

TRANSFORMED

CHANGED BY GOD'S WORD
FROM THE INSIDE OUT

ROMANS 12:2

Large Group Resource Book

GEMIS Girls' Clubs

GEMSGC.ORG

DO NOT REPRODUCE



GEMS Global
Bringing girls into a living, dynamic relationship with Jesus Christ

Mailing Address
US: 1847 RW Berends Dr. SW, Wyoming, MI 49519
Canada: 261 Woodall Way, Woodstock, ON N4T 0K9
gemsgc.org

Content & Curriculum Director: Cindy Bultema
Content Contributors: Bethany Norris, Kamarah Bayard, Rochelle Visser,
and Carrie Roer
Content Editor: Meaghan Minkus
Creative Director: Michelle Lenger
Page design and layout: CrosslinCreative.net
Theme song selection and motions: Mary Randle Watts

Executive Director: Cindy Bultema

Scriptures are taken from the Holy Bible, New International Version®, NIV®.
Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of
Zondervan. All rights reserved worldwide. www.zondervan.com. The "NIV" and
"New International Version" are trademarks registered in the United States Patent
and Trademark Office by Biblica, Inc.™

Copyright © 2024 GEMS Global, 1847 RW Berends Dr. SW, Wyoming, MI 49519

**All rights reserved. No part of this publication may be
reproduced without permission from the publisher.**

Printed in the USA

Letter from The Executive Director



Hi Friend,

Thank you for being a difference maker in girls' lives—both right now and for eternity. Investing in this generation of girls is one of the most important things you can do with your one and only life. Thank you!

I'm excited for you as you begin this *Transformed: Changed by God's Word from the Inside Out* curriculum. This message is deeply significant to me. My life would have been so different if only someone had taken the time when I was little to open up the Bible, tell me God's promises were true, and teach me how to read scripture on my own. Today, as a ministry leader passionate about following Jesus, I often share, "My life has been transformed because my mind has been transformed, and that's come from knowing, believing, and memorizing God's Word."¹ God's Word has the power to change everything and everyone.

That's why as I pray for the precious girls getting ready to enter their very first season of GEMS, I thank God for you, beloved GEMS leader, and for God's transforming Truth that will be planted into their young hearts. And when I think about the older girls finishing up their time in GEMS—and hopefully becoming future leaders themselves—I reflect on the 2009 stat released by the Barna Group:

"... a person's worldview is primarily shaped and is firmly in place by the time someone reaches the age of 13..."²

Thirteen years old. Wow. Considering the rapid changes in our culture, it's reasonable to think

that kids' worldviews are now solidifying even earlier. Time is short, friend! By the time a girl graduates from her GEMS Club, her worldview will be shaped and firmly in place. Let's not waste a moment we have with the girls God brings our way. Instead, may we commit to sharing the life-changing Truth of God's Word as often as we can as we prayerfully seek to help **G**irls **E**verywhere **M**eeet the **S**avior.

Again, a warm welcome to *Transformed: Changed by God's Word from the Inside Out*. If that doesn't sound like a mission worth embarking on, I'm not sure what does. Your time and effort are worth the sacrifice, friend. I'm so thankful we are on the same team!

Get ready to live *transformed*!

Serving Jesus together,

Cindy Bultema

GEMS Executive Director

P.S. May it not be said on our watch, "no one ever told me about God and His life-changing Word." We've got important kingdom work to do!

¹ "Cindy Bultema, "Rescued by Truth - Cindy Bultema on Life Today Live." Edited by Randy Robison, Life Today TV, March 19, 2021. YouTube Video, 32:40. www.youtube.com/watch?v=DbFKmRrck1Q.

² "Changes in Worldview among Christians over the Past 13 Years." Barna Group, 9 March 2009, www.barna.com/research/barna-survey-examines-changes-in-worldview-among-christians-over-the-past-13-years/.

Meet the Transformed...



Curriculum Team

Cindy Bultema has over 25 years of ministry experience, including serving as the Executive Director of GEMS for seven years. Prior to GEMS, Cindy served as the Children's Director at a West Michigan megachurch, as well as a children's curriculum writer for Zondervan publishing house, an international women's speaker, and 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 two dogs. She has four children, ages 20-29, living in various parts of the US. When she's not speaking or writing, you can find Cindy walking with a friend, sharing Jesus with a neighbor, chasing a sunset, or creating a charcuterie board for a get-together with friends.

Bethany Norris is the Content Creator & Program Assistant at GEMS. Bethany graduated from Cedarville University with a degree in Christian Education, focusing on Women's Ministry, Worship, and Cross-Cultural Ministries. After serving as a GEMS intern in the summer of 2022, God led Bethany back to GEMS after her college graduation.

Bethany is originally from Keedysville, Maryland but now resides in Grand Rapids, Michigan. She enjoys spending time with friends and family, singing and songwriting, watercolor painting, and traveling to new places. Bethany also enjoys writing for the GEMS app, ReFyne.

Rochelle Visser is a new writer on the GEMS curriculum team. Rochelle brings nearly 20 years of experience to the curriculum team, as she has been teaching, writing curriculum, and coming up with creative ways to teach the Bible since she was a middle school student. Rochelle currently serves as the Director of Ministries at Camp Michawana in Hastings, Michigan. She also teaches the Bible to kids and students weekly in her church, at a local community center, and at an assortment of public schools.

A passionate communicator, Rochelle is known as "Spitfire" by both kids and adults. Rochelle's creativity, energy, and passion for the gospel—as well as her high-energy lifestyle of sports, games, adventure, and mentoring—keep her young and active for the Lord.

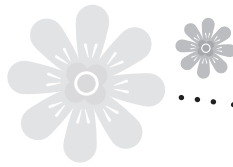
Kamarah Bayard is a GEMS Content Writer who has been on the GEMS staff for five years. Kamarah has had a passion for writing and storytelling since she was small. She also has a love for education and, of course, girls! Her passion for education took her overseas to South Korea, where she taught English 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.

Carrie Roer has been involved in her local GEMS Club for almost 20 years, as both a seventh/eighth grade leader and a Club Coordinator. She works in her church office, and she has loved writing since she was in elementary school. Carrie's God-given passion for words is seen in her blogging, devotional writing, journaling, prayer, music, and now as part of the GEMS Curriculum team.

Carrie is the wife of a teacher, a mom of three girls, and a lover of books, coffee, and Michigan's four seasons.

contents



Introduction

Letter from the Executive Director	1
Meet the <i>Transformed</i> Team	2
Why <i>Transformed</i> ?	4
<i>Transformed</i> Overview and Breakdown of Lessons	6
How to Use <i>Transformed</i> : Three Options.	7
Getting Started/What You Need	8
The Four P's for a Strong Club Season.	10
<i>Transformed</i> Club Gathering at a Glance	12
<i>Transformed</i> Club Gathering Overview	13
The Joy of Sharing Jesus: Leading a Child to Christ	15
How to Maximize the Potential of the <i>Transformed</i> Survey	17

Transformed Lessons

Lesson 1: Get Ready to Be <i>Transformed</i>	18
Lesson 2: Jesus Is the Word	27
Lesson 3: Accept the Word	33
Lesson 4: Know the Word	39
Lesson 5: Speak the Word	46
Lesson 6: Live Out the Word	53
Lesson 7: Share the Word	59
Lesson 8: Live <i>Transformed</i>	66

Transformed service projects

Transformed crafts

Transformed Index

Before You Go	114
---------------------	-----

Why Transformed?



It is not easy being a girl today. Our girls in this generation are struggling, and recent research about their hearts and minds is disturbing, to say the least. Check out a few of these stats:

- “Seven in ten girls believe they are not good enough or do not measure up in some way, including their looks, performance in school and relationships with family and friends and family members.”¹
- “Nearly 3 in 5 (57%) U.S. teen girls feel persistently sad or hopeless in 2021—double that of boys, representing a nearly 60% increase and the highest level reported over the past decade, according to the CDC.”²
- “While suicide rates have increased among all youth, there has been a steep increase in young girls...between the ages of 10-14.”³
- For Generation Z (born between 1997 and 2012), suicide is now the second-leading cause of death.⁴

¹ “Real Girls, Real Pressure: A National Report on the State of Self-Esteem,” The Dove Self-Esteem Fund, commissioned June 2008, <https://www.aauw-nys.org/attached%20files/district/District%207%20Bullying%20Conference%20Materials%20Spring%202012/Value%20U/Media%20Literacy/SelfEsteem.Report.pdf>

² “U.S. Teen Girls Experiencing Increased Sadness and Violence,” CDC Newsroom, Centers for Disease Control and Prevention, February 13, 2023, <https://www.cdc.gov/media/releases/2023/p0213-yrbs.html>.

³ Robert Glatter, MD, “Suicide Rates Sharply Increase Among Young Girls, Study Finds,” *Forbes*, May 20, 2019, <https://www.forbes.com/sites/robertglatter/2019/05/20/suicide-rates-sharply-increase-among-young-girls-study-finds/?sh=7a6e456f6b20>.

⁴ Andy Kiersz and Allana Akhtar, “Suicide is Gen Z’s second-leading cause of death, and it’s a worse epidemic than anything millennials faced at that age,” *Business Insider*, October 17, 2019, <https://www.businessinsider.com/cdc-teenage-gen-z-american-suicide-epidemic>.

How can this be for today’s girls? A recent stat from the Barna group may clarify things: less than one percent of Gen Z has a biblical worldview.⁵

In other words, if there were 100 teen, college-aged, or young adult women in a room, only one girl’s beliefs and behavior would be shaped by the capital “T” Truth of God’s Word. Our girls are getting their “truth” from everywhere *but* the Word of God.

This is why GEMS lives with an urgency to reach today’s girls. Google may have stats, but at GEMS, we know the facts. And we know that when a girl knows and believes God’s Word, everything changes.

Transformed: Changed by God’s Word from the Inside Out focuses on equipping today’s girls with the Truth of scripture. Along with discovering new tools for reading and studying the Bible, girls will learn how to discern the Truth of God’s Word from the lies of the world. Each of the eight lessons will also help girls remember biblical truth, along with ideas for relevant, practical application, guiding them from gathering information to finding lasting transformation.

The world isn’t waiting for our girls to grow up before trying to trap them with lies. We can’t wait until they grow up to equip them with the Truth. Now is the time.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. (Romans 12:2)

Imagine a generation of girls set free from the pressure of the world’s lies and false labels,

⁵ Dr. George Barna and Matt Markins, “George Barna: The ‘Single Most Important’ Investment You Can Make in Your Ministry,” in the *Resilient Disciples* podcast, episode 82, hosted by Ross Cochran, MP3 audio, 34:08, <https://childdiscipleship.com/george-barna-the-single-most-important-investment-you-can-make-in-your-ministry/>.

and instead standing firmly on the timeless Word of God. Imagine a world where girls know where to find true, lasting peace, hope, and joy. Imagine communities filled with girls who are passionate about living a life of purpose and meaning. Imagine thousands of girls no longer being conformed to the world, but instead transformed by God's Word.

Just as caterpillars do not become butterflies overnight, we cannot expect girls to instantly

experience God's total transformation. But we can trust that girls will be equipped to know, live, and walk in God's Truth as their hearts and minds are engaged with God and His life-changing Word.

Let's equip girls with the power of God's Word so they can be changed from the inside out.

**SAMPLE
DO NOT REPRODUCE**

Transformed Overview And Breakdown of Lessons



The *Transformed: Changed by God's Word from the Inside Out* Starter Kit curriculum contains enough material for eight weeks of club gatherings and eight *Transformed* service projects. Through *Transformed*, girls will:

1. Learn who Jesus is and how to follow Him
2. Understand the gospel
3. Develop a love for God's Word
4. Be equipped to memorize, study, and apply scripture
5. Actively engage in *Transformed* service projects to put their faith into action

As GEMS leaders dig into the *Transformed* curriculum, they will quickly note a couple of things. First, the scripture focus is on learning from Jesus' life. Jesus is foundational to everything at GEMS. He is the way, the Truth, and the life (John 14:6).

In addition, there is an intentional emphasis on the Bible. The hope for this curriculum is for girls to grow in their knowledge and understanding of God's Word—whether they've never

opened a Bible before, attend church once in a while, or have been reading the Bible their whole life. GEMS leaders are encouraged to tailor the *Transformed* lessons to best meet the needs of each unique group of girls.

The *Transformed* curriculum provides resources for leaders to help girls learn and memorize a minimum of eight key Bible memory verses. Use motions, songs, repetition, and scripture memory games. Pray that the Word of God dwells richly in each girl (Colossians 3:16).

LEADER NOTE: Don't miss the new, fun, instructional video to learn motions for the eight *Transformed* Bible memory verses included with the *Transformed* online resources.

Lastly, leaders will also discover that the gospel message is woven throughout each of the eight *Transformed* lessons. Our prayer is that the gospel is also woven into each GEMS girl's heart as they allow God to mold them to live and look more like Him.

Lessons

LESSON	LESSON TITLE	BIBLE MEMORY VERSE
Lesson 1	Get Ready to Be Transformed!	Romans 12:2
Lesson 2	Jesus Is the Word	John 1:1
Lesson 3	Accept the Word	2 Corinthians 5:17
Lesson 4	Know the Word	2 Timothy 3:16-17
Lesson 5	Speak the Word	John 8:32
Lesson 6	Live Out the Word	James 1:22
Lesson 7	Share the Word	Matthew 28:19-20
Lesson 8	Live Transformed!	Micah 6:8

By exploring Jesus' life, memorizing Bible verses, and learning practical skills like studying the Bible and sharing the gospel, girls will experience being changed by God's Word from the inside out.

How to Use *Transformed*



Three Options

GEMS Girls' Clubs come in all shapes and sizes—from big to small clubs, from city to rural clubs. There is no one-size-fits-all. However, the one consistency among all GEMS Clubs is that they use GEMS curriculum. Based on how frequently your club meets, you'll want to select one of the options below for using the *Transformed: Changed by God's Word from the Inside Out* resources. Once you've chosen the option that best fits your club, set your schedule for the year and begin praying, planning, and preparing.

..... Option 1

TRANSFORMED: CHANGED BY GOD'S WORD FROM THE INSIDE OUT ALONE

Works great for clubs that meet monthly or for a shortened season: October-December, January-March, or June-August. Use *Transformed* as a stand-alone resource for up to sixteen weeks. You will have everything you need for a complete club gathering.

..... Option 2

TRANSFORMED: CHANGED BY GOD'S WORD FROM THE INSIDE OUT + BADGES

Works great for clubs that meet two or more times a month and desire to rotate lesson nights and badgework. Use the sixteen weeks of *Transformed: Changed by God's Word from the Inside Out* with GEMS Girls' Clubs badges. Go to gemsgc.org for more information on our wide variety of girl-friendly badges and information on how to incorporate these resources into your club season.

..... Option 3

TRANSFORMED: CHANGED BY GOD'S WORD FROM THE INSIDE OUT + BADGES + OTHER GEMS SUPPLEMENTAL CURRICULUM

Works great for all clubs, no matter the length of their season. Use the sixteen weeks of *Transformed: Changed by God's Word from the Inside Out* with other GEMS curricula like *LOVED*, *Friended*, *Act. Love. Walk*, or *Rise Up* plus badges. Go to gemsgc.org for more information on these curricula and badges.

Getting Started

What You Need



The *Transformed: Changed by God's Word from the Inside Out* curriculum provides all the necessary components to help girls discover important Bible-based Truth about Jesus, His Word, and what it means for God to change them from the inside out. The curriculum's easy-to-use format is intentionally designed to reduce planning and prep time so leaders have more time to pray and focus on connecting and building relationships with their girls.

✓ **LARGE GROUP RESOURCE BOOK (LGRB)**—

In addition to the *Transformed* curriculum overview, the LGRB contains eight Bible-based lessons, complete with Large Group arrival activities, scripted lesson openers, Bible teachings, Bible memory verses, crafts, meaningful dismissals, eight *Transformed* service projects, and more! Order one LGRB for your club leader and one each for co-leaders, craft leaders, and the club worship leader.

✓ **SMALL GROUP LEADER'S GUIDE (SGLG)**—

The SGLG contains everything you need to lead your small group with excellence. Each SGLG includes welcome activities, memory verse games, relationship-building ideas, questions for applying God's Word, prayer prompts, and craft instructions. Order one SGLG for your club leader and one each for every co-leader, craft leader, and Small Group leader.


✓ **TRANSFORMED JOURNAL**—


The *Transformed* journal is essential during Small Group. The coloring pages, Truth-filled charts, dotted grid, and journal pages are the perfect places for girls to record application thoughts, insights, and prayer requests. It also contains scripture verses for girls to study at club and read at home. There is one *Transformed* journal included in the *Transformed* starter kit. Order one journal for each girl and GEMS leader.

✓ **TRANSFORMED KEYCHAIN**—The *Transformed* keychain contains 10 beautiful tags with the theme verse, Romans 12:2, plus the seven other key *Transformed* Bible memory verses. There is one *Transformed* keychain in the *Transformed* starter kit. Order one *Transformed* keychain per girl and leader.

✓ **TRANSFORMED STICKERS**—Stickers help God's Truth stick! These stickers are perfect for a prize closet or to give as an incentive as girls memorize their *Transformed* Bible memory verses. There is one *Transformed* sticker sheet in the *Transformed* starter kit.

✓ **TRANSFORMED ONLINE RESOURCES**—A digital library that contains tools to help your club run efficiently, effectively, and easily, including *Transformed* printables, a Bible memory verse instructional video, craft videos, "Real Talk" videos, presentation slides, eight grown-up guides, and more. The *Transformed* online resources are included with the purchase of the *Transformed* starter kit, or are also available to purchase separately at gemsgc.org/store.

NOTE: A  indicates it is included with the *Transformed* online resources.

✓ **TRANSFORMED THEME SONG**—"Totally Transformed" by Jana Alayra, as well as motion and tutorial video downloads, are available in the *Transformed* online resources. 

✓ **"REAL TALK" VIDEOS**—An intro video to meet the GEMS *Transformed* "Real Talk" teaching team and eight "Real Talk" videos provide fun and inspiring challenges to close each lesson, helping girls live out the Truth they learned at club. All videos are available in the *Transformed* online resources, as well as on the corresponding *Transformed* grown-up guide. 

New Resources

✓ **TRANSFORMED BIBLE MEMORY VERSE INSTRUCTIONAL VIDEO**—A high-energy instructional video to learn motions for the *Transformed* phrase (“Are you ready to be transformed? Changed by God’s Word from the inside out!”) and eight *Transformed* Bible memory verses. Help make the Bible memory verses stick this season with these fun and helpful online resources. 🦋

✓ **TRANSFORMED GROWN-UP GUIDES**—GEMS grown-ups will be equipped to engage at home with what their GEMS girls are learning in club. The grown-up guides include a *Transformed* lesson recap, discussion questions, prayer prompts, scripture verses, and more. By purchasing the *Transformed* online resources, you can download and print the *Transformed* grown-up guides that go along with each lesson. 🦋

Optional Resources

✓ **TRANSFORMED VERSE POSTER**—This beautiful poster displays the key verse, Romans 12:2. The digital download includes a high-resolution file and a license to print one copy at your chosen printer. (See copyright.)

✓ **TRANSFORMED IRON-ON LOGO**—This iron-on logo is perfect for T-shirts, fabric bags, and banners. It adheres to cotton and many other fabrics. Transfers are quick to apply, extremely durable, and they will stretch with your garment. 7 x 4.25 inches.

✓ **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. The digital download can be purchased via the GEMS online store and includes a high-resolution file and a license to print one copy at your chosen printer.

✓ **BIBLE**—We recommend using the *NIV Ultimate Bible for Girls* (previously published as the *NIV Faithgirlz Bible*) published by

Zonderkidz. Purchase this Bible for the girls in your club at gemsgc.org/store.

✓ **GEMS GOSPEL TREASURE BOX**—Use this tangible tool to share the gospel message with your GEMS girls. See “The Joy of Sharing Jesus: Leading a Child to Christ” on page 15 for more information.

✓ **GEMS CURRICULA**—You can also incorporate other GEMS curricula like *LOVED*, *Friended*, *Act. Love. Walk*, or *Rise Up*, or badges from the *Discovery Place Badge Book*. See “How to Use *Transformed*” options 2 and 3 on page 7.

AND MORE! You may purchase additional resources from gemsgc.org/store or by calling 616-616-GEMS (4367) in the US or 519-424-9007 in Canada.

COPYRIGHT: All *Transformed: Changed by God’s Word from the Inside Out* materials are protected under copyright. Photocopying is not allowed, with the exception of the printables in the *Transformed* online resources. The *Transformed* logo is not to be used in any manner other than for promotional materials without express permission from GEMS Girls’ Clubs. These clip art images may not be used on any products. Products include but are not limited to mugs, special recognition awards, keychains, pens, pencils, and T-shirts.

The FOUR P's For a Strong CLUB season




Once you've selected the *Transformed* curriculum option that's right for your club, put these four P's into place to create a secure foundation for a strong, successful club season.

★ Preparation


A chart at the beginning of each lesson lists the materials you need to prepare for each club meeting. Advance preparation includes reading over the lesson, gathering needed supplies, coordinating the club leaders, praying for the girls, and printing any needed materials.

The *Transformed* curriculum is designed to help minimize your preparation time for a smooth, successful club gathering. Be sure to check out the many downloads, videos, forms, activity sheets and more included with the *Transformed* online resources.



Here are helpful GEMS Club preparation tips:


[Note: a  indicates it is included with the *Transformed* online resources]

—PREPARING FOR ARRIVAL

- Download name tags 
- Gather colored pencils, crayons, and *Transformed* coloring sheets  for the Sit & Chat Questions

—PREPARING FOR THE LARGE GROUP TIME

- Make ready a way for girls to recite Micah 6:8 and Romans 12:2. 
(Download presentation slides from the *Transformed* online resources or display using the posters available at gemsgc.org/store.)
- Select worship songs, including the *Transformed* theme song: "Totally Transformed" by Jana Alayra, and provide the means to play them. 

- Practice motions for the *Transformed* phrase ("Are you ready to be transformed? Changed by God's Word from the inside out!") and the eight *Transformed* Bible memory verses. 

—PREPARING FOR THE SMALL GROUP TIME




- Make ready the gathering spaces needed for the small group activities and crafts
- Provide the materials needed for each Small Group leader (*Transformed Small Group Leaders' Guide*, writing utensils, Bibles, *Transformed* journals, etc.)

—PREPARING FOR CRAFTS

- Watch the step-by-step video tutorial for each craft. 
- Watch "Crafting with a Purpose" on GEMS Refresh for an inspiring overview of the importance of crafts at club.

REMEMBER: The 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.

—PREPARING FOR DISMISSAL How you end the night matters as much as how you begin. Advance preparation helps for a smooth club dismissal.

- Download the "Real Talk" Videos and the means to play them. 
- Print off the *Transformed* grown-up guides for each lesson. 
- Provide invitations to help girls invite their friends to your next club meeting. 

★ Places

Create welcoming, safe, and fun places that tie into the *Transformed: Changed by God's Word from the Inside Out* theme. Each club will need one space to host the Large Group activities, as well as separate Small Group meeting places and craft areas.

—DÉCOR IDEAS



—**LARGE GROUP SPACE** Decorate with anything that will make your space feel like a butterfly garden—fun, contemporary, and compelling for all ages. Avoid anything that looks like a girly birthday party or a jungle scene. Instead, think colorful and welcoming with twinkle lights, greenery and vines, floral arrangements, and butterfly cutouts.

—**SMALL GROUP SPACE** Create a space where girls immediately know they have a safe and fun place to belong and be loved. Use colorful tablecloths, twinkle lights, and trendy butterfly garden accessories.

—CENTERPIECE IDEAS:

- Small, colorful buckets with real or fake flower arrangements
- Gardening objects like watering cans or garden stones
- Floral arrangements with bright butterfly cutouts

If possible, keep the décor up all season. For more fun decorating ideas, visit [https://www](https://www.pinterest.com/gemsgc/_saved)



.pinterest.com/gemsgc/_saved to view the GEMS Transformed Pinterest board.

★ PEOPLE

Teamwork makes the dream work! In addition to the club coordinator, each club will need one leader for each small group of six to eight girls. The Small Group leader should stay with her small group throughout the year. Clubs may also choose to have additional helpers for sound and video, worship, snacks, prayer partners, and crafts.

Volunteers who are trained well feel more comfortable in their roles and are more likely to stay invested. GEMS ReFresh is a relevant online training program available for all current GEMS clubs. Go to gemsrefresh.org to access the complete online library of ReFresh resources.

GEMS ReFresh
Equip • Encourage • Engage

★ Prayer

1 Thessalonians 5:16-18 reminds us to "rejoice always, pray continually, give thanks in all circumstances." A strong club season is bathed in prayer. Let's pray together now:

Dear God, thank You for each beloved woman You've called to this ministry to help bring girls into a living, dynamic relationship with Jesus. Bless them as they prepare for their club and link arms to tell this generation of girls who You are and what You say about them. Grow their love for You and for one another. Transform them, Lord, from the inside out. In the wonderful name of Jesus, amen.

Transformed Club Gathering at a Glance



EVERY GEMS CLUB GATHERING IS BROKEN INTO
FOUR ESSENTIAL PIECES. THEY INCLUDE:

Arrival-Girls Matter

Icebreaker Activity

Sit & Chat Questions

Large Group-God's Word Matters

Praise & Worship

Recap & Review

Bible Memory Verse

Lesson Opener

Bible Teaching

Closing Prayer

Small Group-Relationships Matter

Welcome

Step In

Bible Memory Verse

God's Word Is Truth

Digging Deeper (optional)

Walk It Out

Prayer

Craft, Badgework, or *Transformed* Service Project

Dismissal-Leaving Changed Matters

Return to Large Group

"Real Talk" Video

Closing Prayer

You can also watch the ReFresh Message "Four Essential Pieces to Structuring Your Club Meeting" at gemsrefresh.org for more information.

GEMS ReFresh

Equip • Encourage • Engage

Transformed

Club Gathering Overview



While some clubs have the luxury of two-hour meetings, each *Transformed* lesson is structured for a one-and-a-half hour club meeting.

ARRIVAL—GIRLS MATTER Arrival is the time frame from when girls arrive until 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 that they matter! Because here is a girl's reality—a GEMS leader might be the first person in her day who leaned in and asked, "How are you doing, really?"

Then direct girls into the Large Group space to play the Arrival activity. Engage in the pre-planned Icebreaker or use the Sit & Chat Questions to connect with each girl. Every girl should feel like she's the only person in the room.

LARGE GROUP—GOD'S WORD MATTERS Large Group is the 20- to 30-minute time frame where all of the girls and leaders are in one space. Begin with a warm welcome and prayer. Recite the GEMS Girls' Clubs Aim, then worship together.

After worship, the GEMS Large Group leader will lead a quick Recap & Review of previous Bible memory verses, as well as the *Transformed* phrase ("Are you ready to be transformed? Changed by God's Word from the inside out!").

After the Recap & Review, open God's Word. Share the new Bible verse, and capture the girls' interest with an engaging Lesson Opener. Then teach girls that the Bible is God's Word of Truth. This isn't just a collection of spiritual stories or rules, and reading it isn't limited to church time. The Bible is God's Word that speaks into their real life all the time. Use a physical Bible whenever possible.

Close in prayer before dismissing to Small Group time.

SMALL GROUP—RELATIONSHIPS MATTER Small Group is a 60-minute time frame when six to eight girls meet with their Small Group leader. It's within these small groups that relationships are deepened and lives are changed.

During the first 30 minutes of Small Group, a leader will guide her group into God's Truth through the Bible and the *Small Group Leader's Guide*. The Leader's Guide is key to building relationships, teaching the memory verse, and digging into scripture. Allow time for each girl to look up the Bible memory verses in a physical Bible. Discipleship takes place as the leader guides girls in prayer, helps them apply God's Truth to their daily life, and discusses what it means to be changed by God's Word from the inside out.

The *Transformed* journals are the perfect places for girls to record application thoughts, things they are learning from the Bible, and prayer requests. Be sure each girl also has a physical Bible and a *Transformed* keychain to keep the scripture memorization going at home.

During the last 30 minutes of Small Group, grow relationships with hands-on activities. This is the time to complete a craft, earn badges, or participate in a *Transformed* service project.

DISMISSAL—LEAVING CHANGED MATTERS

Dismissal is the last 5–10 minutes of club. Gather all girls and leaders into the Large Group space to reiterate the focus of the club meeting and pray.

Show a "Real Talk" video from the *Transformed* online resources and then distribute the lesson's *Transformed* grown-up guide so girls have the video link to rewatch at home and additional scripture verses to review.

Remind the girls when you will meet again and send them out with high fives, hugs, and words of encouragement!

Does every girl in your GEMS Club have a Bible and know how to use it? In order for girls' lives to be changed, they must learn to read, study, and know God's Word. This means, of course, that every girl must have access to her own physical copy of the Bible. Throughout *Transformed*, girls will practice engaging with the Bible and become equipped with practical skills to read and memorize God's Truth. Encourage the girls in your club to study God's Word in club *and also* spend time with God at home by reading His Word there too.

Make it your club's goal to ensure that 100% of your girls have a personal Bible (invite your church to get involved if needed.) Even better, set a goal for every girl to open up her Bible at home. Let's change the Barna stat¹ from a 1% biblical worldview to 100% of GEMS girls who read, know, and love God's Word!

¹ Dr. George Barna and Matt Markins, "George Barna: The 'Single Most Important' Investment You Can Make in Your Ministry," in the *Resilient Disciples* podcast, episode 82, hosted by Ross Cochran, MP3 audio, 34:08, <https://childdiscipleship.com/george-barna-the-single-most-important-investment-you-can-make-in-your-ministry/>.

SAMPLE
DO NOT REPRODUCE

The Joy of Sharing Jesus: Leading a Child to Christ



Are you wondering how to get started in leading a girl to Christ? Although there are many ways to share the gospel, one tool we will be using this year at GEMS is the gospel bracelet. Whether or not you have a bracelet nearby, you can walk a girl through the basics by using God's Word and answering her questions.

1. God is holy and loves you. (GOLD)

See what great love the Father has lavished on us, that we should be called children of God! (1 John 3:1)

Explain that God made us to be with Him. The golden streets in Heaven remind us of God's perfection and His perfect design when He made us. God is holy, perfect, and without sin.

2. All have sinned. (DARK)

All have sinned and fall short of the glory of God. (Romans 3:23)

Explain that sin is anything we think, say, or do that doesn't please God. All of us sin and need God's forgiveness.

The wages of sin is death.

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. (Romans 6:23)

Explain that sin separates us from God. No amount of good deeds can right all our wrongs. We need a Savior, and His name is Jesus.

3. God sent Jesus to pay for our sins. (RED)

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. (Romans 5:8)

Explain that God so loved us (John 3:16) and sent His only perfect Son, Jesus, to earth (fully God and fully man) to pay the punishment for our sin by dying on the cross. Jesus rose again three days later,

proving His power over sin and making a way for us to be forgiven if we call out to Him.

4. We are made clean when we put our trust in Jesus. (CLEAN)

If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. (Romans 10:9)

Explain We cannot wash away our own sin. Allowing God to wash your sin is as simple as ABC.

- **A: Admit you need help.** Tell God that you know you are a sinner and that you are sorry.
- **B: Believe in Jesus.** Stop trusting in yourself to pay for your sins, start trusting in Jesus. Believe that Jesus is God's Son who took the punishment for your sin by dying for you and rose again from the dead. Jesus is alive! You can know Him today as your Savior and Friend!
- **C: Confess.** To "confess" is to tell God that you know you are a sinner. "Believing in your heart" is when you trust that Jesus' death was enough to pay for your sins. Pray and tell God that you believe Jesus died for you and rose again, and that you trust Him.

Ask Is there anything stopping you from placing your trust in Jesus? *(If she wants to tell God that she trusts in Him, encourage her to pray, and then celebrate with her!)*

5. After we put our trust in Jesus, we can grow. (GREEN)

Explain that trusting in Jesus is the start of a brand-new life. Help your girl get connected with a church, a Bible, and a caring adult who can continue to walk with her.

Sharing The GOSPEL Reminders

Sharing Jesus is not just a one-time conversation. Prayerfully and intentionally weave the gospel into everything you do. Whether you're chatting in Small Group, making a craft, or singing a song together, make the most of every opportunity to verbally tell girls who Jesus is and how they can know Him too.

Ask God to help you make the most of every opportunity to share a little more each week. Ask God to soften each girl's heart to His Truth and to reveal that He is the only One who can save them.

Also, always be ready to share your own story of how you came to know and trust Jesus as your Savior and Friend. Girls may ask. What an amazing opportunity you may have to tell them your God story! Not only do your words matter, but your example does too. Girls are observing your life and relationship with Jesus.

Remember, you are not alone. You're not the only messenger of the good news; you're part of a growing sisterhood that is on a mission to bring girls to Jesus. Above all else, God is our Guide. He has equipped you with His Holy Spirit and with His powerful Word to tell today's girls how they can know the God who made and loves them and died to save them.

Additional Resources

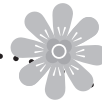
GEMS has more resources to help you share the gospel with the girls in your care.

GEMS Gospel Treasure Box—This box is a girl-friendly, tangible resource that aids leaders in walking girls through the gospel message. Use the treasure box in Large Group, Small Group, or one-on-one settings throughout the season. It includes a three-part video message series for training and equipping. To order, go to gemsgc.org/store.

Gospel Training Videos—Specific training videos for equipping GEMS leaders on sharing the life-changing good news of Jesus are available on GEMS ReFresh at gemsrefresh.org.

DO NOT REPRODUCE

How to Maximize the Potential of the *Transformed* Survey



GEMS leader, your role is crucial in discipling this generation of girls. The *Transformed* survey is an essential tool to help you measure the impact your club is having on girls!

The information you gain from each survey can be used as evidence for real life-change taking place. You can also share the amazing results with your pastor, church community, parents, and fellow GEMS leaders to encourage others that God IS at work in each girl's life in your GEMS Club. How exciting is that?!

Wouldn't it be wonderful to share on GEMS Sunday or with parents and volunteers that 98% of girls have increased their knowledge of the Bible, 92% of girls have professed faith in Jesus, and 90% of girls feel excited and equipped to share the good news with others by the end of a club season? Measure what matters through the *Transformed* survey to make the most of the opportunity you have to invest in each girl that God has entrusted to you.

Here's what to do:

Measure What Matters BY Following Three Easy Steps

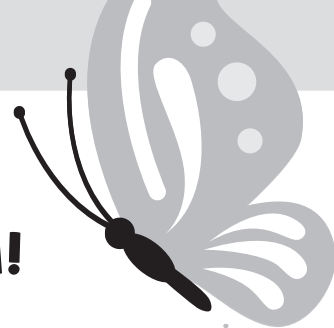
GIVE THE SURVEY. Download the survey from the *Transformed* online resources and have each girl take the survey during Small Group in Lessons One and Eight (your before and after). This will only take a minute to complete, and the responses are anonymous, giving the girls freedom to share their honest answers.

RECORD THE ANSWERS. After Lessons One and Eight, Small Group leaders give the surveys to the club coordinator, who will ensure that the club's answers are compiled and recorded at <https://bit.ly/GEMSTransformedSurvey>.

SHARE YOUR RESULTS. Share what you discovered with church leaders, parents, GEMS leaders, and your church on GEMS Sunday. Take time to celebrate the transformative work that God is doing in and through your club. Use the survey results as a helpful prayer guide to continue supporting girls, and ask God to continue the good work that He started in each of them (Philippians 1:6).

Lesson 1

Get Ready To Be Transformed!



Date of Lesson _____

PURPOSE: To introduce GEMS girls and their grown-ups to this season's curriculum, *Transformed: Changed by God's Word from the Inside Out*.

BIBLE MEMORY VERSE: *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.* (Romans 12:2)

NOTE: A indicates it is included with the *Transformed* online resources.

Arrival

☐ Name tags

☐ Icebreakers: "Girl, Same!" or Sit & Chat Questions

- Sit & Chat supplies: colored pencils/ crayons, *Transformed* coloring sheet

☐ **OPTIONAL:** Create a photo booth.

- Supplies: Any prop that belongs within a butterfly garden. Use floral arrangements, vines and greenery, gardening objects, and butterfly cut-outs.

LEADER NOTE: Ask parents to sign photo release forms. Remember, never post pictures of girls unless you have parental permission.

Large Group FOR GIRLS:

- Select worship songs, including the *Transformed* theme song, "Totally Transformed" by Jana Alayra, and provide the means to play them.
- Micah 6:8 presentation slide
- Romans 12:2 presentation slide

- A Bible, one quarter, and one square piece of tin foil (about 2" x 2" or 5 cm x 5 cm)
- One 3 oz (84 g) container of play dough, two volunteers
- One *Transformed* keychain for each girl. This lesson's card: Get Ready to Be Transformed!
- A camera, phone or device to take pictures

Small Group

- Bibles (one for each girl and leader)
- One *Transformed* journal for each girl
- One *Small Group Leader's Guide* for each leader
- Writing Utensils: Pencils or pens, crayons, colored pencils, or markers
- Step In supplies: One *Transformed* Survey for each girl (see page 17 for details)
- Bible Memory Verse supplies: Index cards (optional)
- Walk It Out supplies: Scenarios (provided) written or printed on cards/paper

NOTE: If any girl does not have a physical Bible during Small Group time, please have one available for her to use. Because God uses His Word to change us, it is necessary to have a Bible for each girl.

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
- GEMS grown-up letter

- Use the “Connect with GEMS Grown-Ups” sample script within this lesson to guide your meeting
- Share the video message titled “GEMS Grown-Ups: You’re Not Alone” with your girls’ grown-ups. 🦋

NOTE: The video message is a short word of encouragement that can be shared at your club meeting, via email (http://bit.ly/GEMS_Grown-Ups), or in the GEMS grown-up letter. 🦋

craft suggestion

AIR DRY CLAY BUTTERFLY NECKLACE

See page 96 for craft supplies and instructions. For a video tutorial of this craft, view the “L1-Air Dry Clay Butterfly Necklace” video. 🦋

Dismissal

- Videos: “Meet the Real Talk Team” and Lesson One “Real Talk” and the means to play them 🦋
- Lesson 1 *Transformed* grown-up guide 🦋
- **OPTIONAL:** Give your girls the GEMS Club Invite to help them invite their friends to your next club meeting 🦋



Arrival

[Time: When girls arrive until club begins]

LEADER NOTE: It’s not easy being a girl today. Girls of all ages and stages feel the pressure to conform to the patterns of this world. Whether it’s through their choices in toys or technology, friendships or fashion, media or makeup, the world screams loudly at girls—“Buy me! Use me! I will make you feel loved!”

Thankfully, God’s Word teaches us a better way. Today, GEMS girls will be introduced to the *Transformed* theme verse, Romans 12:2. God does not want us to conform to the world and its empty ways, but rather to be transformed by Jesus and the life-changing Word of God. What an awesome God we serve!

Greet each girl at the door with a warm welcome. Introduce yourself, smile, and call each girl by name. As you distribute the *Transformed* name tags, look each girl in the eye and **SAY** “_____ [girl’s name], are you ready to be transformed?” Share high fives and warm side hugs.

Direct girls into the Large Group space. Be sure to engage the younger girls in the Icebreaker game “Girl, Same!” to help them get to know one another. Shy girls and older girls may feel more comfortable with the Sit & Chat Questions while they draw or color.

“Girl, Same!”

“GIRL, SAME!” INSTRUCTIONS

1. Invite the girls to circle up (depending on your club’s size, one large group or multiple small groups of no more than 10 girls each will work great).
2. Players take turns saying their name and something they like. For example, a girl could say, “My name is _____ and I like to swim.” Girls can say anything they like—their favorite song, food, color, hobby, etc.
3. After a girl has shared her name and something she likes, explain that if another girl in the circle likes the same thing, she should quickly shout out “girl, same!” as soon as the girl speaking has finished sharing (being careful not to interrupt the girl who is speaking).
4. The first girl to shout out “girl, same!” after the first girl speaking gets to be the next one to share her name and something she likes.
5. If no one else likes the thing that the first girl has shared, then everyone else in the circle will give a round of applause for being unique.
6. Continue around the circle until everyone has shared. If time allows, take another lap around the circle to share something else (like their favorite animal, their favorite food, something they are good at, etc.) until Large Group begins.



Sit & Chat Questions

LEADER NOTE: Some girls may feel more comfortable if their hands are busy while they talk. While the girls are coloring, engage them in open-ended questions. Sample questions are provided below.

1. If you could only have one dessert for the rest of your life, what would it be and why?
2. Describe which type (or color/design) of butterfly matches your personality and explain why.
3. If you could plan your dream birthday party, what would you do, where would you go, and who would you celebrate with?

OPTIONAL: Photo Booth

Taking pictures and keeping them up all year helps girls know they belong and are loved. Be sure to keep taking new pictures as additional girls join your club so every girl has her picture on the bulletin board, wall or other space where you display your club's photos.

(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. We are so happy you are here! We will have so much fun laughing, learning, singing, making crafts, serving others, and spending time together as we learn more about God and what He says about us. Let's start off by talking to God together to thank Him for a brand new year of club. Will you please stand with me and pray?

Pray

GEMS GIRLS' CLUBS AIM

SAY We will start our club meetings by saying the GEMS Girls' Clubs Aim together. Girls all over the world are starting their GEMS Girls' Club meetings the same way. Some may even be meeting right now. How cool is that? Let's say Micah 6:8 together.

Micah 6:8 presentation slide

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' CLUBS AIM HISTORY:

GEMS started in 1958. In 1972, GEMS Girls' Clubs adopted Micah 6:8 as the organization's theme verse and aim. Many GEMS 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 who we're talking about when we say "Savior?" That's right—Jesus! Whether you've known about Jesus your whole life or today is your first day hearing about Him, you are welcome here and we're so glad you are here with us.

One of the ways we will spend time here at club is by singing together. Whether this is your first time hearing a song or if you already have all the words memorized, let's sing out and think about the Truths we get to sing today. By singing to God, we can worship Him together.

SING one or more songs as a whole group.

SAY You girls sound so beautiful singing together. You may take a seat.

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: TRANSFORMED PHRASE

[Time: 5 minutes]

SAY Welcome to the GEMS Transformed Butterfly Garden! I'm so glad you are here.

ASK Do you know the best part of all of God's creation? People! Look around at all of the beautiful girls that God made. *(Give girls the opportunity to look around the room.)*

SAY While you all look beautiful on the outside, this year at GEMS, we are going to talk about something much more important—our insides.

Some days, I do my hair and put on my cutest shoes, but on the inside, I still feel sad, mad, or selfish. Have you ever felt like that? *(Pause for response.)*

We want God's most amazing creations—you—to know you can be beautiful on the outside *and* the inside. I could share fashion tips, and we could spend time painting our nails (there's nothing wrong with fancy fingernails) but here in the GEMS Transformed Butterfly Garden, we are not going to focus on the outside, but on the inside, and we're going to let God change us—transform us—from the inside out.

SAY "Transformed" is a big word that means "to change dramatically."

ASK Picture a little caterpillar with me. Has anyone ever watched a fuzzy, teeny caterpillar become a beautiful, colorful butterfly? *(Raise your hand so girls know how to respond.)* I'd say that's a dramatic change. Would you agree?

SAY Just like a caterpillar doesn't have to try hard or say the right things to be changed into a butterfly, the same is true for you and me. We aren't trying to change ourselves. Instead God will change us the more we read, know, and live out the Bible. That's why our GEMS curriculum this year is called *Transformed: Changed by God's Word from the Inside Out*.

Let's say this phrase together so we can remember it.

ASK Can you be dramatic with it? *(Use jazz hands so girls know what you mean when you say "dramatic.")*

SAY Let's stand to our feet and try! When I say "transformed" let's stomp our feet quickly and wiggle our fingers as we raise our hands.

Then, I will say "changed by God's Word" as we hold our hands like an open Bible in front of us.

Then, when I say "from the" get ready to say "inside" with me while you point to yourself and then shout the word "out!" while you point away from you.

SAY Girls, let's try this together on the count of three. 1...2...3...

Transformed (stomp feet and jazz hands in the air), changed by God's Word (pretend to open a Bible in front of you) from the inside (point to self) out (point away from you).

SAY Fantastic! All right, girls, please take a seat. My hope is that by the end of this GEMS season together, all of us will look more like Jesus on the inside as we are changed by God's Word, the Bible.

Let's open the Bible and see what we can learn about being transformed.



Bible Teaching: GET READY TO BE TRANSFORMED!

[Time: 8 minutes]

SAY I'm going to open my Bible to Romans 12:2, which is where we find our theme verse for *Transformed*. *(Open your Bible to the book of Romans.)*

The Bible is divided into two main parts: the Old Testament and the New Testament. The Old Testament is from the time before Jesus lived on earth, and the New Testament is from when Jesus lived on earth and after He returned to heaven, and it also includes letters written for His followers (like us) to teach us how to live.

Romans is part of the New Testament, the time *after* Jesus lived on earth. What we now call the book of Romans was actually a letter at first. God used a man named Paul to write this letter to people in Rome, which was one of the biggest cities in the whole world at that time. Paul wrote the letter with important messages for Christians, the people who followed Jesus. Paul wanted Christians to remember how to live out their faith in God each day.

And that's where we find our *Transformed* theme verse: Romans chapter 12, verse two.

Romans 12:2 presentation slide

SAY Let's read it together: *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will.* (Romans 12:2)

SAY Let's spend time unpacking our theme verse. Romans 12:2 begins, *Do not conform.*

ASK Does anyone know what it means to conform? (*Allow for responses.*)

SAY The word "conform" means to copy or to bend to be like something else.

For example, if I want to make this tinfoil copy or bend to the pattern of my quarter, I push the quarter against the tinfoil and rub it. (*Rub your finger over tinfoil until you can see the quarter imprint.*)

Look how similar they look now. I made this tinfoil conform to the same pattern of my quarter. This is conforming.

ASK What does Romans 12:2 say not to conform to or copy? (*Allow time for response.*)

SAY Right! *Do not conform to the pattern of this world.*

Just like the quarter was my pattern when I conformed the foil to it, God tells us that He does not want us to bend to and match the way the world looks.

God made the world perfect at first, but because of sin it is now broken and far from God. Sin is anything we think, say, or do that displeases God and disobeys His Word. Our world believes lies like "put yourself first" or "you are unloved." But Romans 12:2 is telling us not to conform to the world. Don't press up so close to the world's ways that you start believing its lies. God doesn't want us to talk like, act like, or think like the world.

Sometimes, it can feel easy to copy the patterns of the world. Maybe it's easier to talk about another friend at the lunch table behind her back. Perhaps you believe the lie that you're not pretty enough or smart enough when you scroll on social media. Or maybe

you use the bad words that you hear on TV because everybody on your bus does too.

If you've ever matched the way the world looks, you are not alone. It can be tough to choose to follow God's way and not conform to, or copy, the world's ways.

ASK So if God wants us to stand out from this world and not to just conform to or copy it, how do we do that?

SAY Let's look back at our verse: *but be transformed by the renewing of your mind.*

Instead of being conformed to or copying the pattern of the world, God wants us to be "transformed."

SAY Say that with me. "Transformed!" God wants each of us to *change dramatically.*

Yes, transformed (*stomp feet and jazz hands in the air*), changed by God's Word (*pretend to open a Bible in front of you*) from the inside (*point to self*) out (*point away from you*).

SAY It's like this play dough. If I transform it, I can shape it into something beautiful. Can I have two volunteers transform this into a flower or any animal you like? (*While they are working, keep talking.*)

The Bible says that you can be transformed by renewing your minds. God renews our minds when we read and study the Bible. God's Truth changes how we think; it helps us think more like God. The last part of the verse tells us what will happen when our minds are renewed.

READ *Then you will be able to test and approve what God's will is.*

When you fill your mind with God's Truth, you'll be able to look at what the world says and say "Hey, wait a minute. That's not God's way!" Or if someone is telling you the Truth you'll be able to know "Yes, this matches what I've been reading in the Bible." We want to follow God's will because the Bible says it is good, pleasing, and perfect.

I don't know about you, but I want my life to look like God's good, pleasing, and perfect plan, not shaped to the broken and hurtful ways of the world like this conformed foil.

(*Look over to the girls who did the playdough and ask them to be seated.*)

SAY Wow! You really transformed this into something more pleasing than a lump of clay. This is what God does with us when He renews our minds with His Word. He transforms us so we walk in line with His good, pleasing, and perfect will.

SAY Let's stand up together and say the verse one more time—this time with motions.



Bible Memory Verse

[Time: 3 minutes]

LEADER NOTE: Encourage your girls to create motions or a tune to help remember the verse. You can also download the *Transformed* instructional video to learn motions for the *Transformed* theme phrase and the eight Bible memory verses. 🦋

SAY At club this year, we'll be memorizing our *Transformed* phrase, plus eight Bible verses together. Let's get started on learning our verse together first.

(If you have any prizes or incentives for memorization, let the girls know about those too.)

Romans 12:2 presentation slide 🦋

SAY Here are the motions to help us remember Romans 12:2, *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.* (Romans 12:2)

REPEAT the verse using motions as time allows.

SAY Amazing job, everyone. Be sure to work on memorizing your verse at home too. Before we go off to Small Group, let's pray.



Wrap-up & Prayer

[Time: 1 minute]

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

PRAY God, thank You for a new GEMS season and for every girl and leader who is a part of this GEMS Club. Lord, we know that the world needs help and that we need to be changed on the inside too. We trust You that You will

use Your Word to change us from the inside out. Please renew or completely change our minds so we can be more like You. Help us live transformed. In Jesus' name, amen.

SAY Girls, if you need a Bible or want to know more about how to use it, or if you'd just like to know more about God, please see me or (other leader) or talk to your Small Group leader. We'd love to chat with you.



Dismiss to Small Groups. See the *Transformed* Small Group Leader's Guide for further instructions. Gather the girls back together for Dismissal during the last 5-10 minutes of club.



Dismissal

LEADER NOTES: Play music as girls return to the Large Group room. How you end the night matters as much as how you begin. Have fun!



Real Talk

SAY Before you leave, we want you to see an important "Real Talk" message. Let's watch this together.

PLAY both the Intro and the Lesson One "Real Talk" videos. (If there are technical difficulties, use the scripts found in the *Transformed* online resources. 🦋)

(After the video is finished . . .)

SAY Girls, we are so grateful you joined us. We hope to see you at every club gathering. Feel free to bring friends with you too. Let's all get ready to be transformed!

And don't forget, if you do not have a Bible at home, please let one of your GEMS leaders know. Because how will we be transformed? (Pause for a response.) That's right, God will change us by His Word from the inside out. So, let's make sure we all spend time reading His Word until we meet again.

Let's pray together.

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

PRAY Dear God, thank You for everything we learned about You at GEMS today. Thank You for each and every one of these girls. Thank You, God, that You want to change us by Your Word so we can be transformed. As we grow in our faith and friendship with one another in

GEMS, help us shine bright for You everywhere we go. In Jesus' name we pray, amen.

DISTRIBUTE any take-home information including the Lesson One *Transformed* grown up guide, *Transformed* keychain cards, and GEMS Club Invites to help girls invite their friends to your next club meeting.

Send the girls out with high fives, hugs, and words of encouragement. Job well done, GEMS leader!




OPTIONAL OPPORTUNITY: 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. 

DISTRIBUTE A GEMS SCHEDULE AND GEMS GROWN-UP LETTER. Distribute a personalized club schedule with dates and details for meetings, special events, and GEMS Sunday. You can personalize the GEMS grown-up letter. 

THANK GROWN-UPS. *You may want to say . . .* Thank you for sharing your girls with our club this season. Your girls matter to God, to you, and to us. Our time together will be even more special because each of your girls are here. As GEMS leaders, we are committed to praying for each girl, connecting and building relationships with them, and reminding every girl that she has a place to belong and be loved here.

Please know that we are deeply committed to sharing God's promises found in the Bible with your girls in an engaging and fun way. We hope that GEMS will be one of the highlights of your girl's week. As we get to know your girls, we want to know you too. We know that lifelong change and growth in their relationship with Jesus don't only happen during our GEMS Club meetings, but together, we will partner with you to help girls meet and know the Savior. So thank you in advance for allowing us to link arms with you this season.

SHARE THE MESSAGE OF TRANSFORMED WITH GROWN-UPS *You may want to say...* Today's girls are experiencing an overwhelming amount of pressure. Whether it's on social media or face-to-face, culture is whispering lies to our girls that their value and purpose are wrapped up in their appearance, popularity, performance, and possessions. In their efforts to fit in, girls are conforming to the world rather than to God's life-changing Word.

I bet you could write a long list of all the ways your girls have been impacted by the world and its messages. No matter how hard we try, we cannot make our girls change. But, when a girl knows, believes, and loves God and His Word, *everything* changes. She can live free from the world's lies, confidently stand on God's Truth, discover her purpose, and have the courage to boldly live out that purpose.

This year at GEMS through *Transformed: Changed by God's Word from the Inside Out*, our hope is that every girl will learn who Jesus is and how to follow Him; understand the gospel; develop a love for God's Word; become equipped to memorize, study, and apply scripture; and actively engage in *Transformed* service projects to put her faith into action. It's going to be a great club season!

We want to prayerfully partner *with* you to pour into your girl(s) to accomplish these two overarching goals:

Goal #1: Girls will grow in their relationship with Jesus.

GEMS stands for Girls Everywhere Meeting the Savior. It is our name and our passion. For nearly 70 years, God has been using the GEMS ministry to point girls towards our Savior, Jesus.

Maybe you want that for you and your family too. God always meets us right where we are and invites us into a closer relationship with Himself. Please know that you are welcome here wherever you are on your faith journey.


At GEMS, we're helping girls and their grown-ups grow in their faith. If you're not sure what that means or looks like, please reach out. You're among friends here. Belonging to God's family is the best decision you could ever make. If you have questions, please talk to me, another GEMS leader here tonight, or we could even connect with you someone from the GEMS Global office. No question is too big or too small. We care about you *and* your girls.

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

Goal #2: Girls will develop a love for God's Word and be equipped with skills to memorize, study, and apply scripture in their daily lives.

The *Transformed* theme verse that we will memorize this year at GEMS is Romans 12:2, *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

By knowing and understanding God's Word, your girl will be equipped to discern the difference between the lies of this world, and the capital "T" Truth found in God's Word.

After each club gathering, be sure to ask your girl what she learned at GEMS. We'll provide your GEMS girl with a grown-up guide  to pass along to you that corresponds with each lesson for further discussion and engagement at home. Encourage her to memorize her eight *Transformed* Bible memory verses, and to dig into the Bible during the week. And please know, you don't have to be a Bible expert to help your girl study God's Word. Memorizing Bible verses like Romans 12:2 matters. In moments of doubt, disappointment, or despair, God will help you and your girl recall what you have learned.

I am so excited to be transformed by God's Word from the inside out along with your girls, as is our whole team!

INTRODUCE YOUR GEMS CLUB TEAM Speaking of our GEMS team, please allow me to introduce each leader and her role within our club. (*Introduce each leader by name along with her role.*) I'm so thankful to serve alongside this amazing group of leaders to serve you and your girls.

Communicate Expectations

Use the following bullet points to share with the grown-ups helpful information to make this the best club season yet.

- **PICK-UP/DROP-OFF TIMES & EXPECTATIONS.**

Do you require parents/guardians to come into the building to check their girls in and out? If so, what is the process? If your club needs to cancel, what can they expect? Would you transition to an online club, and if so, what can parents anticipate?

- **GEMS SCHEDULE/PLANS.** Direct grown-ups' 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 anticipate 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.** Communicate to the GEMS girls and their grown-ups the technology expectations at your club.

Close With Q&A And Prayer

Dismiss with enthusiasm and anticipation!



Leader Notes

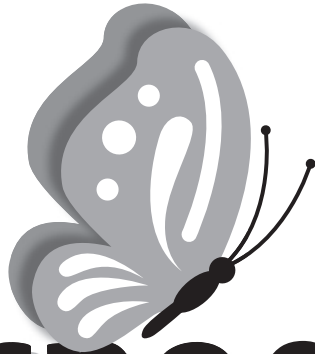
Use this space to reflect on your club gathering. What went well?
What could be improved? Where did you see God working?



prayer requests



**SAMPLE
DO NOT REPRODUCE**



TRANSFORMED

CHANGED BY GOD'S WORD
FROM THE INSIDE OUT

ROMANS 12:2

Small Group Leader's Guide

GEMIS Girls' Clubs

GEMSGC.ORG

DO NOT REPRODUCE



GEMS Global
Bringing girls into a living, dynamic relationship with Jesus Christ

Mailing Address
US: 1847 RW Berends Dr. SW, Wyoming, MI 49519
Canada: 261 Woodall Way, Woodstock, ON N4T 0K9

gemsgc.org

Content & Curriculum Director: Cindy Bultema
Content Contributors: Bethany Norris, Kamarah Bayard, Rochelle Visser,
and Carrie Roer

Content Editor: Meaghan Minkus
Creative Director: Michelle Lenger
Page design and layout: CrosslinCreative.net
Theme song selection and motions: Mary Randle Watts

Executive Director: Cindy Bultema
Theme song selection and motions: Mary Randle Watts

Scriptures are taken from the Holy Bible, New International Version®, NIV®.
Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of
Zondervan. All rights reserved worldwide. www.zondervan.com. The "NIV" and
"New International Version" are trademarks registered in the United States Patent
and Trademark Office by Biblica, Inc.™

Copyright © 2024 GEMS Global, 1847 RW Berends Dr. SW, Wyoming, MI 49519

**All rights reserved. No part of this publication may be
reproduced without permission from the publisher.**

Printed in the USA

Letter from The Executive Director



Hi Friend,

Thank you for being a difference maker in girls' lives—both right now and for eternity. Investing in this generation of girls is one of the most important things you can do with your one and only life. Thank you!

I'm excited for you as you begin this *Transformed: Changed by God's Word from the Inside Out* curriculum. This message is deeply significant to me. My life would have been so different if only someone had taken the time when I was little to open up the Bible, tell me God's promises were true, and teach me how to read scripture on my own. Today, as a ministry leader passionate about following Jesus, I often share, "My life has been transformed because my mind has been transformed, and that's come from knowing, believing, and memorizing God's Word."¹ God's Word has the power to change everything and everyone.

That's why as I pray for the precious girls getting ready to enter their very first season of GEMS, I thank God for you, beloved GEMS leader, and for God's transforming Truth that will be planted into their young hearts. And when I think about the older girls finishing up their time in GEMS—and hopefully becoming future leaders themselves—I reflect on the 2009 stat released by the Barna Group:

"... a person's worldview is primarily shaped and is firmly in place by the time someone reaches the age of 13..."²

Thirteen years old. Wow. Considering the rapid changes in our culture, it's reasonable to think

that kids' worldviews are now solidifying even earlier. Time is short, friend! By the time a girl graduates from her GEMS Club, her worldview will be shaped and firmly in place. Let's not waste a moment we have with the girls God brings our way. Instead, may we commit to sharing the life-changing Truth of God's Word as often as we can as we prayerfully seek to help **G**irls **E**verywhere **M**eeet the **S**avior.

Again, a warm welcome to *Transformed: Changed by God's Word from the Inside Out*. If that doesn't sound like a mission worth embarking on, I'm not sure what does. Your time and effort are worth the sacrifice, friend. I'm so thankful we are on the same team!

Get ready to live *transformed*!

Serving Jesus together,

Cindy Bultema

GEMS Executive Director

P.S. May it not be said on our watch, "no one ever told me about God and His life-changing Word." We've got important kingdom work to do!

¹ "Cindy Bultema, "Rescued by Truth - Cindy Bultema on Life Today Live." Edited by Randy Robison, Life Today TV, March 19, 2021. YouTube Video, 32:40. www.youtube.com/watch?v=DbFKmRrck1Q.

² "Changes in Worldview among Christians over the Past 13 Years." Barna Group, 9 March 2009, www.barna.com/research/barna-survey-examines-changes-in-worldview-among-christians-over-the-past-13-years/.

Meet the Transformed...



Curriculum Team

Cindy Bultema has over 25 years of ministry experience, including serving as the Executive Director of GEMS for seven years. Prior to GEMS, Cindy served as the Children's Director at a West Michigan megachurch, as well as a children's curriculum writer for Zondervan publishing house, an international women's speaker, and 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 two dogs. She has four children, ages 20-29, living in various parts of the US. When she's not speaking or writing, you can find Cindy walking with a friend, sharing Jesus with a neighbor, chasing a sunset, or creating a charcuterie board for a get-together with friends.

Bethany Norris is the Content Creator & Program Assistant at GEMS. Bethany graduated from Cedarville University with a degree in Christian Education, focusing on Women's Ministry, Worship, and Cross-Cultural Ministries. After serving as a GEMS intern in the summer of 2022, God led Bethany back to GEMS after her college graduation.

Bethany is originally from Keedysville, Maryland but now resides in Grand Rapids, Michigan. She enjoys spending time with friends and family, singing and songwriting, watercolor painting, and traveling to new places. Bethany also enjoys writing for the GEMS app, ReFyne.

Rochelle Visser is a new writer on the GEMS curriculum team. Rochelle brings nearly 20 years of experience to the curriculum team, as she has been teaching, writing curriculum, and coming up with creative ways to teach the Bible since she was a middle school student. Rochelle currently serves as the Director of Ministries at Camp Michawana in Hastings, Michigan. She also teaches the Bible to kids and students weekly in her church, at a local community center, and at an assortment of public schools.

A passionate communicator, Rochelle is known as "Spitfire" by both kids and adults. Rochelle's creativity, energy, and passion for the gospel—as well as her high-energy lifestyle of sports, games, adventure, and mentoring—keep her young and active for the Lord.

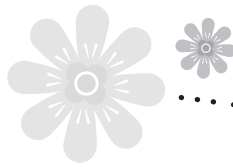
Kamarah Bayard is a GEMS Content Writer who has been on the GEMS staff for five years. Kamarah has had a passion for writing and storytelling since she was small. She also has a love for education and, of course, girls! Her passion for education took her overseas to South Korea, where she taught English 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.

Carrie Roer has been involved in her local GEMS Club for almost 20 years, as both a seventh/eighth grade leader and a Club Coordinator. She works in her church office, and she has loved writing since she was in elementary school. Carrie's God-given passion for words is seen in her blogging, devotional writing, journaling, prayer, music, and now as part of the GEMS Curriculum team.

Carrie is the wife of a teacher, a mom of three girls, and a lover of books, coffee, and Michigan's four seasons.

contents



Introduction

Letter from the Executive Director	1
Meet the <i>Transformed</i> Team	2
Why <i>Transformed</i> ?	4
<i>Transformed</i> Overview and Breakdown of Lessons	6
How to Use <i>Transformed</i> : Three Options	7
Getting Started/What You Need	8
The Four P's for a Strong Club Season	10
<i>Transformed</i> Club Gathering at a Glance	12
<i>Transformed</i> Club Gathering Overview	13
The Joy of Sharing Jesus: Leading a Child to Christ	15
How to Maximize the Potential of the <i>Transformed</i> Survey	17

Transformed Lessons

Lesson 1: Get Ready to Be <i>Transformed</i>	18
Lesson 2: Jesus Is the Word	24
Lesson 3: Accept the Word	29
Lesson 4: Know the Word	35
Lesson 5: Speak the Word	41
Lesson 6: Live Out the Word	47
Lesson 7: Share the Word	53
Lesson 8: Live <i>Transformed</i>	58

Transformed service projects

Transformed crafts

Transformed Index

Before You Go	87
---------------------	----

Why Transformed?



It is not easy being a girl today. Our girls in this generation are struggling, and recent research about their hearts and minds is disturbing, to say the least. Check out a few of these stats:

- “Seven in ten girls believe they are not good enough or do not measure up in some way, including their looks, performance in school and relationships with family and friends and family members.”¹
- “Nearly 3 in 5 (57%) U.S. teen girls feel persistently sad or hopeless in 2021—double that of boys, representing a nearly 60% increase and the highest level reported over the past decade, according to the CDC.”²
- “While suicide rates have increased among all youth, there has been a steep increase in young girls...between the ages of 10-14.”³
- For Generation Z (born between 1997 and 2012), suicide is now the second-leading cause of death.⁴

¹ “Real Girls, Real Pressure: A National Report on the State of Self-Esteem,” The Dove Self-Esteem Fund, commissioned June 2008, https://www.aauw-nys.org/attached%20files/district/District%207%20Bullying%20Conference%20Materials%20Spring%202012/Value%20U/Media%20Literacy/SelfEsteem_Report.pdf.

² “U.S. Teen Girls Experiencing Increased Sadness and Violence,” CDC Newsroom, Centers for Disease Control and Prevention, February 13, 2023, <https://www.cdc.gov/media/releases/2023/p0213-yrbs.html>.

³ Robert Glatter, MD, “Suicide Rates Sharply Increase Among Young Girls, Study Finds,” *Forbes*, May 20, 2019, <https://www.forbes.com/sites/robertglatter/2019/05/20/suicide-rates-sharply-increase-among-young-girls-study-finds/?sh=7a6e456f6b20>.

⁴ Andy Kiersz and Allana Akhtar, “Suicide is Gen Z’s second-leading cause of death, and it’s a worse epidemic than anything millennials faced at that age,” *Business Insider*, October 17, 2019, <https://www.businessinsider.com/cdc-teenage-gen-z-american-suicide-epidemic>.

How can this be for today’s girls? A recent stat from the Barna group may clarify things: less than one percent of Gen Z has a biblical worldview.⁵

In other words, if there were 100 teen, college-aged, or young adult women in a room, only one girl’s beliefs and behavior would be shaped by the capital “T” Truth of God’s Word. Our girls are getting their “truth” from everywhere *but* the Word of God.

This is why GEMS lives with an urgency to reach today’s girls. Google may have stats, but at GEMS, we know the facts. And we know that when a girl knows and believes God’s Word, everything changes.

Transformed: Changed by God’s Word from the Inside Out focuses on equipping today’s girls with the Truth of scripture. Along with discovering new tools for reading and studying the Bible, girls will learn how to discern the Truth of God’s Word from the lies of the world. Each of the eight lessons will also help girls remember biblical truth, along with ideas for relevant, practical application, guiding them from gathering information to finding lasting transformation.

The world isn’t waiting for our girls to grow up before trying to trap them with lies. We can’t wait until they grow up to equip them with the Truth. Now is the time.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. (Romans 12:2)

Imagine a generation of girls set free from the pressure of the world’s lies and false labels,

⁵ Dr. George Barna and Matt Markins, “George Barna: The ‘Single Most Important’ Investment You Can Make in Your Ministry,” in the *Resilient Disciples* podcast, episode 82, hosted by Ross Cochran, MP3 audio, 34:08, <https://childdiscipleship.com/george-barna-the-single-most-important-investment-you-can-make-in-your-ministry/>.

and instead standing firmly on the timeless Word of God. Imagine a world where girls know where to find true, lasting peace, hope, and joy. Imagine communities filled with girls who are passionate about living a life of purpose and meaning. Imagine thousands of girls no longer being conformed to the world, but instead transformed by God's Word.

Just as caterpillars do not become butterflies overnight, we cannot expect girls to instantly

experience God's total transformation. But we can trust that girls will be equipped to know, live, and walk in God's Truth as their hearts and minds are engaged with God and His life-changing Word.

Let's equip girls with the power of God's Word so they can be changed from the inside out.

**SAMPLE
DO NOT REPRODUCE**

Transformed Overview And Breakdown of Lessons



The *Transformed: Changed by God's Word from the Inside Out* Starter Kit curriculum contains enough material for eight weeks of club gatherings and eight *Transformed* service projects. Through *Transformed*, girls will:

1. Learn who Jesus is and how to follow Him
2. Understand the gospel
3. Develop a love for God's Word
4. Be equipped to memorize, study, and apply scripture
5. Actively engage in *Transformed* service projects to put their faith into action

As GEMS leaders dig into the *Transformed* curriculum, they will quickly note a couple of things. First, the scripture focus is on learning from Jesus' life. Jesus is foundational to everything at GEMS. He is the way, the Truth, and the life (John 14:6).

In addition, there is an intentional emphasis on the Bible. The hope for this curriculum is for girls to grow in their knowledge and understanding of God's Word—whether they've never

opened a Bible before, attend church once in a while, or have been reading the Bible their whole life. GEMS leaders are encouraged to tailor the *Transformed* lessons to best meet the needs of each unique group of girls.

The *Transformed* curriculum provides resources for leaders to help girls learn and memorize a minimum of eight key Bible memory verses. Use motions, songs, repetition, and scripture memory games. Pray that the Word of God dwells richly in each girl (Colossians 3:16).

LEADER NOTE: Don't miss the new, fun, instructional video to learn motions for the eight *Transformed* Bible memory verses included with the *Transformed* online resources.

Lastly, leaders will also discover that the gospel message is woven throughout each of the eight *Transformed* lessons. Our prayer is that the gospel is also woven into each GEMS girl's heart as they allow God to mold them to live and look more like Him.

Lessons

LESSON	LESSON TITLE	BIBLE MEMORY VERSE
Lesson 1	Get Ready to Be Transformed!	Romans 12:2
Lesson 2	Jesus Is the Word	John 1:1
Lesson 3	Accept the Word	2 Corinthians 5:17
Lesson 4	Know the Word	2 Timothy 3:16-17
Lesson 5	Speak the Word	John 8:32
Lesson 6	Live Out the Word	James 1:22
Lesson 7	Share the Word	Matthew 28:19-20
Lesson 8	Live Transformed!	Micah 6:8

By exploring Jesus' life, memorizing Bible verses, and learning practical skills like studying the Bible and sharing the gospel, girls will experience being changed by God's Word from the inside out.

How to Use *Transformed*



Three Options

GEMS Girls' Clubs come in all shapes and sizes—from big to small clubs, from city to rural clubs. There is no one-size-fits-all. However, the one consistency among all GEMS Clubs is that they use GEMS curriculum. Based on how frequently your club meets, you'll want to select one of the options below for using the *Transformed: Changed by God's Word from the Inside Out* resources. Once you've chosen the option that best fits your club, set your schedule for the year and begin praying, planning, and preparing.

..... Option 1

TRANSFORMED: CHANGED BY GOD'S WORD FROM THE INSIDE OUT ALONE

Works great for clubs that meet monthly or for a shortened season: October-December, January-March, or June-August. Use *Transformed* as a stand-alone resource for up to sixteen weeks. You will have everything you need for a complete club gathering.

..... Option 2

TRANSFORMED: CHANGED BY GOD'S WORD FROM THE INSIDE OUT + BADGES

Works great for clubs that meet two or more times a month and desire to rotate lesson nights and badgework. Use the sixteen weeks of *Transformed: Changed by God's Word from the Inside Out* with GEMS Girls' Clubs badges. Go to gemsgc.org for more information on our wide variety of girl-friendly badges and information on how to incorporate these resources into your club season.

..... Option 3

TRANSFORMED: CHANGED BY GOD'S WORD FROM THE INSIDE OUT + BADGES + OTHER GEMS SUPPLEMENTAL CURRICULUM

Works great for all clubs, no matter the length of their season. Use the sixteen weeks of *Transformed: Changed by God's Word from the Inside Out* with other GEMS curricula like *LOVED*, *Friended*, *Act. Love. Walk*, or *Rise Up* plus badges. Go to gemsgc.org for more information on these curricula and badges.

Getting Started

What You Need



The *Transformed: Changed by God's Word from the Inside Out* curriculum provides all the necessary components to help girls discover important Bible-based Truth about Jesus, His Word, and what it means for God to change them from the inside out. The curriculum's easy-to-use format is intentionally designed to reduce planning and prep time so leaders have more time to pray and focus on connecting and building relationships with their girls.

✓ **LARGE GROUP RESOURCE BOOK (LGRB)**—

In addition to the *Transformed* curriculum overview, the LGRB contains eight Bible-based lessons, complete with Large Group arrival activities, scripted lesson openers, Bible teachings, Bible memory verses, crafts, meaningful dismissals, eight *Transformed* service projects, and more! Order one LGRB for your club leader and one each for co-leaders, craft leaders, and the club worship leader.

✓ **SMALL GROUP LEADER'S GUIDE (SGLG)**—

The SGLG contains everything you need to lead your small group with excellence. Each SGLG includes welcome activities, memory verse games, relationship-building ideas, questions for applying God's Word, prayer prompts, and craft instructions. Order one SGLG for your club leader and one each for every co-leader, craft leader, and Small Group leader.


✓ **TRANSFORMED JOURNAL**—


The *Transformed* journal is essential during Small Group. The coloring pages, Truth-filled charts, dotted grid, and journal pages are the perfect places for girls to record application thoughts, insights, and prayer requests. It also contains scripture verses for girls to study at club and read at home. There is one *Transformed* journal included in the *Transformed* starter kit. Order one journal for each girl and GEMS leader.

✓ **TRANSFORMED KEYCHAIN**—The *Transformed* keychain contains 10 beautiful tags with the theme verse, Romans 12:2, plus the seven other key *Transformed* Bible memory verses. There is one *Transformed* keychain in the *Transformed* starter kit. Order one *Transformed* keychain per girl and leader.

✓ **TRANSFORMED STICKERS**—Stickers help God's Truth stick! These stickers are perfect for a prize closet or to give as an incentive as girls memorize their *Transformed* Bible memory verses. There is one *Transformed* sticker sheet in the *Transformed* starter kit.

✓ **TRANSFORMED ONLINE RESOURCES**—A digital library that contains tools to help your club run efficiently, effectively, and easily, including *Transformed* printables, a Bible memory verse instructional video, craft videos, "Real Talk" videos, presentation slides, eight grown-up guides, and more. The *Transformed* online resources are included with the purchase of the *Transformed* starter kit, or are also available to purchase separately at gemsgc.org/store.

NOTE: A  indicates it is included with the *Transformed* online resources

✓ **TRANSFORMED THEME SONG**—"Totally Transformed" by Jana Alayra, as well as motion and tutorial video downloads, are available in the *Transformed* online resources. 

✓ **"REAL TALK" VIDEOS**—An intro video to meet the GEMS *Transformed* "Real Talk" teaching team and eight "Real Talk" videos provide fun and inspiring challenges to close each lesson, helping girls live out the Truth they learned at club. All videos are available in the *Transformed* online resources, as well as on the corresponding *Transformed* grown-up guide. 

New Resources

✓ **TRANSFORMED BIBLE MEMORY VERSE INSTRUCTIONAL VIDEO**—A high-energy instructional video to learn motions for the *Transformed* phrase (“Are you ready to be transformed? Changed by God’s Word from the inside out!”) and eight *Transformed* Bible memory verses. Help make the Bible memory verses stick this season with these fun and helpful online resources. 🦋

✓ **TRANSFORMED GROWN-UP GUIDES**—GEMS grown-ups will be equipped to engage at home with what their GEMS girls are learning in club. The grown-up guides include: a *Transformed* lesson recap, discussion questions, prayer prompts, scripture verses, and more. By purchasing the *Transformed* online resources, you can download and print the *Transformed* grown-up guides that go along with each lesson. 🦋

Optional Resources

✓ **TRANSFORMED VERSE POSTER**—This beautiful poster displays the key verse, Romans 12:2. The digital download includes a high-resolution file and a license to print one copy at your chosen printer. (See copyright.)

✓ **TRANSFORMED IRON-ON LOGO**—This iron-on logo is perfect for T-shirts, fabric bags, and banners. It adheres to cotton and many other fabrics. Transfers are quick to apply, extremely durable, and they will stretch with your garment. 7 x 4.25 inches.

✓ **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. The digital download can be purchased via the GEMS online store and includes a high-resolution file and a license to print one copy at your chosen printer.

✓ **BIBLE**—We recommend using the *NIV Ultimate Bible for Girls* (previously published as the *NIV Faithgirlz Bible*) published by

Zonderkidz. Purchase this Bible for the girls in your club at gemsgc.org/store.

✓ **GEMS GOSPEL TREASURE BOX**—Use this tangible tool to share the gospel message with your GEMS girls. See “The Joy of Sharing Jesus: Leading a Child to Christ” on page 15 for more information.

✓ **GEMS CURRICULA**—You can also incorporate other GEMS curricula like *LOVED*, *Friended*, *Act. Love. Walk*, or *Rise Up*, or badges from the *Discovery Place Badge Book*. See “How to Use *Transformed*” options 2 and 3 on page 7.

AND MORE! You may purchase additional resources from gemsgc.org/store or by calling 616-616-GEMS (4367) in the US or 519-424-9007 in Canada.

COPYRIGHT: All *Transformed: Changed by God’s Word from the Inside Out* materials are protected under copyright. Photocopying is not allowed, with the exception of the printables in the *Transformed* online resources. The *Transformed* logo is not to be used in any manner other than for promotional materials without express permission from GEMS Girls’ Clubs. These clip art images may not be used on any products. Products include but are not limited to mugs, special recognition awards, keychains, pens, pencils, and T-shirts.


The FOUR P's For a Strong CLUB season




Once you've selected the *Transformed* curriculum option that's right for your club, put these four P's into place to create a secure foundation for a strong, successful club season.

★ Preparation


A chart at the beginning of each lesson lists the materials you need to prepare for each club meeting. Advance preparation includes reading over the lesson, gathering needed supplies, coordinating the club leaders, praying for the girls, and printing any needed materials.

The *Transformed* curriculum is designed to help minimize your preparation time for a smooth, successful club gathering. Be sure to check out the many downloads, videos, forms, activity sheets and more included with the *Transformed* online resources. 



Here are helpful GEMS Club preparation tips:


[Note: a  indicates it is included with the *Transformed* online resources]

—PREPARING FOR ARRIVAL

- Download name tags 
- Gather colored pencils, crayons, and *Transformed* coloring sheets  for the Sit & Chat Questions

—PREPARING FOR THE LARGE GROUP TIME

- Make ready a way for girls to recite Micah 6:8 and Romans 12:2. 
(Download presentation slides from the *Transformed* online resources or display using the posters available at gemsgc.org/store.)
- Select worship songs, including the *Transformed* theme song: "Totally Transformed" by Jana Alayra, and provide the means to play them. 

- Practice motions for the *Transformed* phrase ("Are you ready to be transformed? Changed by God's Word from the inside out!") and the eight *Transformed* Bible memory verses. 

—PREPARING FOR THE SMALL GROUP TIME




- Make ready the gathering spaces needed for the small group activities and crafts
- Provide the materials needed for each Small Group leader (*Transformed Small Group Leaders' Guide*, writing utensils, Bibles, *Transformed* journals, etc.)

—PREPARING FOR CRAFTS

- Watch the step-by-step video tutorial for each craft. 
- Watch "Crafting with a Purpose" on GEMS Refresh for an inspiring overview of the importance of crafts at club.

REMEMBER: The 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.

—PREPARING FOR DISMISSAL How you end the night matters as much as how you begin. Advance preparation helps for a smooth club dismissal.

- Download the "Real Talk" videos and the means to play them. 
- Print off the *Transformed* grown-up guides for each lesson. 
- Provide invitations to help girls invite their friends to your next club meeting. 

★ Places

Create welcoming, safe, and fun places that tie into the *Transformed: Changed by God's Word from the Inside Out* theme. Each club will need one space to host the Large Group activities, as well as separate Small Group meeting places and craft areas.

—DÉCOR IDEAS



—LARGE GROUP SPACE Decorate with anything that will make your space feel like a butterfly garden—fun, contemporary, and compelling for all ages. Avoid anything that looks like a girly birthday party or a jungle scene. Instead, think colorful and welcoming with twinkle lights, greenery and vines, floral arrangements, and butterfly cutouts.

—SMALL GROUP SPACE Create a space where girls immediately know they have a safe and fun place to belong and be loved. Use colorful tablecloths, twinkle lights, and trendy butterfly garden accessories.

—CENTERPIECE IDEAS:

- Small, colorful buckets with real or fake flower arrangements
- Gardening objects like watering cans or garden stones
- Floral arrangements with bright butterfly cutouts

If possible, keep the décor up all season. For more fun decorating ideas, visit https://www.pinterest.com/gemsgc/_saved to view the GEMS Transformed Pinterest board.



You may be interested in ordering a butterfly garden kit to help girls see the process of transformation that a caterpillar experiences to become a beautiful butterfly.

★ PEOPLE

Teamwork makes the dream work! In addition to the club coordinator, each club will need one leader for each small group of six to eight girls. The small group leader should stay with her small group throughout the year. Clubs may also choose to have additional helpers for sound and video, worship, snacks, prayer partners, and crafts.

Volunteers who are trained well feel more comfortable in their roles and are more likely to stay invested. GEMS ReFresh is a relevant online training program available for all current GEMS clubs. Go to gemsrefresh.org to access the complete online library of ReFresh resources.

GEMS ReFresh
Equip • Encourage • Engage

★ Prayer

1 Thessalonians 5:16-18 reminds us to “rejoice always, pray continually, give thanks in all circumstances.” A strong club season is bathed in prayer. Let’s pray together now:

Dear God, thank You for each beloved woman You’ve called to this ministry to help bring girls into a living, dynamic relationship with Jesus. Bless them as they prepare for their club and link arms to tell this generation of girls who You are and what You say about them. Grow their love for You and for one another. Transform them, Lord, from the inside out. In the wonderful name of Jesus, amen.

Transformed Club Gathering at a Glance



EVERY GEMS CLUB GATHERING IS BROKEN INTO
FOUR ESSENTIAL PIECES. THEY INCLUDE:

Arrival-Girls Matter

Icebreaker Activity

Sit & Chat Questions

Large Group-God's Word Matters

Praise & Worship

Recap & Review

Bible Memory Verse

Lesson Opener

Bible Teaching

Closing Prayer

Small Group-Relationships Matter

Welcome

Step In

Bible Memory Verse

God's Word Is Truth

Digging Deeper (optional)

Walk It Out

Prayer

Craft, Badgework, or *Transformed* Service Project

Dismissal-Leaving Changed Matters

Return to Large Group

"Real Talk" Video

Closing Prayer

You can also watch the ReFresh Message "Four Essential Pieces to Structuring Your Club Meeting" at gemsrefresh.org for more information.

GEMS ReFresh

Equip • Encourage • Engage

Transformed

Club Gathering Overview



While some clubs have the luxury of two-hour meetings, each *Transformed* lesson is structured for a one-and-a-half hour club meeting.

ARRIVAL—GIRLS MATTER Arrival is the time frame from when girls arrive until 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 that they matter! Because here is a girl's reality—a GEMS leader might be the first person in her day who leaned in and asked, "How are you doing, really?"

Then direct girls into the Large Group space to play the Arrival activity. Engage in the pre-planned icebreaker or use the Sit & Chat Questions to connect with each girl. Every girl should feel like she's the only person in the room.

LARGE GROUP—GOD'S WORD MATTERS Large Group is the 20- to 30-minute time frame where all of the girls and leaders are in one space. Begin with a warm welcome and prayer. Recite the GEMS Girls' Clubs Aim, then worship together.

After worship, the GEMS Large Group leader will lead a quick Recap & Review of previous Bible memory verses, as well as the *Transformed* phrase ("Are you ready to be transformed? Changed by God's Word from the inside out!").

After the Recap & Review, open God's Word. Share the new Bible verse, and capture the girls' interest with an engaging Lesson Opener. Then teach girls that the Bible is God's Word of Truth. This isn't just a collection of spiritual stories or rules, and reading it isn't limited to church time. The Bible is God's Word that speaks into their real life all the time. Use a physical Bible whenever possible.

Close in prayer before dismissing to Small Group time.

SMALL GROUP—RELATIONSHIPS MATTER Small Group is a 60-minute time frame when six to eight girls meet with their Small Group leader. It's within these small groups that relationships are deepened and lives are changed.

During the first 30 minutes of Small Group, a leader will guide her group into God's Truth through the Bible and the *Small Group Leader's Guide*. The Leader's Guide is key to building relationships, teaching the memory verse, and digging into scripture. Allow time for each girl to look up the Bible memory verses in a physical Bible. Discipleship takes place as the leader guides girls in prayer, helps them apply God's Truth to their daily life, and discusses what it means to be changed by God's Word from the inside out.

The *Transformed* journals are the perfect places for girls to record application thoughts, things they are learning from the Bible, and prayer requests. Be sure each girl also has a physical Bible and a *Transformed* keychain to keep the scripture memorization going at home.

During the last 30 minutes of Small Group, grow relationships with hands-on activities. This is the time to complete a craft, earn badges, or participate in a *Transformed* service project.

DISMISSAL—LEAVING CHANGED MATTERS

Dismissal is the last 5–10 minutes of club. Gather all girls and leaders into the Large Group space to reiterate the focus of the club meeting and pray.

Show a "Real Talk" video from the *Transformed* online resources and then distribute the lesson's *Transformed* grown-up guide (from the *Transformed* online resources) so girls have the video link to rewatch at home and additional scripture verses to review.

Remind the girls when you will meet again and send them out with high fives, hugs, and words of encouragement.

Does every girl in your GEMS Club have a Bible and know how to use it? In order for girls' lives to be changed, they must learn to read, study, and know God's Word. This means, of course, that every girl must have access to her own physical copy of the Bible. Throughout *Transformed*, girls will practice engaging with the Bible and become equipped with practical skills to read and memorize God's Truth. Encourage the girls in your club to study God's Word in club *and also* spend time with God at home by reading His Word there too.

Make it your club's goal to ensure that 100% of your girls have a personal Bible (invite your church to get involved if needed.) Even better, set a goal for every girl to open up her Bible at home. Let's change the Barna stat¹ from a 1% biblical worldview to 100% of GEMS girls who read, know, and love God's Word!

¹ Dr. George Barna and Matt Markins, "George Barna: The 'Single Most Important' Investment You Can Make in Your Ministry," in the *Resilient Disciples* podcast, episode 82, hosted by Ross Cochran, MP3 audio, 34:08, <https://childdiscipleship.com/george-barna-the-single-most-important-investment-you-can-make-in-your-ministry/>.

SAMPLE
DO NOT REPRODUCE

The Joy of Sharing Jesus: Leading a Child to Christ



Are you wondering how to get started in leading a girl to Christ? Although there are many ways to share the gospel, one tool we will be using this year at GEMS is the gospel bracelet. Whether or not you have a bracelet nearby, you can walk a girl through the basics by using God's Word and answering her questions.

1. God is holy and loves you. (GOLD)

See what great love the Father has lavished on us, that we should be called children of God! (1 John 3:1)

Explain that God made us to be with Him. The golden streets in Heaven remind us of God's perfection and His perfect design when He made us. God is holy, perfect, and without sin.

2. All have sinned. (DARK)

All have sinned and fall short of the glory of God. (Romans 3:23)

Explain that sin is anything we think, say, or do that doesn't please God. All of us sin and need God's forgiveness.

The wages of sin is death.

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. (Romans 6:23)

Explain that sin separates us from God. No amount of good deeds can right all our wrongs. We need a Savior, and His name is Jesus.

3. God sent Jesus to pay for our sins. (RED)

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. (Romans 5:8)

Explain that God so loved us (John 3:16) and sent His only perfect Son, Jesus, to earth (fully God and fully man) to pay the punishment for our sin by dying on the cross. Jesus rose again three days later,

proving His power over sin and making a way for us to be forgiven if we call out to Him.

4. We are made clean when we put our trust in Jesus. (CLEAN)

If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. (Romans 10:9)

Explain that we cannot wash away our own sin. Allowing God to wash your sin is as simple as ABC.

- **A: Admit you need help.** Tell God that you know you are a sinner and that you are sorry.
- **B: Believe in Jesus.** Stop trusting in yourself to pay for your sins, start trusting in Jesus. Believe that Jesus is God's Son who took the punishment for your sin by dying for you and rose again from the dead. Jesus is alive! You can know Him today as your Savior and Friend!
- **C: Confess.** To "confess" is to tell God that you know you are a sinner. "Believing in your heart" is when you trust that Jesus' death was enough to pay for your sins. Pray and tell God that you believe Jesus died for you and rose again, and that you trust Him.

Ask Is there anything stopping you from placing your trust in Jesus? *(If she wants to tell God that she trusts in Him, encourage her to pray, and then celebrate with her!)*

5. After we put our trust in Jesus, we can grow. (GREEN)

Explain that trusting in Jesus is the start of a brand-new life. Help your girl get connected with a church, a Bible, and a caring adult who can continue to walk with her.

Sharing The GOSPEL Reminders

Sharing Jesus is not just a one-time conversation. Prayerfully and intentionally weave the gospel into everything you do. Whether you're chatting in Small Group, making a craft, or singing a song together, make the most of every opportunity to verbally tell girls who Jesus is and how they can know Him too.

Ask God to help you make the most of every opportunity to share a little more each week. Ask God to soften each girl's heart to His Truth and to reveal that He is the only One who can save them.

Also, always be ready to share your own story of how you came to know and trust Jesus as your Savior and Friend. Girls may ask. What an amazing opportunity you may have to tell them your God story! Not only do your words matter, but your example does too. Girls are observing your life and relationship with Jesus.

Remember, you are not alone. You're not the only messenger of the good news; you're part of a growing sisterhood that is on a mission to bring girls to Jesus. Above all else, God is our Guide. He has equipped you with His Holy Spirit and with His powerful Word to tell today's girls how they can know the God who made and loves them and died to save them.

Additional Resources

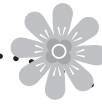
GEMS has more resources to help you share the gospel with the girls in your care.

GEMS Gospel Treasure Box—This box is a girl-friendly, tangible resource that aids leaders in walking girls through the gospel message. Use the treasure box in Large Group, Small Group, or one-on-one settings throughout the season. It includes a three-part video message series for training and equipping. To order, go to gemsgc.org/store.

Gospel Training Videos—Specific training videos for equipping GEMS leaders on sharing the life-changing good news of Jesus are available on GEMS ReFresh at gemsrefresh.org.

DO NOT REPRODUCE

How to Maximize the Potential of the *Transformed* Survey



GEMS leader, your role is crucial in discipling this generation of girls. The *Transformed* survey is an essential tool to help you measure the impact your club is having on girls!

The information you gain from each survey can be used as evidence for real life-change taking place. You can also share the amazing results with your pastor, church community, parents, and fellow GEMS leaders to encourage others that God IS at work in each girl's life in your GEMS Club. How exciting is that?!

Wouldn't it be wonderful to share on GEMS Sunday or with parents and volunteers that 98% of girls have increased their knowledge of the Bible, 92% of girls have professed faith in Jesus, and 90% of girls feel excited and equipped to share the good news with others by the end of a club season? Measure what matters through the *Transformed* survey to make the most of the opportunity you have to invest in each girl that God has entrusted to you.

Here's what to do:

Measure What Matters BY Following Three Easy Steps

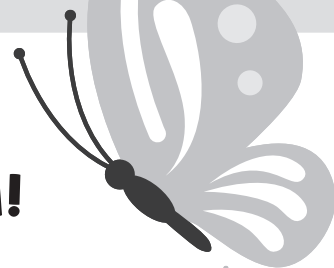
GIVE THE SURVEY. Download the survey from the *Transformed* online resources and have each girl take the survey during Small Group in Lessons One and Eight (your before and after). This will only take a minute to complete, and the responses are anonymous, giving the girls freedom to share their honest answers.

RECORD THE ANSWERS. After Lessons One and Eight, Small Group leaders give the surveys to the club coordinator, who will ensure that the club's answers are compiled and recorded at <https://bit.ly/GEMSTransformedSurvey>.

SHARE YOUR RESULTS. Share what you discovered with church leaders, parents, GEMS leaders, and your church on GEMS Sunday. Take time to celebrate the transformative work that God is doing in and through your club. Use the survey results as a helpful prayer guide to continue supporting girls, and ask God to continue the good work that He started in each of them (Philippians 1:6).

Lesson 1


Get Ready To Be Transformed!




Date of Lesson _____

PURPOSE: To introduce GEMS girls and their grown-ups to this season's curriculum, *Transformed: Changed by God's Word from the Inside Out*.

BIBLE MEMORY VERSE: *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.* (Romans 12:2)

NOTE: A  indicates it is included with the *Transformed* online resources.


Small Group Supply List

- ☐ Bibles (one for each girl and leader)
- ☐ One *Transformed* journal for each girl
- ☐ One *Small Group Leader's Guide* for each leader
- ☐ Writing Utensils: pencils or pens, crayons, colored pencils, or markers
- ☐ Step In supplies: one *Transformed* survey for each girl  (see page 17 for details)
- ☐ Bible memory verse supplies: index cards (optional)
- ☐ Walk It Out supplies: scenarios (provided) written or printed on cards/paper

NOTE: If any girl does not have a physical Bible during Small Group time, please have one available for her to use. Because God uses His Word to change us, it is necessary to have a Bible for each girl. Remember, one of the *Transformed* objectives is for girls to memorize, study, and apply scripture to their lives. Maximize the Small Group gathering by digging into God's Word together.

Craft Suggestion

AIR DRY CLAY BUTTERFLY NECKLACE

See page 70 for craft supplies and instructions. For a video tutorial of this craft, view the "L1-Air Dry Clay Butterfly Necklace" video. 



Small Group

WELCOME

[Time: 3 minutes]

LEADER TIP: Thank you for saying "YES" to being a Small Group leader. This is the opportunity to invest in the hearts and lives of the girls that God has entrusted to you. It will be exciting to watch the girls grow and mature in their faith as God continues to change them from the inside out through His Word.

Remember how important it is that girls are seen (eye contact makes a difference), known (using girls' names helps strengthen relationships), and loved (just you being there makes a difference).

SAY Hi, girls! Welcome to Small Group. My name is _____, and I am your GEMS Small Group leader. I am excited to get to know each of you this year.

(Note: if time allows, tell them briefly about you, your preferred name or nickname, your family, and how long you've been a part of GEMS.)

I want each of you to know that you matter in our group. You belong here. During our time together, we will treat one another with kindness and respect, listen to each other, and be thoughtful in everything we say and

do. Let's treat others the way we would like to be treated.

Plus, we will have fun! Let's start by getting to know each other better.

Name Game

INSTRUCTIONS

1. Gather your girls in a circle.
2. Ask each girl to introduce herself with her first name and an action. (For example: a girl could say, "My name is _____" and then give a peace sign with her hand. Another girl could say, "My name is _____" and then give two thumbs up.)
3. Go around the circle with each girl saying her name and doing her own special action that is unique to her.
4. After a few rounds, challenge the girls to try to say and do all the group members' names and actions from memory.

SAY Thanks for sharing! One of the things we'll always do in our Small Group is spend time getting to know each other. Knowing how you're really doing matters.

LEADER NOTE: This is a great game to play whenever a new girl joins your small group to help her feel welcome, be known, and get to know the other girls.



STEP IN

[Time: 5 minutes]

TRANSFORMED SURVEY

SAY I'm going to hand out a survey. This is a way to help us get to know you better. No one else will see what you put down, so please do not write your name. Also, be honest about your answers to the questions. Don't circle responses that you think you should be or wish you were. Circle what is true for you *today*. I'll keep it private. You keep it honest. Deal?

1. Distribute the surveys and collect when girls are finished.
2. Give the surveys to your club coordinator, who will report the results by following the instructions on page 17 of the *Large Group Resource Book*.

WHY TAKE THE TRANSFORMED SURVEY? GEMS club leaders are encouraged to have their GEMS girls take a survey on the first and last week of club. The *Transformed* survey is an important tool to help each club measure what girls are learning at GEMS. You can share the results with your church and community to show the amazing difference GEMS makes in girls' lives.



Bible Memory Verse

[Time: 5 minutes]

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2)

HAVE EACH GIRL FIND THE VERSE IN HER BIBLE

Learning to use the table of contents and navigate God's Word takes time, but it is a skill worth teaching.

PRACTICE WITH MOTIONS View the *Transformed* motions or get creative and make up your own motions and tune.

OPTIONAL MEMORY TOOL: UNSCRAMBLE

INSTRUCTIONS

1. Write each word of the verse on a separate index card.
2. Place the scrambled index cards on the floor or a table. Invite girls to work together to unscramble the verse.



God's Word IS Truth

[Time: 10 minutes]

Key Passages: Romans 12:1-2, 3, 9, 13, 16-21; Matthew 20:28. **Digging Deeper:** Colossians 3:8-9; Romans 7:19; Philippians 4:8.

LEADER NOTE: Distribute *Transformed* journals and writing utensils to each girl, and ensure that each girl has a Bible. While you ask questions, encourage girls to answer the questions or color in the appropriate *Transformed* journaling page and follow along in their Bibles. Being an active participant may take extra effort, but it will help girls develop a deeper knowledge and love of God's Word.

You may or may not get through the entire section, but that's okay. What matters is that girls are equipped with the skills to use the Bible so they can understand and apply God's Truth to their lives.

LESSON RECAP: In Large Group, we learned our *Transformed* theme verse, Romans 12:2. God wants us to be transformed—changed by His Word from the inside out. Instead of copying the patterns of this world, God wants us to live for Him. This is not always easy, but with God's help and knowing God's capital "T" Truth, we can live and be dramatically changed or transformed.

1. What stood out to you during our Large Group Bible Teaching time?
2. Let's review Romans 12:2, the *Transformed* theme verse.
 - a. What does God tell us *not* to do in Romans 12:2? **Not to be conformed.**
 - b. What does "conformed" mean?
Conformed means to copy someone or something.
 - c. Why would God tell us not to conform to the patterns of this world? **Because we are supposed to follow God's ways even if the people around us choose not to. We will learn more about God's ways as we spend time together.**
 - d. What does Romans 12:2 tell us to do instead? **To be transformed by the renewing of our minds.**

SAY In our Bible Teaching, we saw how easily the tin foil conformed to, or copied, the same pattern as the quarter. It's easy to start talking like, thinking like, and acting like the people you hang around the most. If the people we hang out with the most are following God's ways of thinking, acting, and talking, then what we say may also be a good example to others. But, if we are hanging out with people who don't follow God's ways, we may start to copy their same patterns, just like the tin foil and the quarter.

With God's help, you and I can choose to follow God's ways instead of looking like the rest of the world.

3. What does "transformed" mean?
Dramatically changed.

SAY God wants to change us so we think, talk, and act in ways that are obviously different from the world, or people who do not follow God's Word.

LEADER NOTE: The *GEMS Transformed* journals are a great way for girls to record their thoughts with words, pictures, and doodles. If a girl doesn't have a *Transformed* journal, you can still have her follow along and answer the questions verbally, give her plain paper to use, or draw the chart on a white board so all can participate.

4. Let's open our *Transformed* journals to the chart on page 7. Look up the following verses in the chart (on the next page) and compare what the world says to do (conform) vs. what God says to do (be transformed).
5. **Bonus journal activity (optional):** Color in the butterflies on page 6 in your journal after you've looked up the verses and read them from your Bible. You can also color in the butterfly by the Bible memory verse after you say it to a GEMS leader.

LEADER NOTE: Have some fun by adding incentives for girls who look up the verses in their Bibles and memorize the Bible memory verse. You may want to offer a prize or recognition for girls who memorize all eight Bible memory verses.

SAY You and I can only be transformed, or changed from the inside out, by God's Word and with God's help. As we begin to know and grow in God's Truth, He will use His Word to change us. In moments at school, at practice, in the grocery store, or at home, God will help us remember Bible verses we have learned to remind us to make choices to follow His ways instead of the world's ways.

If you ever have any questions, please ask me or another GEMS leader. No question is too big or too small. We are here for you.

We should live transformed, changed by God's Word from the inside out, rather than living according to the patterns of the world.

**WORLD SAYS...
(CONFORM)**

**GOD'S WORD SAYS...
(BE TRANSFORMED)**

Draw or write what God's Word says we should do:

Romans 12:3

Think of yourself first

Romans 12:9

**It's okay to watch bad movies
and laugh at mean jokes**

Romans 12:13

**Keep your things
for yourself**

Romans 12:17

**If someone is mean to you,
get them back**



**Digging Deeper
Questions**

LEADER NOTE: Some of the girls in your club may be equipped to go beyond the questions listed above. If there are girls in your group who can handle digging deeper into scripture and discussion, work on this section as time allows. Don't worry if you can't get to each question, the goal is transformation, not information.

In order to not conform to the patterns of the world, we need to know what to avoid.

1. Read Colossians 3:8-9.
 - a. What are some of the sins listed in God's Word which we should stay away from?
Anger, rage, malice, slander, filthy language, and lying
 - b. Describe some of the patterns of the world that you see people copying at school, home, etc. **Lying, cheating, stealing, using bad language, gossiping, etc.**

2. Read Romans 7:19. Paul himself struggled at times to live transformed. What makes it easy to conform to the patterns of this world? **Everybody else is doing the same things. It's tough to be the girl who lives based on the Word instead of the world.**

3. Read Philippians 4:8. How can this verse be helpful as you choose to live differently? **Thinking about what is true, right, etc will keep our minds on what God wants us to focus on.**

SAY Choose to fill your mind with God's Truth from His Word instead of lies from the world. You can choose what you say, think, and do. Living transformed isn't always easy, but it's worth it.



WALK IT OUT

[Time: 3 minutes]

WORLD V. WORD

1. Pass out scenario cards to groups of three to five girls.
2. Have the girls act out or share what it would look like to respond if they were transformed according to the Word. (If time permits, they can also share what it would look like to conform to the pattern of the world.)
 - *Scenario 1: Bella just found out that a classmate talked behind her back around the lunch table.*
 - *Scenario 2: Amani reached for the last pack of her favorite cookies at the same time as her little brother.*
 - *Scenario 3: Mei Ling was at a sleepover when her friends started to watch a movie with bad language.*
 - *Scenario 4: Lexi forgot to study for a test and a classmate offered to let her cheat off her paper.*
 - *Scenario 5: Josefina was sitting by her friends on the bus when she noticed a new girl get on.*

SAY Great job, girls! It's important to think through whether we are copying the world or living transformed with God's help. If you could easily picture yourself in one of these scenarios, you're not the only one.

God will help us live transformed instead of looking like the rest of the world in the ways that we think, act, and talk. When we fail, God will forgive us—we just have to ask Him to. Just like a caterpillar turning into a butterfly, transformation will take time. But as we spend time in His Word, God will keep working on us to change us from the inside out.



Let's Pray

[Time: 3 minutes]

LEADER TIP: Thank you for modeling the simplicity and power of talking to God through prayer. Girls can fill in the prompt in the *Transformed* journal to get started, or you can end your night by leading a prayer of your own (or by using the one provided below). You may want to start a Small Group prayer journal to track prayer requests and praises from week to week.

Wrap up your small group time in prayer. Invite the girls to pray, take brief prayer requests, or pray your own closing prayer. The girls can also fill in the PRAY prompt in their *Transformed* journal. A sample prayer is provided to help guide the journal prayer prompt, as needed.


Pray

Thank You, God, for ... our time together. Please remind each girl and leader here today how loved she is. Thank You for our GEMS friends, both new and old. Thank You for promising to always be with us, even as we leave from here. Thank You that we can learn more about You and Your Word at GEMS. And as we do, ... **please change us from the inside out. In Jesus's name, amen.**



Craft

AIR DRY CLAY BUTTERFLY NECKLACE

See page 70 for craft supplies and instructions. For a video tutorial of this craft, view the "L1-Air Dry Clay Butterfly Necklace" video. 

(Dismiss to Large Group space for Dismissal.)



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