

Grow



HELPING GIRLS GROW IN JESUS

"Let your roots grow deep into Jesus."

Colossians 2:7

Module 6: Grow Your Faith



Girls Will learn

You can trust God. Your faith matters.

Key Verse

“So faith comes from hearing, that is, hearing the Good News about Christ.” Romans 10:17 NLT

Module Components

Create Energy	Get Hands-On	God’s Word	Application	Talk About It	Life Skills
<i>H₂OH!</i>	<i>Trust Your Team</i>	<i>Heroes of Faith</i>	<i>Hall of Faith</i>	<i>Creation Care</i>	<i>World Cuisine</i>
Try these fun science experiments, but don't get wet!	Work through a series of low ropes style teambuilding activities to discover if you can really trust each other,	Wake through the narrative of the Old Testament as outlined in Hebrews 11, and discover the Jewish heroes of the faith,	If you were to write a passage like Hebrews 11, who would you include?	Greta Thunberg has made teen girls’ voices count when it comes to the environment. Let your girls use their voice also.	Explore a world of culinary diversity, then make your own meal to share together.

Suggested four-week schedule

Week 1: Create Energy, Get Hands-On

Week 2: God’s Word, Application

Week 3: Talk About It

Week 4: Life Skills

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Message to Leaders



It seems there's a hall of fame for everything these days. While most will be familiar with the Hockey Hall of Fame in Toronto, Ontario or the Rock and Roll Hall of Fame in Cleveland, Ohio, there are countless other halls of fame which pay tribute to more obscure celebrities. Take the Insurance Hall of Fame, for example, which is located on the campus of the University of Alabama, which celebrates – you guessed it – insurance brokers and others, “who have made a significant and lasting contribution to the insurance industry. ” I really didn't think insurance was so exciting, but others obviously think otherwise!

The Bible has its own Hall of Fame. Hebrews 11, often called the “Hall of Faith,” which is a comprehensive list of the giants of the Old Testament faith, including the likes of Abraham, Moses and David. It celebrates their great faith in the hopes of inspiring readers to emulate them.

While there is great merit in learning about the Biblical heroes of the faith, most of us will also have our own list of faithful examples we have looked up to over the years: Officers, pastors, mentors, camp counsellors, grandparents, and others who have modelled faith for us in a way that has strengthened our own faith. What's more, many of you who are leading Grow probably strive to be a Hero of Faith to those in your sphere of influence.

In this module, as you talk about faith, recognize that for some girls this will be a new concept. For others, their faith has been misplaced before, and they have put their faith in things that have let them down; they may be reluctant to step out in faith again because of these past hurts. As you teach about the Biblical heroes of faith, and hopefully assist the girls in naming the heroes of faith they may already have in their lives, remember that you too are modelling faith for them. So be real and be vulnerable when it comes to speaking about your own faith in Jesus, and the difference this has made in your own life. ~Laura

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For this energy creator you will perform a series of three science experiments that involve water. Each one involves a stunt that seems like it would have a volunteer girl get water poured on her head but in each one, thanks to some scientific principles, the girl(s) should remain completely dry.

H₂OH!



THE LEAK PROOF BAG

What You Need

- A ziplock bag
- Several sharpened pencils
- Water
- Shower cap (optional)
- Towel (optional)

Before You Begin

- Make sure your pencils are sharpened to a point.
- Fill the bag one-half full with water, then seal the bag closed.

What To Do

1. Ask: What would happen if I tried to push one of these pencils through the bag of water? Would the water leak out to make a giant mess? (They'll probably answer "yes")
2. Ask for a volunteer. Have them stand next to you. Say that you are going to push these pencils through the plastic bag...over top of their head!
 - a. Ask your volunteer: Do you trust me to not get you wet?
 - b. Optional: You can add suspense to this by giving the girl a shower cap to wear, and/or a towel to drape over themselves, just in case!

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3. Hold a sharpened pencil in one hand and the top of the bag in the other hand. Push the sharpened pencil straight through one side of the bag and out the other. Believe it or not, you will be able to do this without any water spilling!

Option

If you have girls that are going to be interested in how this works, you can explain how: The plastic bag is made up of long chains of molecules called polymers. This makes a plastic bag stretchy. When the sharpened pencil pierces through the bag, these long chains of molecules seal around the pencils within seconds, thereby preventing a leak.¹

THE SPILL-PROOF CUP

What You Need

- An opaque cup
- A diaper
- Scissors
- A pitcher of water
- Shower cap (optional)
- Towel (optional)

Before You Begin

- Slice open the diaper and remove some of the white powder that is inside it.
- Put the powder into the cup – but don't let the girls see the powder inside!

What To Do

1. Ask: What would happen if you filled these cups with water and then tipped them on top of one of your heads? Would you get wet? (They'll probably answer "yes")
2. Ask for a volunteer. Have them stand next to you. Say that you are going to test our hypothesis by pouring water in this cup, then tipping it on top of their head.

Optional: You can add suspense to this by giving the girl a shower cap to wear, and/or a towel to drape over themselves, just in case!

¹ Steve Spangler Science. "The Leakproof Bag: Experiments: Steve Spangler Science." The Lab. Accessed April 2020. <https://www.stevespanglerscience.com/lab/experiments/leak-proof-bag/>.

3. Fill the cup part ways with water (pouring water on top of the white powder – the powder and water will mix together to form a gel.) (Dramatically) tip the cup over your volunteer's head. You should be able to tip the cup completely upside down without your volunteer getting wet!

Option

If you have girls that are going to be interested in how this works, you can explain how: The water absorbing chemical in a diaper is a superabsorbent polymer called sodium polyacrylate. A polymer is a long chain of repeating molecules. Superabsorbent polymers expand when they come in contact with water because water is drawn into and held by the molecules of the polymer – the polymer molecules act like giant sponges. Some can soak up as much as 800 times their weight in water. ²

FLOATING WATER

What You Need

- A cup with a smooth lip
- A pitcher of water
- A few index cards
- Shower cap (optional)
- Towel (optional)

Before You Begin

- Practice makes perfect with this experiment – you may want to try it a few times before doing it for the girls.

What To Do

1. Ask: Do you think this index card will work as a lid for this cup? Would it make a leak-proof seal if I were to turn it upside down? (They'll probably answer "no")
2. Ask for a volunteer. Have them stand next to you. Say that you are going to test our hypothesis by pouring water in this cup, then tipping it on top of their head.

Optional: You can add suspense to this by giving the girl a shower cap to wear, and/or a towel to drape over themselves, just in case!

3. Fill the cup to the top with of water.
4. Cover the cup with an index card, making sure the card completely covers the top of the cup.
5. Keep your hand firmly on the card and turn the cup upside down over your volunteer's head.
6. Slowly take your hand away from the card. The card will stay in place, and so should the water! **Note:** Don't leave it upside down too long, as the water will eventually make the index card soggy and start to drip.
7. Place your hand back on the card before turning the cup around again.

Option

If you have girls that are going to be interested in how this works, you can explain how:

“The secret is right in front of your nose—it's the air that we breathe. Air molecules in the atmosphere exert pressure on everything. Scientists know that at sea level air molecules in the atmosphere exert almost 15 pounds of pressure (okay, 14.7 pounds if you want to be exact) per square inch of surface area. Your body is used to feeling this kind of air pressure, so you don't notice it.

When you first turn the cup upside down, the pressure of the air inside the cup and the air pressure outside the cup are equal. If you look closely, however, you'll notice that just a little water leaks out between the card and the cup. This happens because the force of gravity naturally pulls down on the water. When some of the water escapes, this causes the volume of air (the space above the water inside the cup) to increase slightly. Even though the amount of air above the water stays the same, the volume occupied by the air is now greater and the air pressure inside the cup decreases. The pressure of the air outside the cup is now greater than the pressure inside the cup and the card stays in place. All of this is possible because the water creates an airtight seal between the rim of the cup and the card. When the seal is broken (even a tiny bit), air enters into the cup, equalizes the pressure, and gravity pushes the water out. Poking a thumbtack size hole in the cup allows air to seep into the cup from the outside. The pressure of the air molecules both inside and outside the cup stays the same, gravity takes over, the card falls, and the water spills.”³

Discussion

By the third experiment, were you starting to trust that the volunteer wouldn't get wet?
(Yes!)

What exactly were you trusting? (The leader's word, laws of science etc.)

Was it easy to trust these things? Why or why not?



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Trust Your Team



For this activity, you will attempt to bring low ropes classic activities indoors (or, feel free to do this outside if your facility allows!) You will need to construct three raised platforms from pallets, use a folded wooden card table, or ask someone in your ministry to build one for you with scrap lumber. It doesn't need to be fancy, just ensure there are no holes in it where girls could twist an ankle in. The energy you put in to prepping this activity should be well worth the effort as you see the girls working together and relying on each other to solve a problem.

ALL ABOARD

What You Need

- One raised platform which is bit quite large enough for each girl in your group to stand on (see note above for platform ideas)

What To Do

- Explain to the girls that their task is to fit the entire group onto the tiny platform. This will require creative thinking, relying on each other, and probably a level of comfort with their fellow teammates that they've never had to experience before.



What You Need

- Three raised platforms (see note above for platform ideas)
- One 6-foot long 2x8 board
- One 1x1-foot (approximately) piece of plywood

Before You Begin

- Arrange your three platforms in a straight line with eight feet in between each platform.

What To Do

1. Begin with the girls each standing on (or slightly behind) the first platform (or “island”). Explain that they must work together to evacuate everyone safely to the other side of the “river.” The two platforms on either side represent the riverbank. The platform in the middle is an island on which you may stand. If anyone steps off the riverbank, or into the river at any time, the whole group must start again. The only tools they have to use are the 6-foot 2x8 board and the piece of plywood.
2. Allow girls to work together on this task for as long as required.

To accomplish this, they will have to figure out that they must weight one side of the board (as seen below) in order to allow the girls to cross (but don’t give the secret away too quickly!)

Discussion

Ask: How did that go? or How did you find that? (allow for answers like, “It was fun” or “It was really difficult” or “I found that some listened more while others took the lead more” etc.)

Ultimately, what did you need to do to accomplish both tasks? (work together, be creative etc.)

How do you see trust playing into this? (To be successful, we needed to trust each other.)

Say: Trust is the same thing as faith. When it comes to both trust and faith, how much trust or faith you have isn’t as important as what you place that trust or faith in. In life, who do you have faith in/who do you trust? (Allow for a variety of answers.)

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Heroes of Faith



Hebrews 11

Hebrews 11 reads like a who's who of the Old Testament heroes. It chronicles the lives of men and women who, in the face of great tragedy or hardship, trusted God.

That's what faith is, after all – complete trust or confidence in someone or something. And there is much we, and the girls, can learn about having faith of our own by learning about these heroes of the faith from days long past.

What You Need

- A chair
- A whiteboard, chalkboard, or chart paper
- Chalk or markers
- One copy of Appendix 6-A, “Heroes of Faith,” for each group
- Pens or pencils

What To Do

1. Ask – What does the word “faith” mean? (Faith is the complete trust or confidence in someone or something.)
2. Demonstrate – Place a chair somewhere everyone can see. Ask for a volunteer to come up and sit in the chair. Ask the volunteer – What did you need to have faith in to be able to sit confidently in the chair? (The chair – that it would be there and would be strong enough to hold me; The leader – that they wouldn't remove the chair before I sat down.)
3. The Bible also has a definition of faith. Read (or ask a girl to read) Hebrews 11:1. Now faith is confidence in what we hope for and assurance about what we do not see. Emphasize for the girls that what's most important about faith isn't how much of it we have, but rather it is who or what we have faith in.

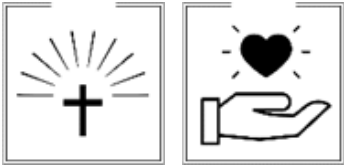
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4. Explain – Hebrews 11 continues to teach about what faith is by giving us many, many examples of people from the Old Testament (those who lived before Jesus was born) who had faith in God.
5. Read through Hebrews 11 (or have girls take turns reading verses.) As you read, record the names of those mentioned who had faith in God. If possible, also add a brief note about what faith in God allowed them to accomplish.
6. Divide the girls into groups of two to four. Have them each select one person from the list created. Invite them to look up their story in the Old Testament to learn more about their faith. (If your girls are not Biblically literate you may need to help them find their scripture reference.) Distribute a copy of Appendix 6-A to each girl and have them answer the questions provided. Allow approximately 15 minutes for girls to complete this.
7. Invite one person from each group to present what they learned about their selected hero of faith.



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Hall of Faith



Just as the list of faith heroes in Hebrews 11 encouraged early Christians to keep the faith in the face of persecution and hardship, people in our lives who have shown great faith can also encourage us, and the girls, when doubt starts to creep in.

What You Need

- One copy of Appendix 6-B, “Hall of Faith” for each girl
- Pens or pencils
- Optional – blank cards

What To Do

1. Explain – The early Hebrew Christians, who would have received the letter of Hebrews, would have known the stories of these heroes of the faith very well. Being reminded of their great faith would have encouraged these early Christians to keep their own faith.
2. Say – Hebrews 11 may not have the same impact on you, but you can write probably your own list of faith heroes. Encourage girls to think about people in their life who have shown great faith in the midst of hardship. Maybe it is a great grandparent who fought in World War II, or a single parent who is providing for their family, a camp counsellor, or even a Christian celebrity such as Demi Lovato or Justin Bieber, who have both shared how their faith in Jesus has helped them to overcome depression, addiction and more,
3. Read Romans 10:17 together: “So faith comes from hearing, that is, hearing the Good News about Christ.” Ask – How have you seen this in your life? When have you heard the Good News about Christ from the heroes of faith in your life?
4. Distribute one copy of Appendix 6-B to each girl. Allow time for the girls to create their Hall of Faith, similar to Hebrews 11. You may want to allow the girls to spread out and/or play some music in the background to allow some privacy at this time.

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Be aware that for some girls this may be a very difficult exercise, as not everyone has heroes of faith that they can lean on in difficult times. Some girls may be wrestling with their own faith also. If girls are unable to identify a hero of faith you may encourage them to think about what characteristics would be important for them to consider someone a hero of faith. What kind of hero or heroic activity do they feel would impact their lives for good and for God? Be sensitive to how your girls are responding to this exercise and offer pastoral care if appropriate.

Option

After girls have completed their Hall of Faith, you may provide them with blank cards which the girls could use to write letters of thanks to those on their list.

Prayer



God, thank you for those who have demonstrated great faith to me, both through the Bible and in my own life. Help me to also believe that you are real, that you know what is best for me, and that you will always be with me. Help me to believe this even when I cannot see you or cannot sense your presence. Amen.



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World Cuisines



THAT'S FROM WHERE?

What You Need

- One copy of Appendix 6-C per group
- Optional – prizes for the winning group(s) such as mini chocolate bars

Before You Begin

- Cut apart Appendix 6-C and divide the cards into two groups: Food and Country



What To Do

- Divide girls into groups of two to four.
- Distribute one copy of Appendix 6-C to each group. Explain that they must try to match the type of food with which country it was first created in. Allow approximately five minutes for girls to decide on their answers.
- Go through all of the answers together to see which group got the most answers correct.

Optional: you may wish to award the winning group a prize.

Answers: Pancakes, Greece; Pasta noodles, China; Chocolate, Mexico; Coffee, Ethiopia; Bread, Egypt; Refined sugar, India; Cereal, USA; Hot dog, Germany; Pizza, Italy; Sandwich, England; Meat jerky, Peru; Peanut Butter, Canada

INTERNATIONAL RECIPES

In a way, almost all cuisine is “international,” but there will be some flavours and spices that, depending on the cultural background of your girls, they may be less familiar with. The object of this activity is to prepare a dish that may be new, and then to share the meal together. We are providing you with two suggested dishes to prepare, but feel free to select your own. If you have a culturally diverse group of girls, you might want to invite them to teach the group how to make one of their favourite dishes.

THAI COCONUT SOUP

What You Need

- 1 tbsp vegetable oil
- 1 tbsp garlic, minced
- 4 oz mushrooms, chopped
- 6 cups chicken broth
- 1 14-ounce can coconut milk
- 1 tbsp fish sauce
- 1 pound cooked and shredded chicken (you can cook up a few pieces of chicken or a grocery rotisserie chicken could work well if it is only lightly seasoned)
- Juice of 1 lime
- Cilantro leaves for garnish
- Chili oil, for garnish

The logo for 'Grow' is written in a stylized, cursive script. The letters are fluid and connected, with a large, sweeping 'G' and a long, trailing 'w'.

What To Do

1. In a large pot over medium heat, add oil. When oil is heated, add ginger and cook until fragrant, about 1 minute. Add mushrooms and cook until soft.
2. Add broth, coconut milk and fish sauce and bring to a boil. Add chicken, reduce heat and simmer about 15 minutes.
3. Turn off heat and stir in lime juice.
4. Garnish with cilantro and chili oil, to taste, before serving.

Note: this recipe will serve approximately four people



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_____ had great faith.

Their story is found in _____.

How did this person become aware of God? Where did their faith come from?

What difficult circumstances did this person experience which would have tested their faith?

How did their actions reflect their faith?



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These are the people who have demonstrated great faith to me:

A large, empty rectangular box with a thin grey border, intended for listing the names of people who have demonstrated great faith.

Faith - the assurance of things hoped for
and the conviction of things not yet seen.
Hebrews 11:1



A large, stylized version of the word "Grow" in a blue script font, positioned at the bottom right of the page.

Appendix 6-C

PANCAKES	GREECE
PASTA/NOODLES	CHINA
CHOCOLATE	MEXICO
COFFEE	ETHIOPIA
BREAD	EGYPT
REFINED SUGAR	INDIA
CEREAL	USA
HOT DOG	GERMANY
PIZZA	ITALY
SANDWICH	ENGLAND
MEAT JERKY	PERU
PEANUT BUTTER	CANADA