

# LEADERS NOTES

# SALT SISTERS



## CHALLENGE 11 #

### Young Women's Ministries

## THE PERFECT DAY WITH ...



Welcome Sister! Grab a treat and take a seat!

Question: If you could spend the day with anyone on the planet, whether they are alive or from the past, who would it be?

What would you do together?

Why did you choose this person over anyone else?

\*Always try to give your own examples with questions like this so that it encourages conversation and ice-breaking. It can be silly or fun, we want to encourage participation, so keep this introduction very light and upbeat.



## SALT SISTERS MOTTO

**'LIKE SALT, I CAN HEAL, SOOTHE, PROTECT, AND PRESERVE MY SISTERS IN CHRIST JUST AS MYSELF.'**



## DIME DEALS

Your Salt Mama is going to explain a game you are going to play as a group. ( You will use dimes instead of pennies)

What did you find out about one another?

Were you surprised about each other's answer?

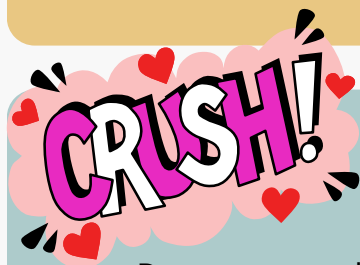
Since we don't use pennies anymore, give each girl 10 dimes. This will be easier to count to make sure none get lost and returned to you.

Model how you would do this.

Here is the webpage with how to play this game.

<https://ministrytoyouth.com/youth-group-game-loving-others/>

LINK:



## CRUSHIN' HARD

Do you remember your first crush ?  
The first time you looked at someone and thought they were the best thing in the world?

Call out some adjectives of what that felt like.

Was it real love or something else? The older we get, there is a difference in our definition of love.

Girls maybe hesitant to share so be sure to share an experience you had or someone you know had.

Perhaps it was a crush on a teacher or someone in early primary years.

You want to keep it light and relaxed as girls may freely discuss or may feel a little uncomfortable so be sure to lead the conversation here.

## LOVE CHAPTER

Look at 1 Corinthians 13 and read it together. Paul talks about what 'real Christian love' looks like.

What are the words that jump out at you. Now think about the kind of 'love' that you feel or ( think you feel ) when you have a crush on someone?



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### EPIC CORINTHIAN FAIL

Get into partners. Your Salt Mama will secretly give you one of the verses in 1 Corinthians 13.- 4:7 For example:

**'Love is not envious'**

Then you and your partner will act out a scenario that is the exact opposite of the bible verse.

Example: 'You are MY girlfriend, and you should only wear your hair and makeup like that for me. And I don't know why you were talking to that guy in class, why do you need to talk to him if you have me?'

Whisper to a partner set one of the verses from 1 Corinthians. 13.

Use a partner to give them an example of what an 'epic fail' might look like in doing the opposite of what Biblical love looks.

This is a good time to introduce the word 'infatuation' and what that means.

### POV ON LOVE



#### Love Vs Infatuation

Your Salt Mama is going to give you some strips of paper with sentences on them.

You will need divide them into two piles. Discuss among yourselves why you chose to put them in that pile.

What do you notice about the two piles when you are done?

This is a great opportunity to really flesh out the differences between love and infatuation.

It may also be a good moment to discuss that while recognizing these qualities in others is good and important, why should we wait until we are older to seriously pursue a relationship.



### SHE'S MAKING A LIST, CHECKIN' IT TWICE

Take out your journal or a blank piece of paper.

Write your name and today's date.

Now after seeing the differences between love and infatuation, make a list of all of the qualities that you would like in a future life partner.

Girls may not have enough time to complete this but have them begin with at least 3-5 things on their lists. Encourage them to be critical thinkers and really ask why they want to include that characteristic on their list.

### SALT SISTER CHALLENGE



Now read your list back to yourself. Your challenge is to become the kind of person that you hope to find. If you want someone kind, then you need to be kind. If you want someone honest, then you need to work on being always truthful. On your list, write one thing for each characteristic that you wrote down about your future partner that you will focus on in improving yourself.

This is a critical challenge, as we want the girls to really focus on what they can work on in themselves to become the kind of person that they would like to attract in the future. We want to encourage that now is not a time for relationships as much as it is a time for recognition and reflection and paying attention to those around them.

### PRAYER CHAIN

Place your lists at your feet turned over so that they are kept private. Link arms in a circle with your Salt Sisters. Stand together and pray one verse of Corthians that you want to work on yourself. Example: Lord help me to be more kind, or help me not to keep record of wrongs.

Prayer has power and will help grow the loving charchter you want to have!



Love is patient

Love is kind

Love is not envious

Love is not boastful

Love is not arrogant

Love is not rude

Love does not insist

on getting its own

way

Love is not irritable

Love is not resentful

Love does not enjoy

indulging in wrong

doing

Love is truthful

# LOVE VS INFATUATION



He's so hot

He is always open and honest

It was love at first sight

He's my life

He respects when I say I want  
to wait

WE know it's right, so what others  
think doesn't matter

We are willing to work through  
our problems

I hate you  
being gone

I like that you have other  
interests

I would die if you left me

He has common views, morals and  
similar faith

You're all mine

**Can you think of any others?**