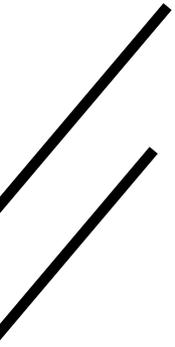
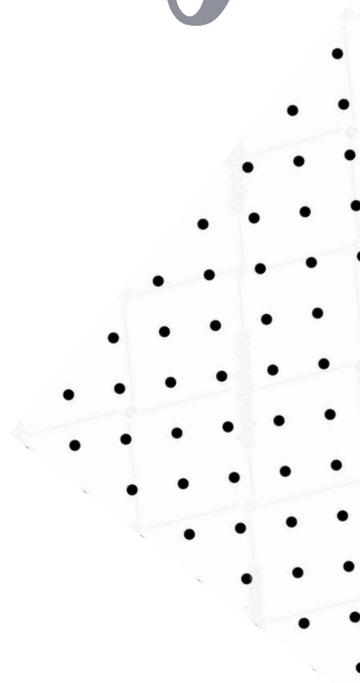


FRUITFUL AND *overflowing*

- BE JOYFUL -
2019 RESOURCE



the girls' brigade
girls' lives transformed
god's world enriched



Welcome,

This resource is designed to help Girls' Brigade members worldwide, make a positive impact as they work with girls and young women all around the world as together we explore our theme and see our amazing vision unfold. This year our programme resource has been divided into 6 sub-themes.

2019 THEME:

'FRUITFUL AND OVERFLOWING... BE JOYFUL

FOCUS:-

Preparing the Soil and Planting the Seed

- Equip the Sower
- Caring for Creation
- Sow the Seed
- Be Loving
- Be Joyful
- Be Peaceful

EACH SUB-THEME HAS:

Thoughts and questions (icebreakers): to get the group motivated and inspired to engage the programme.

Bible Texts and passages: to centre the session on God's word.

Prayer Points: to encourage girls, officers, friends and family to remember GB around the world.

Creative Ideas and Games: to bring the theme to life and engage our girls. The appendix has a number of additional resources – songs, creative prayer ideas, crafts, etc. which you may use.

There is a specific emphasis on our five fellowships and a focus on our international thrust.

Theme: FRUITFUL & OVERFLOWING.....
BE JOYFUL

HOW TO USE THIS RESOURCE

This resource provides a range of ideas to engage our young people as they explore our 2019 International Theme, 'FRUITFUL & OVERFLOWING' – BE JOYFUL

PRAYER ACTIVITY

- Use it over six weeks to deliver one of the sub themes for your programme each week.
- Use it over twelve weeks alternating each of the listed six sub themes with a focus on a different GB fellowship.
- Use our SPOTLIGHT leaflets to find out about GB around the world.
- Dip into the resource throughout the year using a game, a craft idea, a creative prayer, a Bible story or text as appropriate. This will keep the international theme fresh in your girls' minds throughout the year.

PREPARING FOR THE SESSION

Prepare before your session. Get all the things that you will need. Ensure that you are familiar with the content you will be working with and check that you are clear about the flow of the activities. Pray and leave room for the Holy Spirit to teach, reach and inspire you to engage in this resource. Let us use our gifts to the glory of God that we may see:

'GIRLS' LIVES TRANSFORMED:
GOD'S WORLD ENRICHED'

ACKNOWLEDGEMENTS

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Bronwen Rowe (Pacific) for design

Equip the sower

TO GET US STARTED

A game suitable for teams or for using with two volunteers.

You will need: two large bowls filled with cotton balls, two empty bowls, two blindfolds, and two spoons.

The girls are blindfolded and then given 30 seconds to transfer cotton balls from the full bowl to an empty bowl. Since the cotton balls are so light, many times the participants think they have cotton balls in their spoons when they are really empty. If you use it as a team game, the winning team is the one with the most cotton balls.

SOMETHING TO DO/ MAKE

Colour the flower then cut it out to make a book marker



SOMETHING TO UNDERSTAND

Bible Passage: Matthew 13:1-9

Jesus spreads His Word throughout the world but not all who hear respond positively. When the sower sowed the seed, he only had one desire: That the seed may grow and bear fruit.

Surely, the Seed (the Word) that is sown is good but the conditions may not be favorable for its growth, thus, it dies.

The sower in the parable scattered one and the same kind of seed in the same way that God expresses one and the same Word to us.

Whether the Seed will grow or not depends on the soil that it fell into. Neither the sower nor the seed can be blamed for the failure of the seed to grow. The success lies in the kind of soil that nurtures the seed.

Notice, however, that despite the kinds of soil that could not fully nurture the seed, there remained a particular soil that could produce.

The seed, some of the young, and the grown plants, died. They didn't survive the conditions because they did not fall on good soil.

Seeds grow differently, depending on the soil and the location.

In the same way, those who hear the Word of God respond differently, depending on their personal dispositions as dictated by their heart.

Equip the sower

Each one of us is a sower of the Seed. As such, we need to equip ourselves with the basic knowledge of the Bible. We cannot give what we do not have. We cannot proclaim what we do not have a knowledge of. We may hear the Word but if we fail to have roots, we will wither in spiritual dryness. What was sown in good soil corresponds to the person who listens to the Word and understands it. She/he, then draws other people to God, thus, bearing much fruit. Spreading the Word is working for God, and so, we must continue "sowing the Seed" and hope that as we get involved; to be committed to and equip the soil to grow and bear much fruit.

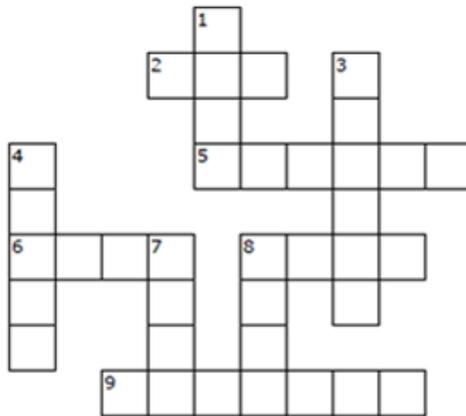
Sisters, on which soil did the Seed fall when it was sown on you?

Pray: Heavenly Father, We thank you that through the power of the Holy Spirit we can bear fruit. Help us to remain in You, so that we can demonstrate the Christ life to those around us. In Jesus Name we pray, Lord, quiet our heart that we may always listen to Your Word. Amen

SOMETHING TO LEARN

But the one who received the seed that fell on good soil is the man who hears the word and understands it. Matthews 13:23a

Based on Matthew 13:1-8, 18:23 (NIV)



ACROSS

2. To put seeds in the ground so that plants will grow
5. Small, sharp, pointed growths on the stem of a plant
6. Plants such as grain, vegetables, or fruit grown by farmers
8. A small, usually hard part of a plant from which a new plant can grow
9. Not deep

DOWN

1. The part of a plant which grows down into the earth
3. A person who owns or takes care of a farm
4. Covered with stones
7. A way made by or for people walking on the ground
8. The upper layer of earth that may be dug or plowed and in which plants grow

PATH	CROP	SOIL	THORNS	ROOT
SHALLOW	FARMER	SEED	SOW	ROCKY

Equip the sower

SOMETHING TO TASTE

Take us to AFRICA

Get some corn and explain that it is grown in almost every country around the world. Show pictures of how it grows and invite the girls to try to draw corn growing in the field. Next, have them verbally share ways in which corn is used.



Ugali, Nchima, Pop, Sadza or Isitswhaia

Ingredients

4 cups water,
2 cups finely ground cornmeal,
2 teaspoons salt (if desired)

Recipe

Bring the water and salt to a boil in a heavy saucepan.

Stir in the cornmeal slowly, letting it fall through the fingers of your hand.

Reduce heat to medium-low and continue stirring regularly, smashing any lumps with a wooden spoon, until the mush pulls away from the sides of the pot and becomes very thick, about 10 minutes.

Remove from heat and allow to cool somewhat before serving.

Can be eaten by hand, rolling ugali into a ball and using it to scoop up meat, stew, greens or vegetables. Balls of ugali can also be put in a bowl with stew spooned on and around them

Leaders and girls, can try to cook it!



GB is in Africa in 12 Countries
and in most, it is their staple food.

Pray for GB in Africa.
Link up with a company

Caring for Creation

TO GET US STARTED

1. To begin this icebreaker game, have the girls stand in a large circle.
2. Give each girl a balloon that is not inflated.
3. Place a target in the middle of the circle - a large piece of coloured construction paper, works well or you can simple put a circle on the floor with masking tape.
4. The girls should be about ten feet away from the target.
5. Have each girl blow up the balloon and hold it shut.
6. Either give the girls different colours or write their initials on the balloons with permanent markers so you can tell who gets closest to the target.
7. When the leader yells, "Go!" the girls are to let go of their balloons and see whose balloon lands closest to the target.

SOMETHING TO DO/ MAKE

Make your own sprinkler

What you'll need: 1 (2 - L) Plastic bottle,
Duct tape, Knife (ask your office to help),
Garden hose



SOMETHING TO UNDERSTAND

Say: Let's see how well we're taking care of God's world. We're going to go for a look-and-listen walk. I want you to be totally silent. No talking at all. Listen for all the sounds you can hear, and look around for any garbage or pollution. Pick up any garbage to throw away later. Don't talk until we're back here again.

After a two-minute walk outside, bring kids back inside and discuss sights and sounds. Ask about the natural and the human-made sounds. Talk about natural beauty and human-made pollution.

Ask: How do you think God feels when he sees how people have messed up his beautiful world?

Say: Let's play a game called Clean Sweep to help us understand how God feels.

Have kids count off by threes. Have groups 1 and 2 form a big circle. Give each girl in the circle a sheet of newspaper. Give each child in group 3 a paper grocery bag. Have girls in group 3 get on their hands and knees in the middle of the circle.

On "Go," have groups 1 and 2 tear their newspapers into little pieces and throw the pieces into the circle. Have group 3 keep the circle clean by picking up all the paper and putting it in the bags. Call time after one minute and see if group 3 was able to keep the circle clean.

Afterward, have everyone gather the paper shreds.

Caring for Creation

Ask:

- *How did you feel when you threw all that garbage into the circle?*
- *How did you feel trying to keep the circle clean?*
- *Is this game like or unlike what's happening in the world? Explain.*
- *Do you think God feels the same way the kids in group 3 felt? Why or why not?*
- *How does being a Christian make a difference in the way we feel about keeping the Earth clean? How do you help care for the Earth?*
- *What else can you do to help care for the Earth?*

If girls haven't already mentioned these things, bring them up: recycle, walk or ride a bike instead of asking for a ride in a car, and use water and other resources carefully.

Form a circle. Have volunteers finish the sentence prayer,
"Thank you, God, for creating..."
Close by asking for God's help in taking good care of his wonderful world.

SOMETHING TO PLAY

Our Favorite Things

Give girl each a sheet of paper and a crayon or marker. Read aloud Psalm 104:24.

Have girl divide their papers in half. Have them each draw on one half a picture of their favorite thing from nature. On the other half, have them draw or write one thing they'll do this week to help take care of God's wonderful world.

Afterward, ask volunteers to show what they drew or wrote. Encourage each girl to tell their parents about their plans.

Form a circle. Have volunteers finish the sentence prayer,

"Thank you, God, for creating..."

Close by asking for God's help in taking good care of his wonderful world.

Caring for Creation

SOMETHING TO TASTE

Take us to ASIA

Rice is eaten in every country, but did you know that the National food of Malaysia is nasilemak. It is rice cooked in coconut milk with special spice sambal, anchovies, peanuts and boiled egg. It is served with fish, chicken or beef. There are different variations of nasilemak in Singapore and Indonesia.

Rice is the seed of the grass species *Oryza sativa* or *Oryzaglaberrima*. As a cereal grain, it is the most widely consumed staple food for a large part of the world's human population, especially in Asia. It is the agricultural commodity with the third-highest worldwide production, after sugarcane and maize.



As we talk about rice let us pray for our sisters in Asia GB in 8 Countries.

Write the name of the countries and each week pray for one.

Sow the seed

TO GET US STARTED

Frisbee Toss

A simple, but fun icebreaker game for children, you will need two hula hoops and six Frisbees. You can either suspend the hula hoops from the ceiling or have some volunteer adults hold them up in the air. Divide your group into teams and have each player take a turn with three chances to toss the Frisbee through the hula hoop. The team with the most points at the end of a specific time wins.

SOMETHING TO UNDERSTAND

Bible Passage: Matthew 13, Mark 4

Seed time and harvest time does not only apply to agriculture but also to our spiritual life. Sowing is an investment and when you invest in something, you will definitely reap or harvest something (**Genesis 8:22; Galatians 6:7-8**).

Ask the girls what a seed is and what sowing means?

It is important to know that one can sow a number of seeds and that these seeds must not just be attributed to agriculture or money, but these seeds can also apply to our spiritual well-being; the seed of giving, seed of caring for others, seed of joy, seed of peace, to mention a few (*ask the girls to mention other kinds of seeds that one can sow*).

In the parable of the Sower in the Bible, we see how the farmer went out to sow seeds. He was not selecting where to sow the seed; all he did was just scatter (sow) the seeds everywhere.

All he was expecting during his harvest were fruits/produce from his sowing; but the ground on which the seeds fell was of great importance as that also affected whether the seed would grow or not. It is also important to know that with sowing also comes weeds that will be harmful to the good seed. (Ask the girls what they understand by the term weed and to mention what sort of weed they may know)

There is a saying "what goes round comes round" (ask the girls what they understand by this saying). Then conclude by making them understand what is meant by this saying, for instance, if you sow a seed of hate that seed will germinate, grow and bear the fruits of your action in one way or another (**Isaiah 3:11; Matthew 7:12; 2 Samuel 12**).

Every action has consequences and it is regulated by our actions, for instance;

1. Don't judge or you will be judged
2. Don't condemn or you will be condemned
3. Forgive as you will also be forgiven
4. Give and it will be given back to you.

Discussion Points

1. Do you think that all the seeds that we sow as girls will grow and eventually bear good/bad fruits?
2. How can we keep away "weeds" from the various seeds that we have and are still sowing in order to have a beautiful harvest?
3. Why do you think Jesus told the story of the sower in the Bible?
4. How can we prepare the environment (person) in order to have a beautiful harvest after the seed has been sown?

Food for thought!!

What type of a person do you want to be?
What type of seed do you want to sow?
What type of seed has been sown in you?
Finally what sort of fruit would you want to bear?

Sow the Seed

TO GET US STARTED

Craft Work

1. Get 4 x 32cm tissue paper (4 pieces)
2. From the width end fold it in and out till you get to the end
3. Secure the center with a soft craft wire which will form the stem of the flower
4. Separate the tissue paper as much as you can layer by layer
5. Make 4 of the same kind of flower and secure those together using the stem to come up with a pretty beautiful flower and continue separating the tissue by trimming it till you get the desired shape and size.
6. On the stem, roll some desired colored paper and stick on the stem, some cut out leaf shaped colored paper.
Make as many flowers as you wish!!!

SOMETHING TO PLAY

The small girls should have an egg race relay (4x50/100m) depending on the age group.

For the bigger girls;

Line 15 paper cups on edge of separate flat surfaces and divide the group into as many teams as possible, then select one from each team and give them a balloon, at the sound of the buzzer, the girl should blow the balloon and the air from the balloon should push the paper cups off the table.

The first team to have all the paper cups off the surface wins.

Education

Tell the girls to prepare flower pots in readiness to plant some seeds.

SOMETHING TO TASTE

Take us to EUROPE

Historically, the potato is widely regarded as the staple food in Europe (even more so in Ireland)

Make a potato salad

Bring a large pot of salted water to a boil. Add peeled potatoes cut in cubes and cook until tender but still firm, about 15 minutes. ...

Place eggs in a saucepan and cover with cold water.

In a large bowl, combine the potatoes, eggs, celery, onion, relish, garlic salt, celery salt, mustard, pepper and mayonnaise chill before serving.

Pray for our girls and officers in Europe all of 5 countries.



Be loving

TO GET US STARTED

Thought and questions to help us grasp the theme.

There's a story about a little girl at the seashore. One day, a man was walking along the beach, enjoying the morning sun and cool breeze from the ocean. Suddenly, far off in the distance, he saw what looked like someone dancing. But as he drew closer, the man noticed that it was a little girl picking up starfish from the shore and tossing them back into the ocean. As he approached the girl, he paused for a moment, kind of puzzled, then asked, "Young lady – why are you throwing starfish into the ocean?" And she replied... "Well, the sun is up, and the tide is going out. If I leave these starfish on the beach, the sun will dry them up and they will die." And the man said "But there are thousands of starfish washed up all along this beach for miles! You can't possibly make a difference!"

The young girl thought for a moment, then slowly leaned over, and carefully picked up another starfish from the sand. And with the starfish in hand, she turned to the man and gently said "You may be right, but it'll make a difference to this one!" And with that, she reached back and threw the starfish as far as she could back into the ocean.

Even little kids can do things to help take care of God's world. The girl carrying the starfish back to the water was doing what she could to help some of God's creatures who were in trouble.

SOMETHING TO UNDERSTAND

Bible Focus Matthew 25:40

I tell you the truth, whatever you did for one of the least of these...you did for me.

Have you ever heard someone say, "Wait just a minute?" Well, sometimes a minute can seem like a long time. Other times, a minute seems to fly by.

This morning I have brought a timer with me. You have probably seen one of these. When you turn this timer over, it takes one minute for the sand to trickle down from one end of the timer to the other. I am going to turn this timer over and for one minute, I want you to see how many things you can think of that you like to eat.

Are you ready? Okay -- ready, set, go!

Did you think of a lot of good things to eat?

I did. I thought about fried chicken, mashed potatoes and gravy, hamburgers, hot dogs, pizza, cake, cookies, ice cream, candy, and a lot more.

What did you think of that you like to eat? (Give them time to name some if time permits.)

Have you ever been hungry? Oh, I don't mean a little bit hungry. I mean really hungry with no hope that you would get anything to eat today...or tomorrow...or the next day. Sometimes we forget that not everyone in the world has plenty of food to eat. In that one minute while you and I were thinking about all the good things we like to eat, twelve children in the world died because of hunger-related illness.

Be loving

One day, Jesus was speaking to a group of people and he said to them, "I was hungry, and you gave me something to eat...I was thirsty and you gave me a drink."

"When did we do that?" they asked. Jesus answered them, "If you did it for one of the least of my children, you did it for me."

We have a lot to be thankful for, don't we? The question is, are we willing to share it with those who are not so fortunate? Will you share what you have with those who are in need? Remember, it is the same as doing it for Jesus!

Prayer Points

Heavenly Father,

- You have given us so much. May we be willing to share it with those in need.
- We pray our Girls' Brigade Company will be filled with love and full of joy.
- We praise and thank you for the beauty and goodness of creation around us.
- We pray that people everywhere become more caring towards the environment in which they live.

In Jesus' name we pray, Amen.

SOMETHING TO DO/ MAKE

Activity: Plastic Bottle Bird Feeders

You will need: empty plastic bottle, paint, wire/ string, two large bowls filled with cotton balls, two empty bowls, two blindfolds, and two spoons.

1. Using a craft knife cut the bottle in half at the top of the label, then thoroughly clean and dry the bottle.
2. With scissors create a scalloped edge to the top half of the bottle.
3. Cut the bottom half of the bottle around the bottom of the label, your bottle should now fit together like the picture.
4. Cut a scoop hole out of one side of the bottom piece of the bottle so that the birds can access the food. Think about the size of the birds you are trying to feed when you make the hole.
5. Put out some newspaper and wear painting shirts to paint the bottle. Paint the top piece and the bottom piece different colours.
6. Leave to dry for a little while. Using a hair dryer carefully will help speed up the drying.
7. Using the hot glue gun, glue the roof onto your bird feeder.
8. Decorate your bird feeder with different coloured paints and embellishments.
9. Attach a piece of wire or string to the lid of the bird feeder so you can hang it from a tree.
10. Using the hot glue gun, glue the roof onto your bird feeder.
11. Decorate your bird feeder with different coloured paints and embellishments.
12. Attach a piece of wire or string to the lid of the bird feeder so you can hang it from a tree.



Be loving

SOMETHING TO PLAY

Recycle Relay

Set up trash cans in an obstacle course, with a recycle bin at the end. The first girl on the team runs the course, weaving in and out around the cans. When the girl reaches the last can, she puts her piece of trash in the recycle bin, turns around, and weaves back to the team. The runner taps the next team member in line, who takes her turn running the course...For older girls, split into two competing teams, or ask them to sort the items into, paper, plastic, aluminum, etc.

Discuss how picking up trash and recycling cares for God's creation.

Prayer

Prayer is another way we can teach our children to take joy in Christ. Many of us have been praying for our children since before they were born. What a privilege it is to come before the throne on their behalf. May I challenge you to begin praying for their salvation and ability to find joy in serving the Lord even at a young age? With our world and culture the way it is, we need (joyful) warriors to rise up and fight. Teach your children to joyfully come before God in prayer. Because joy is a fruit of the spirit it is not something we can create on our own, it comes from God. Allowing God into our hearts and sharing with Him our every thought/need allows Him to grow joy in and through us.

SOMETHING TO TASTE

Take us to PACIFIC

Breadfruit is believed to have originated in New Guinea and the Indo-Malay region and was spread throughout the vast Pacific by voyaging islanders.

The Pacific Islands contain 789 habitable islands and are divided into the three geographic areas: Polynesia, Melanesia, and Micronesia.

Breadfruit is a staple food in many tropical regions. Most breadfruit varieties produce fruits throughout the year. ... Before being eaten, the fruits are roasted, baked, fried or boiled. When cooked, the taste of moderately ripe breadfruit is described as potato-like, or similar to freshly baked bread.

Pray for our GB member in the Pacific 8 countries have GB who know some of our girls and officers might belong to Polynesia, Melanesia and Micronesia



Be joyful

TO GET US STARTED

Glow in the Dark Bowling

Glow sticks are the secret behind this nighttime game that the kids will love! It's perfect for summertime fun and great for a family camping trip. However, you don't have to reserve this fun glowing game for summer, it's great for indoor fun as well. Are you hosting a slumber party or having a few friends over to spend the night? Turn off all the lights and enjoy a fun game of indoor bowling!

Aside from plastic water bottles and glow sticks, you'll need a good sturdy ball, like a soccer ball, to bowl down your glow-in-the-dark pins. You can find glow sticks in the party aisle at discount department stores, or check your local dollar store.

You will need: 10 water bottles, 10 glow sticks in a variety of colors, ball

If water bottles are new and still contain water, pour out a little off the top to allow for the glow stick you'll be adding. Crack the glow sticks to activate them (according to package directions) and drop one glow stick in each bottle. Replace the lid on the bottle securely. Line bottles up like bowling pins. The back row should have 4 pins, the next row will have 3, next 2, and finally 1 at the front. To keep the game fair, especially if you have a range of ages playing, set a distance for each age group. Smaller children are allowed to stand closer to the pins while older kids that need more of a challenge should stand farther back.



SOMETHING TO UNDERSTAND

The Gospel of Fruitfulness - Joy:

John 15:1-17

Text for Reflection:

"You did not choose me, But I chose you and appointed you to go and bear fruit – fruit that will last ..." John 15:16

"Blessed is the young person who does not follow the advice of the Idle or the lazy or the indifferent, but her (his) delight and joy is in the law of productivity and the discipline of creativity and fruitfulness.

That dynamic person will be like a tree of life, planted by the river of life, yielding life - giving fruit that will serve for the blessing and enrichment of the whole community. The leaves of the tree are always green and the branches – healthy and prosperous" (A Paraphrase of Psalm 1)

Blessed are the disciples who accept their vocation to bear fruit and to produce the kind of fruit that will make a difference to the human landscape.

So while some are planting weeds of hatred, God's trees will produce the fruit of love, while some are sowing seeds of despair and discord, God's trees will bear the fruit of joy and peace and goodness .

We were chosen by Jesus, our Lord, to "Go and bear fruit –fruit that will last"; and so as part of our spiritual agriculture programme, We join hands with Christ to plant seeds of freedom, hope and love. The world will be joyful as God's trees provide nourishment and blessing for God's world and once again God will smile at his beautiful creation.

Be joyful

SOMETHING TO DO/ MAKE

Hanging Pot Holder



You will need: $\frac{1}{2}$ yard of 45"-wide fabric, thread, a ruler and a denim needle or heavy-duty needle for your sewing machine.

You can mix and match fabrics for a colorful look. I made my example using mid-weight denim, which is sturdy enough to hold a heavy ceramic pot plus the plant and soil. Keep in mind the weight of the item you will be hanging when choosing your fabrics!

Step 1: Cut the fabric strips and base



To start, cut 4 strips of fabric 30" x 2"



Cut two circles of fabric about 4" or 5" in diameter. I used my magnetic pincushion to trace a circle. For a timesaver, you can cut one circle out and then use as a pattern to cut the second, or even fold the fabric and cut two at once.

Step 2: Press the circles



Press the edge of each circle in about $\frac{1}{2}$ " to create a clean, finished edge. The circles will be sandwiched together with right sides facing out. If your fabric is very thick, you can skip this step and serge around the edge or just leave as cut. This part of the plant hanger will be hidden underneath the pot and probably unseen.

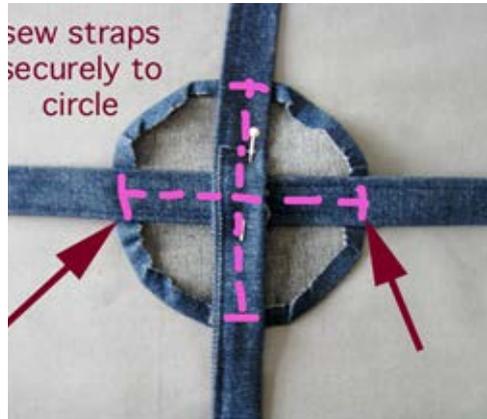
Step 3: Fold and stitch the straps



Fold in the long edges of each strap about $\frac{1}{4}$ " and press. Then fold the strap in half and stitch closed.

Step 4: Attach the straps to the base

Be joyful



Attach the straps to one of the circles as shown above. Be sure that the straps criss-cross evenly across the circle so the plant hanger will be balanced and hold the pot securely.

Stitch the straps very securely to the circle. If the fabric is not too thick, then stitch them to each other as well. You may need to lengthen your stitch length and even use a tool called a "hump jumper," which helps your sewing machine foot cope with thick layers.

Step 5: Stitch second circle



Once you've attached the straps to the first circle, then place the second circle over it, with right side facing out. Stitch around the edge

Step 6: Finish the straps



Place something heavy and round onto the circular base of the plant hanger and pull the straps up vertically. Pin the straps together so that they are evenly pulling at the base of the plant hanger. Stitch them together about 5" from the end. The ends may not be even, but you can trim them down.

It's most important that the base is parallel to the ground so the weight of the potted plant will keep it in place when you hang it up.



After stitching the straps together, create a hanging loop at the end of the straps. You can leave one strap longer and fold it back to create a fabric loop, or you can add a metal ring and stitch that into the loop.

One important note: A potted plant in a ceramic pot with soil can be quite heavy, so make sure your hook is big enough to hold the weight and that the hook is affixed securely.

Be joyful

SOMETHING TO PLAY

You will need: shakers for each team (You can make shakers using empty soda cans, by placing marbles, nails or other small objects inside so that when shaken, they each make different sounds. Tape the opening so the contents will not fall out. The teams will use the shakers to signal that they know the answer to the question).

Duration: Approximately 20 minutes

To Play:

Give each team a shaker so they can signal when they know the answer to a question. Review the lesson for the day, and prepare enough questions of varied difficulty for each square and point value. Make sure you have a good list of the questions so you will know which one to ask when a team calls a particular square. On the chalkboard or whiteboard, draw something like the following game board, giving your own titles for the categories.

Category One	100 Points	200 Points	300 Points
Category One	100 Points	200 Points	300 Points
Category One	100 Points	200 Points	300 Points

The team shaking their shaker first has first try to answer the question. If correct, they get the number of points associated with that square and then their choice of the next question. But if they get it wrong, that number of points is deducted from their total thus far, and the other team can try to answer. If the second team gets the answer correct, they get the points, and choose the next question. However, if this team gets it wrong, no points are deducted.

You can also select one of the squares to be the "Daily Double." The team choosing that square can risk any or all of their points achieved thus far to try to answer the question correctly. With the "Daily Double" only the team that picked the square can answer the question. If the team answers correctly, they gain all the points risked, and then pick the next square. If wrong, they lose all points risked.

If time permits, and you can come up with enough questions, you can also continue play using "Double Jeopardy." This game is the same but the point values are doubled.

SOMETHING TO TASTE

Take us to CARIBBEAN

In the Caribbean, boiled green bananas are commonly served with fish and meat dishes. Green bananas are a Caribbean staple that which, when used creates a wide variety of dishes including dumplings, porridge and desserts. Ripe bananas are considered a fruit Melanesia and Micronesia



Be peaceful

TO GET US STARTED

You will need:

Pictures cut from magazines with peaceful settings such as sunsets, sunrises, lakes and peaceful waters of all kinds, a night sky with a full moon, a contented kitten, a sleeping baby etc.

Also use pictures that are anything but peaceful, such as battle scenes, auto crashes, lightning and thunder storms, and any sort of violence.

Preparation:

Hide the cut-out pictures and get the girls to hunt for them. Ask them to show-and-tell what they have found, describe how they feel about the pictures that they have found.

Ask them to think:

- *Is it peaceful or non-peaceful?*
- *What is peace?*
- *Where does peace come from*

SOMETHING TO UNDERSTAND

Bible Focus John 14:27 (NIV)

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

James 3:18 (NIV)

Peacemakers who sow in peace reap a harvest of righteousness.

Be peaceful is having peace. In modern day meaning, peace is like the absence of conflict or war but in Hebrew, peace is called "Shalom" which means much more than that, it means wholeness, prosperity, health, wealth.

Before you can be peaceful within yourself and with others as a peacemaker, you must have the peace which God gives you which the world cannot understand. What does this mean? It is an inner peace, not the absence of war or conflict or strife or sorrow, but in the midst of all these, there is this still small voice within us that says, "I am here with you, my child."

This is an unbeatable peace that others cannot take away from us. It is the peace from God to us.

For younger girls:

Some people think ice cream is a comfort food. If you have a bad day in school, you can come home and have a bowl of ice cream and find comfort.

Just like ice cream is an awesome comfort food, the Bible tells us that Jesus gives comfort when He gives us special peace from Himself. Have you ever found yourself in a situation where your mind is worried and you're trying to figure everything out? It feels like all your peace has left and all you feel is stress.

We must realise that peace is very strong- it is not an absence of conflict, it is the presence of God and the power of God in our spirit. It belongs to us through Jesus. It is the same peace that allowed Jesus to reach out and heal the soldier's ear in the Garden of Gethsemane when His life was threatened. It is the same peace that spoke to a storm to be still. It wasn't the absence of trouble in Jesus' life- but the presence of the power of peace that enabled Jesus to live free from stress.

Jesus left you that very same peace. Then he gave us a condition for that peace to reign every day of our life. He said guard it- he said don't allow yourself to get disturbed or fearful- do not permit those feelings to make you forget the peace power you have. The doorway to your peace being robbed is your mind. When thoughts of doubt and fear hit you, hit them with God's Word of truth by speaking them out loud.

Jesus can bring us peace. When tough times come, we can look to Jesus. He tells us we do not have to be troubled or afraid. Jesus has not left us helpless and alone. We've got Him to walk life together with us.

Be peaceful

So, in the midst of tough times remember that you can look to Jesus for peace. Remember that He told you that He left us peace. We don't have to live our lives afraid of what might happen. We can look to Jesus for peace and find comfort in Him.

For older girls:

Jesus gave us a promise and command, *"Peace I leave with you. My own peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your heart be troubled, neither let it be afraid-stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled."* John 14:27

Discuss how these Bible verses could be helpful to bring peace in each situation.

1.	Someone speaks badly about you.	You can close that door and say "if God be for me who can be against me?" and then forgive and rest in His peace.
2.	If worry tries to upset you.	Find scriptures that combat that worry. "My God shall supply all my need" "greater is He that is in me than he that is in the world"

When you guard your peace, it is like shutting the door of your house and locking it. No robber can enter. You are secure. But when you allow your mind to worry and fear, then you have unlocked and open the door and enemies of your peace can come to steal it from you.

Discuss the acronym of PEACE and how you could live out the peace from God.

Profess our dependency on God.

Empathize with those who are weak

Advocate for a positive change / cause

Care for others, be engaged in community

Excel in whatever you do as if it is for the Lord

Prayer Points

Listen, learn and sing the Prayer Song

"Let Me Be a Channel of Your Peace" and make it a prayer for yourself.

SOMETHING TO UNDERSTAND

<https://www.youtube.com/watch?v=gUI2EyYIEKs>

(Make Me a Channel of Your Peace
- Susan Boyle – Lyrics)

*Make me a channel of your peace
Where there is hatred let me bring your love
Where there is injury, your pardon Lord
And where there's doubt, true faith in you*

*Make me a channel of your peace
Where there's despair in life let me bring hope
Where there is darkness, only light
And where there's sadness ever joy*

*Oh, master grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved as to love with all my soul*

*Make me a channel of your peace
It is in pardoning that we are pardoned
In giving to all men let us receive
And in dying that we're born to eternal life*

*Oh, master grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved as to love with all my soul*

*Make me a channel of your peace
Where there's despair in life let me bring hope
Where there is darkness, only light
And where there's sadness ever joy*

Be peaceful

SOMETHING TO PLAY

Activity 1:

Identify which ones are the Peace Symbols



SOMETHING TO PLAY

Activity 2: Peace in different languages

1. Use Google Translate and find Peace in different languages.

2. Here are a few to get you started:

No	Language	Word for Peace
1.	Afrikaans	Vrede
2.	Arabic	سلام (<i>salām</i>)
3.	Chinese	和平 (<i>Hépíng</i>)
4.	Welsh	heddwch
5.	Danish	Fred
6.	Spanish	Paz
7.	French	Paix
8.	Irish	Síocháin
9.	Hebrew	שלום (<i>shalom</i>)
10.	Hindi	शांति (<i>śānti</i>)
11.	Italian	Pace
12.	Japanese	平和 (<i>heiwa</i>)
13.	Malay	Aman
14.	Maori	Rangima'arie, Nohopuku, Rongo
15.	Thai	สันติภาพ (<i>santipap</i>)

SOMETHING TO TASTE

Take us to CARIBBEAN

Tell the girls that the food from the five Fellowships from around the world can be found in every country.

Pray for all who are leaders of GB activities for the girls, and other GB staff, recognizing and emphasizing the role that Christians play in the life of each girl. Jesus is known by words, actions and attitudes to girls who may never go to church and hear about Him there. Pray too for any others whose work involves them in the care and wellbeing of girls. End with a prayer for girls – for their wellbeing and welfare, their growth and development, their walk towards or with God.

- Link up with an organisation or individual in another country working to know Jesus