODUCE

UNSHAKEABLE  
STANDING FIRM ON GOD'S PROMISES  
SMALL GROUP LEADER'S GUIDE



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

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# LETTER FROM THE EXECUTIVE DIRECTOR



## HI, FRIEND!

Almost everything has changed in our shaking world, hasn't it? Since the 2020 global pandemic, we've seen and experienced an acceleration of shaking in our physical and mental health, moral chaos, finances, relationships, and more.

It's impacted everything and everyone—especially our girls. The pandemic has accelerated girls' anxiety, depression, and questions as they wonder who they are, where they belong, and what difference they can make in an uncertain world. They long for a sure and safe place to stand firm and unshakeable.

### **HOW DO WE EQUIP A GIRL FOR A LIFETIME SO THAT SHE CAN STAND STRONG, SECURE, AND CONFIDENT IN CHRIST?**

Here's what doesn't work: bubble-wrapping our girls. As much as we may want to isolate them or swoop in and rescue them from hardships, those things don't equip them to navigate challenging situations or to be salt and light in our world. Until Jesus returns or calls them Home, our girls will face tough stuff, and they need God's Truth.

Jesus said, *"In this world you will have trouble. But take heart! I have overcome the world"* (John 16:33).

Girls will NOT outgrow the troubles of this world, but they can overcome them when they place their trust in our unshakeable God. *Truly he is my rock and my salvation; he is my fortress, I will never be shaken* (Psalm 62:2).

What a promise! No matter what your girls face, in Christ they can stand unshakeable and help others do the same!

Can you imagine if every girl you mentored had unshakeable confidence that no matter what pressure she faces, nothing can change God's promises that she is loved, that she is not alone, that she is strong, that she is forgiven, and that He has provided all she needs to be a world changer?

Can you imagine if she was so anchored in God and His unbreakable promises that when her darkest days come, she shines brightest? No trial can untether her from God's love; no darkness can diminish her light. She knows what God has promised about Whose she is and who she is, and it's more than enough to stand firm and weather every storm.

Friend, you don't have to imagine. You get to be part of the life change that happens when a girl understands that since God's promises are unbreakable, her stand can be unshakeable!

As you mentor girls in our shaking world, I'll be praying for you and cheering you on. If there is any way I can serve you, please reach out. That's what I'm here for!

Serving Him Together,

Cindy Bultema  
GEMS Executive Director

# MEET THE UNSHAKEABLE CURRICULUM TEAM



**CINDY BULTEMA** is the Executive Director of GEMS Girls' Clubs. Prior to GEMS, Cindy served as the Children's Director at a West Michigan megachurch, a children's curriculum writer for Zondervan Publishers, an international women's speaker, and is the author of the women's Bible studies *Red Hot Faith* and *Live Full Walk Free: Set Apart in a Sin-Soaked World*.

Cindy lives in Grand Rapids, Michigan with her husband and their four children. When she's not running a full household, you can find Cindy meeting a friend for coffee, walking her two dogs, or hosting a house full of teenagers.

**LENAE BULTHUIS** has served as Content & Curriculum Director for GEMS Girls' Clubs since 2003. For over 17 years, Lenae has written life-changing curricula for GEMS. She was eight years old when her life intersected with the GEMS ministry for the first time. Today, she counts it grace to write curriculum and train leaders within a ministry that has radically changed her life.

Lenae lives with her husband, Mike, on a Minnesota grain and livestock farm. She enjoys reading, watching her grandchildren, and seeing God's grace on gravel roads and other dusty places.

**AMY BROOKS** is the Club Life Program Director for GEMS Girls' Clubs. She attended club as a girl, and as a young adult, she returned to be a leader. She loves to share how this ministry continues to bring her into a living, dynamic relationship with Jesus Christ. She is passionate about equipping and encouraging women in their roles as GEMS Leaders and is grateful to God for all the ways He has provided for her to serve within GEMS Girls' Clubs.

Amy lives with her husband, Patrick, and their college-age son and daughter in suburban New Jersey. She enjoys a day down the shore with a bike ride on the boardwalk and a chair by the water's edge.

**KAMARAH BAYARD** is a Content Writer for GEMS Girls' Clubs. She is an aspiring writer who has served on the GEMS staff for over a year. She has had a passion for storytelling since she was small, as well as a love for education, and of course, girls! Her passion for education took her overseas to South Korea, where she taught English to children as a private tutor and co-coordinated her church's Sunday Children's program.

Kamarah lives in her hometown of Grand Rapids, Michigan and enjoys watching science shows, cooking, and sipping a hot cup of tea while listening to music.

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# WHY UNSHAKEABLE?



If today's girls had a carabiner attached to their backpacks, too many of their tags would read, "Help! Too heavy to lift!" The burden is not the weight of books, but the weight of the world hanging on their shoulders.

Anxiety, depression, fear, and big questions about who they are, where they belong, and what their purpose is in our uncertain world weigh heavy on this generation of girls. It's impacting their sleep, schooling, relationships, and views of themselves and their futures.

They are under pressure from our toxic culture and the messages they absorb from social media, peers, and the world. The lies are sinking sand that has left them shaking, stuck, and without sure footing.

But everything changes when a girl knows the Truth of who God is and all that He says about her. She can stand firm, strong, and unshaken when God is her Solid Rock.

*Truly he is my rock and my salvation; he is my fortress, I will never be shaken.* Psalm 62:2

Does this mean that a girl will never face tough stuff that is more than she can handle? Is she now exempt from tears and fears?

Nope. Our world is shaking. Though life is beautiful and each day a gift, until Christ returns and restores all things to Himself, our world will always contain pain, brokenness, and heartache. When these inevitable storms come their way, girls can either develop coping mechanisms to isolate or create some sense of control, or they can cry out and stand firm on their unshakeable God and His unbreakable promises.

God is.

God is who He says He is.

God is unshakeable.

God is our Rock.

God is our Salvation.

God is our Fortress.

You are loved.

You are not alone.

You are strong.

You are forgiven.

You are a world changer.

You will not be shaken.

Now go tell a girl.

Watch the ReFresh Message "Unshakeable! Standing Firm on God's Promises" at [gemsrefresh.org](http://gemsrefresh.org) for more inspiration.

# HOW *UNSHAKEABLE* WORKS

The *Unshakeable* curriculum will help girls understand who God is and what it means to stand strong, secure, and confident in His unbreakable promises. They will grow in their relationship with Him and in their understanding of who they are in Him through prayer, worship, Bible study, and spending time with others.

When girls understand that God is unshakeable and His promises are unbreakable, it will change the way they respond to tough stuff and strengthen them to be leaders who love and walk alongside others through crisis.

**GOD IS.** The *Unshakeable* curriculum will teach girls who God is—our Rock, Salvation, and Fortress. He is unshakeable!

**I AM.** Though God's Word is packed with thousands of promises, girls will stand firm and memorize five "I am" promises God makes to them—"I am loved," "I am not alone," "I am strong," "I am forgiven," and "I am a world changer."

**WE WILL.** In our shaking world, girls will be the first ones to show up for others and remind them they are not alone. They will model what it looks like to stand firm on God's promises—strong, secure, and unshakeable!

The *Unshakeable* Starter Kit curriculum contains enough material for six weeks of club gatherings, whether girls are meeting in person, at a distance, or virtually. Use the material weekly for a semester, monthly, or whatever frequency best fits your schedule.

From the fullness of their trust in an unshakeable God, your girls will stand firm in His unbreakable promises that they are . . .

- Loved—1 John 3:1
  - Not alone—Deuteronomy 31:6
  - Strong—Philippians 4:13
  - Forgiven—1 John 1:9
  - World changers—Micah 6:8
- . . . and more!

Through worship, Large Group Bible teachings, Small Group application, memorizing God's promises, prayer, crafts, and fun friendship-building activities, girls will grow in their relationship with God and stand firm in every circumstance as they remind themselves and one another who God is and all that He says about them.

In understanding that God is unshakeable and His promises unbreakable, peace permeates everything and girls stand strong, secure, and confident in Him for a lifetime. It'll change our girls and change our world—one girl at a time.

# HOW TO USE *UNSHAKEABLE*: 3 OPTIONS



GEMS Girls' Clubs come in all shapes and sizes—from big clubs to small clubs, from city clubs to rural clubs. There is no one-size-fits-all! However, the one consistent thing among all GEMS Clubs is they use GEMS curriculum. Based on how frequently your club meets, you'll want to select one of the options below for using the *Unshakeable* resources. Once you've selected the option that best fits your club, set your schedule for the year and begin praying, planning, and preparing.

## OPTION 1:

### ***UNSHAKEABLE* ALONE**

Works great for clubs that meet monthly or for a shortened season: October-November, January-February, or June-July.

Use *Unshakeable* as a standalone resource for up to six weeks. Everything you need for a full club gathering is included!

## OPTION 2:

### ***UNSHAKEABLE* + BADGES**

Works great for clubs that meet two or more times a month or who desire to lead a fall semester of *Unshakeable* and a spring semester of badgework or vice versa.

Use the six weeks of *Unshakeable* with GEMS Girls' Clubs badges. Go to [gemsgc.org](http://gemsgc.org) for more information on our wide variety of girl-friendly badges.

## OPTION 3:

### ***UNSHAKEABLE* + BADGES + OTHER GEMS SUPPLEMENTAL CURRICULUM**

Works great for clubs no matter the length of their season!

Use the six weeks of *Unshakeable* with other GEMS curricula like *LOVED*, or *Friended* plus badges. Go to [gemsgc.org](http://gemsgc.org) for more information on these curricula and badges. Download a Service Projects Resource and an *Unshakeable* 32-Week Guide from the *Unshakeable* Online Resources.

## HOW TO MAXIMIZE THE UNSHAKEABLE SURVEY

You are a difference-maker. What you do for this generation of girls matters! But on our hardest days, we may wonder . . .

- Is it worth it?
- Have the girls heard *anything* we said?
- Are lives *really* changing at GEMS?

These are questions asked by church decision makers (should we continue the GEMS program?), parents (should I sign my girl up for club?), and volunteers (should I serve in GEMS another year?). And on the days when you're tired, discouraged, and ready to quit, you may ask these questions in your own heart.

What if the answers to all those questions could be a resounding "YES"?

The *Unshakeable* Survey is an important tool to help you measure what matters so that you can strengthen your club's eternal impact on the lives of girls. You will have real-life information to share with your church and community about how GEMS is making a difference in your girls' lives.

Imagine being able to stand up on GEMS Sunday or share with your parents and volunteers, "This is where the girls were at the beginning of the season, and this is where the girls are now. At the beginning of the season, 10% of the girls in our club didn't believe God loved them when they did something wrong. Today, 92% know God promises that they are loved no matter what." Everyone would say, "Wow! Thank You, God! Thank you, GEMS Club!"

## MEASURE WHAT MATTERS BY FOLLOWING THESE THREE EASY STEPS!

1. **GIVE THE SURVEY.** Download the survey from the *Unshakeable* Online Resources and have each girl take it during Small Group in Lessons One *and* Six (your before *and* after!). It only takes a minute to complete, and the answers are anonymous, giving the girls freedom to honestly share.
2. **RECORD THE ANSWERS.** After Lessons One and Six, Small Group Leaders give the surveys to the Club Coordinator, who will ensure that the club's answers are compiled and recorded at <http://bit.ly/UnshakeableSurvey>. An automatic report will be generated for your club.
3. **SHARE THE RESULTS.** Share what you discovered with church decision makers, parents, your leadership team, and your congregation on GEMS Sunday. Celebrate where you see God at work! Take note of where girls are struggling to see who God is and what He has promised them so you can intentionally pray and mentor.

When you measure what matters, you maximize the opportunity to make an eternal difference in the life of every girl who has been entrusted to your club.

Give the survey, record the answers, and share the results. Be reminded that what you do is more than worth it. You're changing the world—one girl at a time.

# WHAT YOU NEED



The *Unshakeable* curriculum provides all the necessary components to help your girls understand that because God is unshakeable and His promises unbreakable, they can live strong, secure, and confident in our shaking world.

**LARGE GROUP RESOURCE BOOK**—There are six lessons with an overview, Large Group arrival activities (called Icebreakers), scripted lesson openers and Bible teachings, craft activities, and meaningful dismissals.

**UNSHAKEABLE TEACHING VIDEOS**—There are six *Unshakeable* Teaching Videos that can be used in person at club or when your club meets virtually. Each video is a combination of the Lesson Opener and the Bible Teaching from the *Unshakeable Large Group Resource Book*. It was condensed and crafted for short attention spans and online viewing. All videos are available in the *Unshakeable* Online Resources.

**SMALL GROUP LEADER'S GUIDE**—There are six Small Group welcomes, memory verse games, relationship-building activities, questions for application of God's Word, prayer prompts, and craft instructions contained within this guide for girls in grades 1-8. The application questions and activities range from a girl learning about God for the first time to a girl who's ready to dig deeper. Leaders base what questions and activities they choose primarily on their group's knowledge of God and His Word rather than their age. It's a must-have resource that will connect every leader to every girl, no matter her age or where she is on her faith walk.

**UNSHAKEABLE CARABINER**—This *Unshakeable* Carabiner contains six beautiful tags with the key verse, Psalm 62:2, and the five unbreakable promises girls are focusing on in this study. You will want to get one for every girl and leader. Distribute the beautiful

tags at the beginning of the season, at the conclusion, or distribute one by one as you study each lesson. There is one *Unshakeable* Carabiner included in the *Unshakeable* Starter Kit, and they are also available from [gemsgc.org/store](http://gemsgc.org/store).

**UNSHAKEABLE JOURNAL**—Purchase one inspirational journal for each girl and leader. They are a must-have during Small Group. The coloring pages and the dotted grid and journal pages with each lesson's Bible verse are the perfect place for girls to record application thoughts, memory verses, and prayer requests. There is one *Unshakeable* Journal included in the *Unshakeable* Starter Kit, and they are also available from [gemsgc.org/store](http://gemsgc.org/store). **NOTE:** You may want to keep the *Unshakeable* Journals at club for the duration of the study, since girls use the same journal each time.

**UNSHAKEABLE STICKERS**—Girls can decorate water bottles, mirrors, helmets, and more with the 5 unbreakable promises that are part of the *Unshakeable* curriculum. There are 5 stickers per 5x7 sheet. There is one *Unshakeable* Sticker Sheet included in the *Unshakeable* Starter Kit, and they are also available from [gemsgc.org/store](http://gemsgc.org/store).

**UNSHAKEABLE THEME SONG**—"Unshakeable" by Chris Coleman (performed by Colleen and Grace), as well as creative movement video downloads, are available in the *Unshakeable* Online Resources.

**"REAL TALK" VIDEOS**—An intro video to meet the GEMS *Unshakeable* "Real Talk" teaching team and six "Real Talk" videos provide fun and inspiring challenges to close each lesson, helping your girls live out what they learned in club. All videos are available in the *Unshakeable* Online Resources, along with a corresponding bookmark for each lesson that



contains a link to each video. This makes it possible for girls to watch these girl-friendly videos at club and at home.

**UNSHAKEABLE VIRTUAL EDITION GUIDE PDF**—A guide that provides everything you need to take the *Unshakeable* curriculum to your girls wherever they are. If you're meeting at a distance or through a screen, you'll have the tips and tools you need to keep connecting with your girls so they know they are seen and loved by God and by you!

## UNSHAKEABLE ONLINE RESOURCES

If you purchased an *Unshakeable* Starter Kit, you received access to a digital library that contains items such as printables, Bible Teaching, Creative Movement, Craft, and “Real Talk” videos, an *Unshakeable Plus Virtual Edition Guide* PDF, and presentation slides. If you did not purchase an *Unshakeable* Starter Kit, these digital resources are available for purchase at [gemsgc.org/store](http://gemsgc.org/store) or by calling (616) 241-5616, ext. 3032.

## OPTIONAL RESOURCES

You may purchase these additional resources from [gemsgc.org/store](http://gemsgc.org/store) or by calling (616) 241-5616, ext. 3032.

**UNSHAKEABLE PROMISE POSTER & UNSHAKEABLE VERSE POSTER**—These beautiful posters display the five unbreakable promises the girls are studying in this curriculum (*Unshakeable* Promise Poster) and the key verse, Psalm 62:2, they will memorize (*Unshakeable* Verse Poster). These digital downloads include a high-resolution file and a license to print one copy at the printer of your choosing.

**MICAH 6:8 POSTER**—This poster displays the GEMS Girls' Clubs Aim, which is Micah 6:8. Girls and leaders recite this aim each time they meet at club!

**GEMS GOSPEL TREASURE BOX**—Use to share the Gospel message with your GEMS girls! See “The Joy of Sharing Jesus: Leading a Child to Christ” on page 13 for more information.

You may also want to incorporate other GEMS curricula like *LOVED*, or *Friended* or badges from the *Discovery Place Badge Book*. See “How to Use *Unshakeable*: Options 2 and 3” on page 6.

**AND MORE!** Find more resources at [gemsgc.org/store](http://gemsgc.org/store).

**NOTE:** All *Unshakeable* materials are protected under copyright. Photocopying is not allowed with the exception of the printables in the *Unshakeable* Online Resources.

# LEADER GUIDE



The *Unshakeable* curriculum is designed to lessen your planning and prep time so leaders have more time to pray and focus on building relationships with their girls. It contains everything you need to guide your girls into understanding that because God is unshakeable and His promises unbreakable, they can live strong, secure, and confident in our shaking world. Here is the structure of what is included in each lesson.

## LESSON OVERVIEW

**PURPOSE**—Each lesson has a short statement with the primary focus of the lesson. This is your main aim and prayer!

**BIBLE/MEMORY VERSE**—This is the Bible verse that girls will memorize and study throughout the lesson. Additional Scripture passages and Bible teachings are woven into each lesson.

## PREPARATION

At the beginning of each lesson is a chart that lists the materials you need to prepare for each club meeting. Advance preparation includes praying for your girls, gathering needed supplies, and, if necessary, printing materials from the *Unshakeable* Online Resources.

## LESSON ELEMENTS

The lessons are broken into four elements to make it easy for you to lead your girls. While some clubs have the luxury of two-hour meetings, this study is structured for a 1½-hour club meeting.

**ARRIVAL—GIRLS MATTER.** Arrival is the time frame between when girls arrive and when club officially starts. When girls open the club doors, the first people they should meet are their leaders. The whole team is waiting for them, welcoming them, and letting them know they matter!

During Arrival, warmly welcome girls by name. As you distribute name tags, look each girl in the eye and say, “\_\_\_\_\_ [girl’s name], this is a place for you to belong and be

loved.” Then direct girls into the Large Group space to play the Arrival activity.

**LARGE GROUP—GOD’S WORD MATTERS.** Large Group is the 20- to 30-minute time frame when you gather all of the girls and leaders into one space. Begin with a warm welcome and prayer. Recite the GEMS Girls’ Clubs Aim. Then worship together—sing praise to God!

After worship, you’ll open God’s Word. You’ll teach girls that this is God’s Word of Truth. It tells them who God is and what He says about them. Though God’s Word is packed with promises, you will highlight five: “I am loved,” “I am not alone,” “I am strong,” “I am forgiven,” and “I am a world changer.”

**SMALL GROUP—RELATIONSHIPS MATTER.** Small Group is a 60-minute time frame when six to eight girls meet with their Small Group leader. GEMS is a relationship-building ministry, and it’s within Small Groups that relationships are built and lives are transformed.

During the first 30 minutes of Small Group, a leader will guide the discussions, application of God’s Truth, and activities with what is provided in Scripture and the *Small Group Leader’s Guide*. The *Unshakeable* Journals contain coloring pages and dotted grid and journal pages with each lesson’s Bible verse that are the perfect place for girls to record application thoughts, memory verses, and prayer requests. Be sure each girl has a Bible and an *Unshakeable* Carabiner. This time includes the application of God’s Word, prayer, and memorizing Scripture—including

five unshakeable promises (See page 15). Promises include: “I am loved” (1 John 3:1), “I am not alone” (Deuteronomy 31:6), “I am strong” (Philippians 4:13), “I am forgiven” (1 John 1:9), and “I am a world changer” (Micah 6:8). During the last 30 minutes of Small Group, grow relationships with hands-on activities. This is the time to craft, earn badges, or participate in service projects. Download a free Service Projects resource from the *Unshakeable* Online Resources.

**DISMISSAL—LEAVING LOVED MATTERS.** Dismissal is the last 5 to 10 minutes of club. Gather all of the girls into the Large Group space to reiterate the focus of the club meeting and pray. Send the girls home with high fives, hugs, and words of encouragement.

Gather all of the girls and leaders into the Large Group space. Show a “Real Talk” video from the *Unshakeable* Online Resources and then send girls home with the lesson’s bookmark (from the *Unshakeable* Online Resources) so they have the video link to rewatch it at home. Then speak life-giving words. Remind them of the foundational Truth that because God is unshakeable and His promises are unbreakable, they can stand firm no matter what. And when they leave club, may they remember those last words.

## LEADERS NEEDED

In addition to the Club Coordinator, you will need one leader for each Small Group of six to eight girls. The leader should stay with her Small Group throughout the year. You may also choose to have additional helpers for sound and video, worship, snacks, and crafts.

## SPACE NEEDED

You will need one space to host the Large Group activities for each lesson and separate spaces for Small Group activities and crafts.

## DÉCOR (OPTIONAL)

**LARGE GROUP SPACE.** Decorate with anything that will make your space feel like you are hiking, camping, or on an outdoor adventure! Think tents, sleeping bags, a backpack (this is a must!), hiking gear, teddy bears, buffalo plaid

or burlap garland, lanterns and flashlights, trees (pull out the Christmas trees!), firepits, s’mores, and more.

**SMALL GROUP SPACE.** Create a Small Group space that invites girls into the adventure of connecting with God and one another. Use colorful picnic tablecloths or blankets and anything outdoors to cover your table.

### CENTERPIECE OPTIONS:

- Rocks with the five unbreakable promises written or painted on them.
- A picnic caddy to hold pencils, crayons, gluesticks, and granola bars
- Lanterns, string lights, or battery-operated tealights in Mason jars
- Rustic wood pieces to serve as placemats that girls can personalize with their names and record memory verses on
- *Unshakeable* Carabiner hanging from each chair. This will help you preselect seating for your girls. Switch up seating each meeting to keep girls sitting by new friends.

If possible, keep décor up all season! For more fun decorating ideas, visit [gemsgc.org](http://gemsgc.org) to find the GEMS *Unshakeable* Pinterest board.

# UNSHAKEABLE CLUB GUIDE



## ARRIVAL

Icebreaker Activity

## LARGE GROUP

Praise & Worship

Lesson Opener

Bible Teaching

Closing Prayer

## SMALL GROUP

Bible Application & Activities

Craft, Badgework, or Service Project

## DISMISSAL

Return to Large Group

“Real Talk” Video

Closing Prayer

Watch the ReFresh Message “Four Essential Pieces to Structuring Your Club Meeting” at [gemsrefresh.org](http://gemsrefresh.org) for more details about each part of your club meeting.

**GEMS ReFresh**  
Equip • Encourage • Engage

# THE JOY OF SHARING JESUS: LEADING A CHILD TO CHRIST

At GEMS, we are on a mission to help bring girls into a living, dynamic relationship with Jesus Christ. It's the heart of our name and the GEMS acronym—Girls Everywhere Meeting the Savior. GEMS is committed to speaking the life-changing Truth that girls are loved and known by God and that they matter to Him and to us.

Think about this generation of girls. Think about the girls in your sphere of influence.

**GIRLS HAVE QUESTIONS ABOUT GOD.** Who is God? Do I have to be good for God to love me? Does He love me when I'm bad? Can He be powerful *and* personal, an unshakeable King *and* a loving Friend who knows my name?

**GIRLS HAVE QUESTIONS ABOUT THEMSELVES.** Who am I, anyway? Where do I belong? Do I matter? What's my purpose?

Friend, you know the Truth! You know the good news that girls' questioning hearts need to hear. His name is Jesus! His love is unending and unstoppable. In Jesus is love, strength, life, forgiveness, meaning, and our true identity.

**JESUS MADE OUR MISSION CLEAR.** *Go and make disciples* (Matthew 28:19). You get to tell this generation of girls about Jesus and His love. You get to help them discover who Jesus is, what He says about them, and that He is inviting them into a relationship with Himself. It's why you're holding this resource!

**THE TIME IS NOW.** Girls must know they have a friend in God. A survey by the International Bible Society reported that 83 percent of Americans make their commitment to follow Jesus between the ages of four and fourteen.<sup>1</sup>

And George Barna reports, "What you believe by the time you are thirteen is [generally] what you die believing."<sup>2</sup>

As you experience the joy of sharing Jesus, remember that you don't go alone. You're part of a growing sisterhood who is on a mission to bring girls to Jesus. And above all else, God is our Guide who calls and equips us to lead girls to Christ!

## SHARING THE GOSPEL REMINDERS

Sharing Jesus is not a one-time conversation. Every time you meet with your girls, share more about who He is and what He says about them.

Sharing Jesus is more often caught than taught! Girls are observing your life and relationship with Jesus.

Sharing Jesus happens best as we listen to the Holy Spirit and to the child. What do they need to hear about Jesus first?

- The unloved need to hear that God accepts and loves them no matter what.
- The lonely need to hear that God is near. He is with them and they are not alone.
- The weak and insecure need to hear that in Him they are strong.
- The one who feels ashamed needs to know that God forgives everything.
- The anxious need to hear that God cares about them and is bigger than their fears.
- The one wondering if she has a purpose needs to hear that God wants to use her to change the world.

<sup>1</sup> [home.snu.edu/~hculbert/ages.htm](http://home.snu.edu/~hculbert/ages.htm)

<sup>2</sup> [barna.com/research/research-shows-that-spiritual-maturity-process-should-start-at-a-young-age/](http://barna.com/research/research-shows-that-spiritual-maturity-process-should-start-at-a-young-age/)



Sharing Jesus requires heart prep. Always be prepared to share your faith story within the context of His big story. And pray that He would prepare the hearts of the girls to receive His good news!

## RESOURCES

GEMS has resources to help you share the Gospel with the child/children in your care.

**GEMS GOSPEL TREASURE BOX.** This box is a beautiful, tangible resource that aids leaders

in walking girls through the Gospel message. It can be used in Large Group, Small Group, or one-on-one settings throughout the season. To order, go to [gemsgc.org/store](http://gemsgc.org/store) or call the GEMS Global Office at (616) 241-5616, ext. 3032.

**GOSPEL MESSAGE SERIES.** Watch the three-part **GOSPEL MESSAGE SERIES** videos at [gemsgc.org/gospel](http://gemsgc.org/gospel) for specific training for sharing the life-changing Good News of Jesus. The videos are also available on GEMS ReFresh at [gemsrefresh.org](http://gemsrefresh.org).

**SAMPLE**  
**DO NOT REPRODUCE**

# FIVE UNBREAKABLE PROMISES OF GOD



**THEME VERSE:** *Truly he is my rock and my salvation; he is my fortress, I will never be shaken* (Psalm 62:2).

In *Unshakeable*, girls will learn that because God is unshakeable and His promises unbreakable, they can live strong, secure, and confident in our shaking world. This will impact girls and how they love and lead others in these uncertain times!

Challenge girls to memorize Psalm 62:2 and these five unbreakable promises. For extra heart-strengthening, encourage girls to memorize some or all of the corresponding Bible verses.

## FIVE UNBREAKABLE PROMISES OF GOD

1. **I AM LOVED.** *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).
2. **I AM NOT ALONE.** *Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you* (Deuteronomy 31:6).
3. **I AM STRONG.** *I can do all this through him who gives me strength* (Philippians 4:13).
4. **I AM FORGIVEN.** *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness* (1 John 1:9).
5. **I AM A WORLD CHANGER.** *He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God* (Micah 6:8).

# LESSON

# 1

Date of Lesson \_\_\_\_\_

## WHAT IS UNSHAKEABLE?

**PURPOSE:** Introduce GEMS girls and their grown-ups to this season's curriculum: *Unshakeable! Standing Firm on God's Promises.*

**BIBLE/MEMORY VERSE:** *Truly he is my rock and my salvation; he is my fortress, I will never be shaken (Psalm 62:2).*

### SMALL GROUP SUPPLY LIST

- ☐ *Unshakeable* Journal for each girl
- ☐ *Small Group Leader's Guide* for each leader
- ☐ Bibles
- ☐ Pencils or pens, sticky notes, and crayons, colored pencils, or markers
- ☐ Small Group Welcome: One Thing. Supplies: Beach Ball with get-to-know-you questions written all over it. Examples: What is your favorite holiday? Food? Animal? Color? Game? Day of the week? Time of day? If you could travel anywhere in the world, where would you go? If you were going to eat a bug, what would you put on it to make it taste better? Name the people in your family.
- ☐ 1 *Unshakeable* Survey for each girl—download from the *Unshakeable* Online Resources (See page 7 of the *Small Group Leader's Guide* for details!)
- ☐ Step In: Build It! and Rock, Paper, Scissors. Supplies: 28 paper cups per girl for a cup challenge (or decks of cards to build a card house or other random building materials to see how tall of a tower they can build)
- ☐ Memory Verse Game: Line Up. Supplies: 1 slip of paper per girl
- ☐ Live It: Improv or Two Truths & One Not. No supplies needed
- ☐ What Will You Do? Supplies: A larger rock to pass around the circle and a marker and pocket-sized rock for each girl
- ☐ **OPTIONAL DÉCOR:** Create a Small Group space that invites girls into the adventure of connecting with God and one another. Use colorful picnic tablecloths or blankets and anything with an outdoor feel to cover your table.

### CENTERPIECE OPTIONS:

- Rocks with the five unbreakable promises written or painted on them
- A picnic caddy to hold pencils, crayons, glue sticks, and granola bars
- Lanterns, string lights, or battery-operated tealights in Mason jars
- Rustic wood pieces to serve as placemats that girls can personalize with their names and record memory verses on
- *Unshakeable* Carabiner hanging from each chair. (These will be distributed in Lesson 1. Make note of this option for future club meetings.) This will help you preselect seating for your girls. Switch up seating each meeting to keep girls sitting by new friends.

### CRAFT SUPPLIES

#### OUR ROCK VOTIVE CANDLE HOLDER

- ☐ Small rocks or pebbles
- ☐ Votive candle holder
- ☐ Wooden disk for base\*
- ☐ Adhesive (such as e6000 or similar)
- ☐ Paint and brushes
- ☐ Permanent markers

**NOTE:** For a step-by-step video tutorial of this craft, go to the *Unshakeable* Online Resources and view the LI-Rock Votive Candle Holder video.

\*To make your own wood slices, cut a small branch into pieces using a table saw. Remove unwanted “gross” things like sap or bugs, then bake in your oven at 150 degrees Fahrenheit (65 degrees Celsius) for 30 minutes on a foil-lined pan.

## SMALL GROUP WELCOME

[Time: 5 minutes]



**LEADER TIP:** Building relationships with your girls is foundational to your season. They won't care about what you say until they know how much you really care for them. Calling them by name (*Double check that you are pronouncing their names correctly!*) is an important way to demonstrate that you genuinely care. Speaking their names declares that they are seen, valued, and loved.

**SAY** Welcome to our Small Group! My name is \_\_\_\_\_, and I couldn't be more excited to be your GEMS Small Group Leader. I can't wait to get to know each one of you.

Before you introduce yourselves, I want you to know that everyone's voice matters. It's my hope that this group will become good friends who listen carefully to each other, cheer each other on, and always encourage one another. Let's begin!

### ONE THING

**SUPPLIES:** Beach Ball with get-to-know-you questions written all over it. (See list of examples in the Lesson 1 Supply List.)

1. Girls stand in a circle. Toss the beach ball to the first girl, who introduces herself and shares the One Thing she wants everyone to know about her. She then passes the ball to another girl. Take turns until every girl has shared their One Thing.

2. The girl who was last to share now starts the second round. This time, as the ball is tossed to girls, whatever question lands closest to her left thumb when she catches the ball is the question she needs to answer.
3. Play two or three rounds answering get-to-know-you questions.

**LEADER TIP:** Always make sure each girl has a chance to share. Thank her by name and affirm each response with genuine interest. It lets her know she matters. Be sure you share too!

**SAY** Thank you for sharing. I'm celebrating how uniquely God made each one of you. God doesn't just know the one thing that you shared about yourself; He knows everything about you. You matter to Him!

(*Shake the table when you say this.*) Which is super important to remember on our bad days when everything feels a little shaky. Let's think about that by having a building challenge.

### STEP IN

[Time: 5 minutes]



### BUILD IT!

**SUPPLIES:** 28 paper cups per girl for a cup challenge (or decks of cards to build a card house or other random building materials to see how tall of a tower they can build)

**SAY** During Large Group, you watched a Tower Challenge. Now it's your turn to have some fun!

1. Distribute 28 paper cups to each girl and have them race to see who can build the tower fastest. (7 cups are placed upside down on the foundation, the next layer is 6 cups, the next 5, and so on until the top tier has 1 cup.) **NOTE:** If you use cards or other materials, create a similar, appropriate challenge.
2. When finished, have the girls work together to make one tower using all of their cups. How tall can they go?
3. When the tower is finished, take a picture. These memories matter!
4. On the count of three, have the girls shake the table so the tower falls. Talk about how they feel when things fall, crumble, and don't work out like they had hoped or planned.

## ROCK, PAPER, SCISSORS

**SUPPLIES:** None

**LEADER NOTE:** Play the classic game Rock, Paper, Scissors. The goal of these Step In activities is to engage the girls in relationships. This is their first meeting, and doing everything possible to help them get to know one another and have fun is key to helping them know they belong and are loved.

## UNSHAKEABLE SURVEY

**SUPPLIES:** 1 *Unshakeable* Survey for each girl—download from the *Unshakeable* Online Resources

**SAY** Before I distribute this super-easy survey, we're each going to make a commitment to one another. My commitment to you is that your survey will remain anonymous. There's no need to add your name, and no one will see your responses.

What I'm asking from you is that you will commit to being honest. Please don't circle the responses that you think you should be or wish you were. Circle what is true for you today. I'll

keep it your secret. You keep it honest. Agree? Great!

Distribute the surveys, which should only take a minute to complete.

Collect the surveys and fold them in half so no one sees the responses.

Give the surveys to your Club Coordinator, who will report the results by following the instructions on page 7 of the *Large Group Resource Book*.

## MEMORY VERSE



[Time: 2 minutes]

Memorize Psalm 62:2 by playing the Memory Verse Game Line Up.

## LINE UP

**SUPPLIES:** 1 *Unshakeable* Journal and a slip of paper for each girl

1. Distribute the *Unshakeable* Journal to each girl and ask them to turn to the journal page titled "God Is My Rock, Salvation, & Fortress." Psalm 62:2 is printed on the bottom of the page. Have them rewrite the verse on this page. (They should save at least half this page for an activity in God's Word is Truth.)
2. While they are writing, prepare the slips of paper. You will need one slip of paper per girl. Write each word (or words) of the verse on a separate piece of paper. Some slips of paper may have more than one word, depending on how many girls are in attendance.
3. Place the slips of paper on the table upside down. Scatter them.
4. At your signal, each girl picks up a slip of paper, and as quickly as possible, they line up in the order of the verse.
5. Continue scattering the words on the table and lining up until girls can recite the verse together.



# GOD'S WORD IS TRUTH

[Time: 6 minutes]



**LEADER NOTE:** Distribute a Bible and pens or pencils, crayons, colored pencils, or markers to the girls. While you ask questions, encourage girls to color the “God Is My Rock, Salvation, & Fortress” coloring pages while they answer questions or have them write their answers within the journaling pages.

You may or may not be able to get through all of these questions. That's okay! Whether you have time for one question or all of them, what matters is that girls have time to share and apply God's Truth to their lives. While all girls (those who are young and young in the faith) will be able to engage with the first questions, the Digging Deeper questions require looking up Scripture and will challenge girls who are further along in their faith journey and Bible knowledge. During this time, keep your ear to the heart of their answers rather than your eye to the clock. Better to go slow and grow than to rush through for the sake of touching on each question.

**SAY** Today we learned that God is our Rock, our Salvation, and our Fortress. God says, “I am your Rock—you can count on Me to always keep My promises. I am your Salvation—you will find no greater Helper than Me. I am your Fortress—I will protect you, keep you safe, and be there for you no matter what.” Let's think more about these promises together.

1. Have girls complete the About Me! intro pages of their *Unshakeable Journal*. Ask them to share one or more of their answers with your group.
2. Draw a mountain on the spread titled “God Is My Rock, Salvation, & Fortress” within your *Unshakeable Journal* or color the mountain coloring pages with that same title as you think about this question. If we were going to list the mountain of worries that girls your age have today, what do you think would make the top 10 list?

3. Along the sides of your mountain you drew, write the three names of God—Rock, Salvation, and Fortress—or color those names on the mountain coloring pages. What does each name mean to you? Do you have questions about any of these names?
4. Finish this sentence: I can be a girl of unshakeable faith because God is \_\_\_\_\_.

## DIGGING DEEPER QUESTIONS

1. **READ PSALM 40:2.** What does slime feel like? What's the difference between slime and a rock? What does God promise to us in this verse? **Personal responses about girls' experience with slime! God promises that He is a Solid Rock who is steady, strong, and secure, like an immovable mountain. We can always trust Him and stand firm with unshakeable faith that God will do what He says He will do!**
2. **READ PSALM 27:1.** What are some things that girls your age fear? What does God promise to us in this verse? **Personal responses that go beyond fearing spiders. God promises that since He is our salvation, we have nothing to fear. He is our Helper and our Stronghold today and always.**
3. **READ PSALM 46:7 AND 11.** If you could visit any castle, real or fictional, which one would you choose and why? Have you ever thought about God being your Castle? What does it mean that He promises to be your Castle and Fortress? **Personal responses about castles. God promises that He is with us. He is our Castle and Fortress who will protect and keep us safe in Him.**

## LIVE IT

[Time: 6 minutes]



**LEADER NOTE:** Pause and think about your girls and what you just experienced together. This is their first lesson. After absorbing a new experience, meeting new friends, and discovering what it means to be unshakeable, what do they need most right now? An Improv collaboration activity or an interactive Icebreaker like Two Truths & One Not? Both are provided. Choose based on the needs of your girls!

This is a collaboration activity. Girls love to work together to solve problems! Set it up this time like improv.

### IMPROV

**SUPPLIES:** None

#### IMPROV INSTRUCTIONS

Ask the girls . . .

1. What is the setting? A mountain, the ocean, an amusement park, or grandma's house? They need to choose!
2. What is a problem that happens with friends? (If girls struggle to think of a scenario, use this: There is a friend group that is super close to one another except for one girl named Jenny. Jenny is always mean to Mia. She talks badly about Mia behind her back. Jenny tries to get everyone to turn against Mia and unfriend her.)
3. As an unshakeable girl, what would you do to be a good friend to Jenny and Mia?
4. Assign girls into groups of 3 to 4 to brainstorm a solution. When they share with the rest of the group, they can speak or act it out.

*Thank the girls for sharing. Remind them that no matter what problem we face, we can trust God to help us.*

## TWO TRUTHS & ONE NOT

**SUPPLIES:** None

1. Ask girls to think of two things that are true about them and one thing that is not. Examples: I can juggle; my favorite animal is a panda bear; I want to run a marathon someday; I have a pet dog named Max.
2. Girls then take turns sharing these three statements, and the other girls have to guess which statement is not true.

### WHAT WILL YOU DO ?

[Time: 3 minutes]



**SUPPLIES:** A larger rock to pass around the circle and a marker and pocket-sized rock for each girl

**SAY** (*Hold the large rock as you say . . .*) Today we've talked a lot about God being a Solid Rock on which we stand. Think about the week ahead. Is there anything coming up that has you feeling a little nervous, worried, or sad? (*Pass the rock around the circle as girls share. Be sure you share too!*)

Thank you for sharing. I'm going to be praying about the things you shared. (*Give a small rock and a marker to each girl.*) Now let's think about what God has promised. He is your Solid Rock! He is with you and for you. He is your Helper and your Castle. You are not alone!

On your rock, write one thing that will help you remember God's promise. Maybe you'll draw a heart, a swim ring, or a castle. Or maybe you'll write God's names—Rock, Salvation, or Fortress.

*(When the girls are finished, ask them to share what they will remember and where they will place their rock. If it's small enough, they can keep it in their pocket or backpack, or they can put it in their bedroom or another special place in their home.)*

Girls, even if you don't live unshakeable when you leave club, God will never change His mind about you. He is with you, He is for you, and He loves you no matter what.

## LET'S PRAY

[Time: 3 minutes]



**LEADER TIP:** Prayer strengthens our relationship with God. Remind girls that when they pray, they are talking to God. They don't have to use fancy words for Him to listen. They can be themselves and talk to Him about anything. He wants to hear from them!

**SAY** Today we learned how awesome God is. He is our Rock, our Salvation, and our Fortress. As we talk to Him in prayer, think about how great He is and how much He loves you. You can tell Him anything and He will listen. Let's start by talking to God together now.

**LEADER NOTE:** Before you pray, direct the girls to the things you talked about together. What can they thank God for? Maybe it is that He always keeps His promises. Maybe it is that nothing can shake us from His love and care. What can they ask God for? Maybe they want to trust God more with their worries or need His help with something that is too big for them to handle. Invite a girl to pray aloud or take turns praying as a group. Pray your own prayer or use the one below.

**PRAY:** Dear God, we thank You for being our Rock, Salvation, and Fortress. As we learn more about You and Your promises, help us to live unshakeable. May we always trust, no matter what, that You love us and that we will be okay. In Jesus' name, amen.



## CRAFT

### OUR ROCK VOTIVE CANDLE HOLDER

[Time: 20-30 minutes]



**LEADER TIP:** Time required for any craft depends on how much prep work is done in advance, how many helping hands are available to the girls, and a girl's age and individual abilities. **To see a step-by-step video tutorial of this craft, go to the *UNSHAKEABLE* ONLINE RESOURCES and view the *L1-ROCK VOTIVE CANDLE HOLDER VIDEO*.** For an inspiring overview of the importance of crafts at club, be sure to watch "Crafting with a Purpose" on GEMS ReFresh. Visit [gemsrefresh.org](http://gemsrefresh.org) for more information.

**NOTE:** If you have extra time and supplies, have girls make extras to gift to others!

## SUPPLIES

- Small rocks or pebbles
- Votive candle holder
- Wooden disk for base\*
- Adhesive (such as e6000 or similar)
- Paint and brushes
- Permanent markers

\*To make your own wood slices, cut a small branch into slices using a table saw. Remove unwanted “gross” things like sap and bugs, then bake in your oven at 150 degrees Fahrenheit (65 degrees Celsius) for 30 minutes on a foil-lined pan.

## INSTRUCTIONS

1. Write the verse citation, Psalm 62:2, or the entire verse on the votive holder.
2. Glue your votive holder to the wooden base.
3. “Map out” the rocks that you will be using to surround your votive holder or glue to your votive.
4. Paint rocks to your desire.
5. Attach rocks to your votive holder and base.



## LEADER NOTES

Use this space to reflect on your club gathering. What went well? What could be improved? Where did you see God working?

**LEADER NOTE:** As the girls work on the craft, ask the Craft & Chat questions.

## CRAFT & CHAT QUESTIONS



1. What is your favorite outdoor activity? Why?
2. If you could go on a mountain adventure or hike anywhere in the world, where would you go?
3. Psalm 62:2 says God is a Rock. What does this promise mean to you?

*(Dismiss to Large Group space for Dismissal.)*

## PRAYER REQUESTS