

Seeing Beauty

Leader Guide

Beginning tips ...

- Make sure to host the study where there is a good internet connection; that will make it way easier for you as you access each lesson's introduction videos at www.bodytruth.org/resources. Password: Invitation
- Read through the entire study ahead if possible, but definitely read each week's lesson and guide carefully before leading your group. That way, you're more prepared for conversational "surprises."
- Most of this study's content was written to be read aloud, but if you have participants who aren't comfortable *reading aloud*, please move on to the next girl & give grace. We understand there are lots of reasons girls might need to opt out of that task.
- Lesson 2 has "homework" for Lesson 3 that isn't hard, unless you have girls in your group who don't have pictures. If you have girls who were recently adopted or whose parents haven't printed pictures, please adjust the ask & have the group bring "any" photos from their past. If this doesn't apply to your group, go for the baby pics!
- If you think of any other things I should mention in this guide, please email me at jharveycrew@gmail.com. I welcome constructive feedback!

Best,
Juleeta

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Session 1

- **Warm-up:** After reading the Intro. & Commitment aloud, put a timer on, and allow for 2 minutes of silence. Start with girls introducing their names, ages, and a *fun fact* about themselves. (20-25 min.)
- **Watch Video Intro.** Lesson 1 (3 min.)
- **Begin Lesson:** Since the study is meant to be done "live," each section should be read aloud; it's easy to have girls read one paragraph at a time and to pause for the activities and discussion.
 - Acknowledge section: 15 min.
 - Accept section: 15 min.
 - Activate section: 15 min.
- **Wrap-up:** Close by praying over the girls, especially giving thanks for each one by name. Also, let's be thankful our God wants us to see with love. Finally, consider asking God to help us see with compassion as we see ourselves and others more truthfully.

Dear Leader,

Thank you for your guidance and patience today. I know it can be interesting to participate in and lead a conversation, simultaneously. But know I have been praying that very thing for you. And I'll continue to do so. I appreciate your patience and vulnerability.

Best,
Juleeta

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Session 2

- **Warm-up:** After settling and welcoming everyone, put a timer on, and allow for 2 minutes of silence. Start with girls sharing their *favorite chewy food* and recognize all of the uniqueness in their responses (20-25 min.) *Uniqueness is valuable, especially as we discuss how our minds **and** bodies engage in worship.*
- **Watch Video Intro.** Lesson 2 (3 min.)
- **Begin Lesson:** Based on what worked well last week, read each section aloud and ask girls to participate with these time suggestions in mind.
 - Acknowledge section: 15 min.
 - Accept section: 5 min.
 - Activate 1st paragraph & Closing Activity: 25 min.
- **Wrap-up:** Close by gathering the group back together, and allow a few minutes for girls to share any new ideas for worship. When you're ready, ask the group to pray aloud the liturgy from Every Moment Holy.

Dear Leader,

Thank you for your willingness to be creative today. Finding a spot for 15 min. of movement can be challenging, but super fun! Ask each girl to bring a "baby" picture next week, something from 5 yrs or younger. She'll need a tangible copy for the Session 3 warm-up. Well done!!!!!!!

Best,
Juleeta

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Session 3

- **Warm-up:** After welcoming everyone, put a timer on, and allow for 2 minutes of silence. Start with girls sharing their "baby" pictures. Each girl gets to point out *1-2 things she likes* about this image. (25 min.) Place them in the middle for the lesson.
- **Watch Video Intro.** Lesson 3 (3 min.)
- **Begin Lesson:** Based on what worked well last week, read each section aloud and ask girls to participate with these time suggestions in mind.
 - 1st paragraphs & Acknowledge section: 20 min.
 - Accept section: 20 min.
 - Activate section: 5 min.
- **Wrap-up:** Close by praying over girls, especially thanking God for the changes He allows our bodies to endure. We also ask for help to understand how we can embark on changes that are healthy and compassion-filled, for these God-gifted bodies.

Dear Leader,

Thank you for braving this conversation about "ideal," static bodies vs. real, changing bodies. This conversation is eye-opening. But it can also be funny when spoken aloud with friends. Thank you for serving and leading!

Best,
Juleeta

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Session 4

- **Warm-up:** After welcoming everyone to our final session, put a timer on, and allow for 2 minutes of silence. Start with girls rereading the introductory poem, "Invitation" silently, and ask them to share anything that causes them to pause. (20 min.)
- **Watch Video Intro.** Lesson 4 (3 min.)
- **Begin Lesson:** As your group reads aloud, consider the following time frames. You know your group by now, so feel free to adjust accordingly.
 - Intro & Acknowledge section: 15 min.
 - Accept section: 20-25 min.
 - Activate section: 5 min.
- **Wrap-up (10 min):** Close by asking the girls to fill out the online survey and Amazon Reviews link at www.bodytruth.org. I cannot emphasize enough how much I value your voices as I write and serve. After thanking the girls for their time, participation, and honesty, please pray aloud the final prayer on page 23.

Dear Leader,

Thank you for your willingness to sacrifice time, energy, and valuable insight here, as we learn to see more like God sees His people -- with love and tender compassion. And thank you for saying yes to lead.

Best,
Juleeta

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