



**CHALLENGE 7#**

CREATED BY PATRICIA FERREIRA LOPEZ

## Young Women's Ministries

Ontario Conference of the Seventh Day Adventist Church

### WELCOME

**\*If the girls have a hard time coming up with moments of 'sisterhood' in the last month, feel free to share some of your own as well as remind them of the brainstorm list you made when you first met.**

### MOTTO

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

**\*See if any of the girls know it by heart and give out a small prize for those who do.**

### TOUCH & GO

Ask everyone to stand up and walk round the group and touch each person. The only rules are that they must touch each person in a different place and that the touch must be respectful. This takes two minutes, then you discuss it, what was it like? How did you know it was respectful to each person etc? What kind of touch is ok, what kinds are not?

**\*It's ok if this gets a little silly and if you want to say to use an elbow or finger tip to touch someone. You want to keep this little icebreaker list.**

### OVER EXPOSED!

**\*When you watch the video, have girls discuss moments that this had happened to them or maybe a time it happened to you?**



### BOUNDARY BALLOON

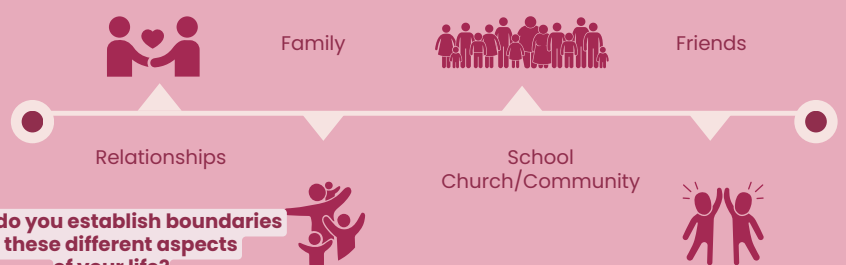
Bounce around a balloon and name a boundary that you have created in your life.

I.E. I can say 'no' if I want to. I can state when I am not comfortable with something.



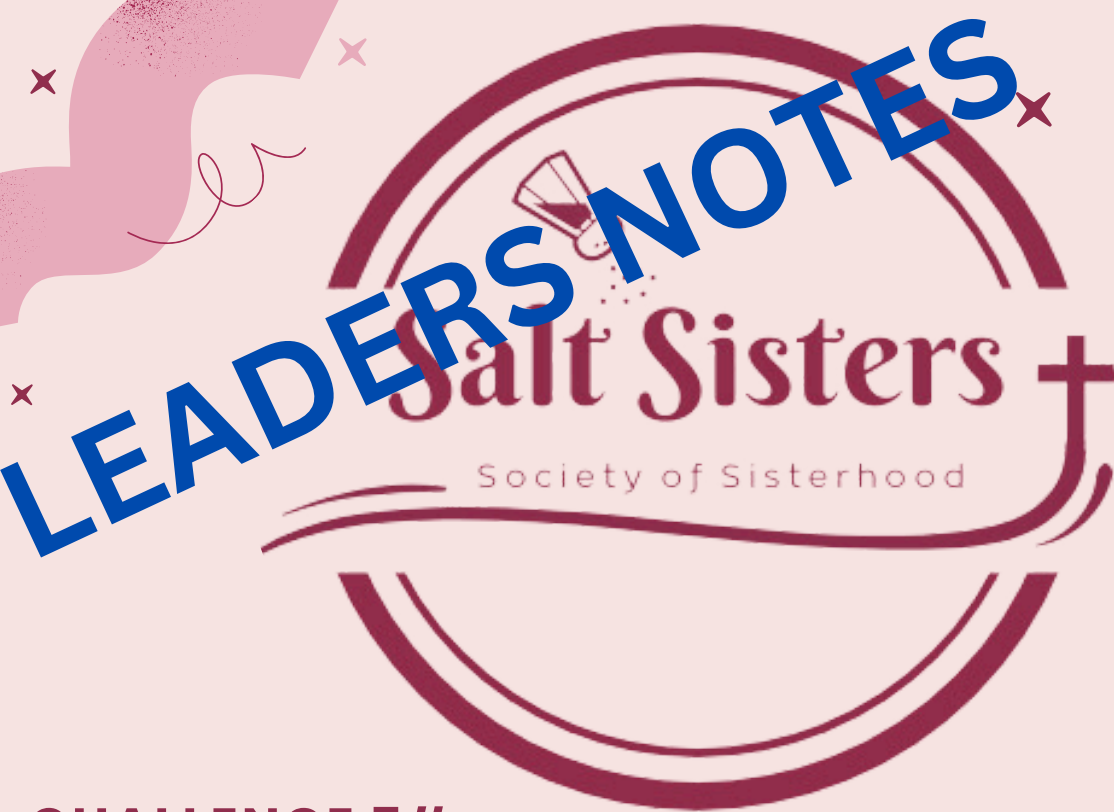
**\*Although there is a lot of talk time in this session, please be very intentional about unpacking some of this and discussing boundaries in these varying scenarios. Be sure to give examples for each setting.**

### ESTABLISHING BOUNDARIES



**\*How do you establish boundaries in these different aspects of your life?**





## CHALLENGE 7#

CREATED BY PATRICIA FERREIRA LOPEZ

Young Women's Ministries  
Ontario Conference of the Seventh Day Adventist Church

### TYPES OF BOUNDARIES

- \*Physical
- \*Emotional
- \*Social
- \*Time

\*Give examples of these in your life first. Whiteboards or notebooks will work well here.

### DID JESUS HAVE BOUNDARIES?



Grab that boundary balloon again. Bounce around a time that Jesus established a boundary in his behaviour.

\*Examples: In the temple, when he took alone time, when he stood up for others etc...



### BIBLE BOUNDARY BLESSING

- Matthew 6:6
- Matthew 5:37
- Luke 16:18
- John 5:44
- Matthew 21:28-31

\*Grab a partner and check out these verses.

\*Have these printed out and ready for time effectiveness.

*What boundaries do they teach?*

### READY SET DRAW!

\*You will need a white board or big white paper and markers for this. If you find you are running out of time you can do this interactive activity or the next one called 'YOU BE THE JUDGE'

### YOU BE THE JUDGE!

\*Examples of Scenarios

- 'Your friend asks for your test notes because she wasn't concentrating in class.'
- 'Your boyfriend wants to be alone all the time but you don't feel comfortable with that.'
- Your brother or friend always want to borrow money but never pays you back
- A teacher says something that makes you uncomfortable

## SALT SISTER CHALLENGE!

The challenge for this month is to take a 'boundary balloon' that your salt Mama will give you. Write on it **BOUNDARIES ARE BLESSINGS!** Every time you find yourself setting an appropriate boundary, write it down on your balloon. At the end of the month, take a picture and sent it in to your Salt Mama who will send it to the Salt Sisters' instagram handle.

\*Salt Mama, please create an example of a filled balloon for girls to see.



YOUNG WOMEN'S MINISTRIES

