



# ***Discovering My Purpose*** **Leader's Resource**

Welcome to the *Discovering My Purpose* Leader's Resource! Thank you for your decision to lead *Discovering My Purpose*. Your decision to step up in this way will keep girls engaged in their faith at a time when we often start to lose them. It is our prayer that this resource will help you to reach the heart of every girl who experiences this study with you.

## **Before Your First Group Meeting**

### **1. Communicate with Parents**

Send out an email to parents of participating girls informing them about the study and all that it has to offer. Correspondence with parents is key to ensuring that what you are teaching finds its way home, so communicate with parents before your first meeting and throughout the program as much as possible.

### **2. Prepare Your Space**

Spend some time before each meeting making your meeting space comfortable and inviting. This can be done by bringing in some fun pillows, throws, bean bag chairs, etc. The goal is to make your meeting room a welcoming space.

If you are unable to meet in person, create a warm atmosphere virtually in your own viewable area. Display a lit votive candle with a framed Scripture verse or religious object. Wear comfy clothes, have a mug and your Bible nearby and encourage the girls to do the same.

### **3. Prepare for Your Session**

Read through the lesson ahead of time so you are familiar with the topic, lesson and Scripture noted. Make sure you have a Bible, and encourage your girls to bring theirs, too!

## **Running Your Group**

*Note: The timing below is for a 30-minute meeting. These timing guidelines are just a suggestion as we are aware that the length and context of your group may vary. Feel free to adjust timing accordingly.*

### **1. Welcome and Fellowship (5 minutes)**

Depending on when and where you lead your group, it may be advantageous to provide some snacks. If you choose to do so, spend the first few moments of your meeting time eating and socializing to prepare for the session ahead.

## 2. Ice Breaker Activity (5 minutes) - *Optional*

Beginning the session with an ice breaker activity is one way to transition into the time of teaching as well as to begin to build community among the girls. Sample icebreaker activities include:

- Share a “rose and thorn” (i.e. high and low) from the previous week
- Share two truths and lie and the rest of the group tries to guess the lie
- Share what you would be the patron saint of and why
- Play “Find Your Best Friend” - Choose a volunteer and ask them “this or that” questions such as “mountains or beach,” “milk or dark chocolate,” “dogs or cats.” If the other girls in the group do not agree with the volunteer’s answer, they are “out.” The last girl remaining is the “best friend.”
- Share one thing that you really like about yourself
- Share the hardest thing you have ever done

Note that each of these icebreakers can also be used in a virtual setting if you are unable to meet in-person.

## 3. Lesson (15 minutes)

- Begin each session with a prayer of gratitude for the opportunity to be together. Take a moment to call upon the Holy Spirit to put aside any thoughts or distractions during the session.
- Briefly review with the girls the BLAZE Honor Code available [here](#) in our Middle School Leadership Tools on our website.
- Spend the next 15 minutes or so going through the lesson for the week. You should encourage the girls to read through the lesson and answer the questions in their books prior to meeting. Realistically, all of the girls may not do this and that’s OK. As long as YOU come prepared, the Holy Spirit will take care of the rest! We greatly encourage you to read and pray over the lesson in advance. The next section, Individual Session Guidance, provides detailed guidance for discussion for each lesson.

## 4. Prayer Requests and Closing Prayer (5 minutes)

Close your group time by encouraging the girls to share a prayer intention for the upcoming week. After about 3-4 minutes, close the session by praying aloud with the girls simply thanking God for the girls and your time together. The Modeling Prayer section below provides more information on how to lead the girls in prayer.

# Individual Session Guidance

## Week One - Introduction: What is the Purpose of My Life? and Session One: The Purpose We All Share

### Introduction: What is the Purpose of My Life?

**Activity:** Ask the girls to complete the About Me sheet found [here](#) on our website.

**Activity:** Distribute and discuss the BLAZE Honor Code found [here](#) on our website.

**Leader Note:** In this study we will be looking at the purpose of our lives collectively and individually, and how to discover our unique calling. We'll also learn that God gives us the free will to choose how we'll respond to our purpose.

**Volunteer Read:** Paragraph one of the Introduction

**Group Discussion:** What do you think is the result when our lives are all about us?

**Volunteer Read:** Paragraph two of the Introduction

**Leader Note:** This is HIS story, and He desires to have us share in the purpose. Let's look at Session One.

### Session One: The Purpose We All Share

**Group Share:** Have you ever wondered what your purpose is? Does anyone have ideas about what the purpose we all share could be?

**Volunteer Read:** Ask for a volunteer to look up Philippians 3:7-11 in her Bible and read aloud.

**Group Share:** Q1

**Volunteer Read:** Paragraph at the end of Q1 starting with "St. Paul said..."

**Group Share:** What feels important to you now?

**Volunteer Read:** Ask for a volunteer to look up 2 Corinthians 5:18-19 in her Bible and read aloud.

**Leader Note Q2 A:** Our core purpose in life is reconciling others with Him and with each other.

**Group Share:** What does Reconciliation mean to you?

**Partner Up:** Ask the girls to turn to the girl next to them and discuss the last sentence in Q2 B: Are there any relationships in your life in which God is asking you to be a peacemaker? Allow a few minutes.

**Volunteer Read:** Ask for a volunteer to look up 2 Corinthians 5:20 in her Bible and read aloud.

**Group Share:** Q3. What are some examples of how we can interact as ambassadors of Christ?

**Leader Note:** God's main purpose for you is the same as what Paul shares.

**Leader Read:** In the closing reflection, read the first paragraph from: “Nothing was more important,...

**Volunteer Read:** Read the second and third paragraphs in the closing reflection starting with: “To do this requires a choice...”

**Leader Ask:** Have participants underline the last few sentences in the closing reflection and ask them to return to them later for personal reflection or share as a group if time allows.

## Week Two - Session Two: Your Unique Purpose

**Note:** Index cards and markers are needed for the optional activity in this session.

### Lesson Two: Your Unique Purpose

**Group Share:** Have you ever wondered if God has a specific plan for your life?

**Leader Read:** Starting with the fourth sentence, “Your heavenly Father doesn’t just look on people in general...” and continue reading until Q1. Ask the girls to underline “When He gave out callings and life purposes, He did not skip you. God has a plan for your heart, for your life.”

**Volunteer Read:** Ask for a volunteer to look up Psalm 139: 13-16 in her Bible and read aloud.

**Group Share:** Q1 - How do these verses make you feel? Any insights that you would like to share with the group?

**Volunteer Read:** Read paragraph after Q1 starting with “When God formed you...”

**Leader Note:** Introduce the idea of spiritual gifts (charisms).

**Volunteer Read:** Ask for a volunteer to look up 1 Corinthians 12:1–11 in her Bible and read aloud.

**Group Share:** Q2 A through E - Ask each question and allow girls a chance to answer before moving onto the next one.

**Leader Read:** Read the paragraph beginning, “There are tons of spiritual gifts...”

**Group Share:** Have there been times when you looked at another girl and wished that your abilities were more like hers? What are the dangers of comparison? Why shouldn’t we compare our spiritual gifts? If you are comfortable, share one of your own experiences of comparison.

**Activity:** Collectively make a list of spiritual gifts. Use 1 Corinthians 12:8-10, Romans 12:6–8, and the list in Q3 as inspiration.

**Leader Note:** God created you—you are His handiwork—His MASTERPIECE. He didn’t make you to sit still and look pretty. He made you and placed spiritual gifts inside you so that you would go out and make a difference in the world.

**Group Discussion:** How would the world be different if we all believed this?

**Optional Activity:** Pass out index cards and markers to the girls and ask each girl to write Ephesians 2:10 on the card. They can insert their own name, for example: "For you, Ali, are his handiwork, ..." Encourage them to take the card with them and post on a mirror, nightstand, etc.

**Leader Read:** Beginning with the fourth paragraph of the final reflection: "We start to learn..." and read to the end of the lesson. Have the girls underline the first line in the last paragraph: "What is holding you back?"

**At Home Activity:** Ask the girls to complete and score the BLAZE Spiritual Gifts Assessment at home before the next session. The Spiritual Gifts Assessment is found at the end of the Bible study. Spend a few minutes explaining the assessment and how to complete it using the material found in the back of the study guide. If you think that it is unlikely the girls will complete the assessment at home, you may want to plan an extra session where the girls complete, score, and discuss the Spiritual Gifts Assessment.

### Week Three - Discussion of the Results of the BLAZE Spiritual Gifts Assessment and Session Three: How to Discover Your Unique Purpose

#### Discussion of the Results of the BLAZE Spiritual Gifts Assessment

**Group Share:** Ask for volunteers to share their spiritual gifts identified by the assessment. Were they surprised? Why or why not?

#### Session Three: How to Discover Your Unique Purpose

**Leader Note:** Now we've seen how God calls us to His purpose and to a unique purpose. Let's take a look at how we can discover our own calling. God asks us to be brave in following Him. Often the decisions God asks us to make will likely look different than the ones those around us are making.

**Volunteer Read:** Ask for volunteers to read the second and third paragraph of the lesson starting with "But one day..."

**Group Share:** Q1

**Leader Read:** Read the first paragraph under Q2 beginning with "Every day..."

**Group Share:** What are some examples in your own life of people telling you what you should do and who you should be? Discuss Q2 A - C.

**Volunteer Read:** Ask for a volunteer to look up Galatians 1:10 in her Bible and read aloud.

**Group Share:** Discuss what this verse in Galatians means, especially as it relates to the quote from Padre Pio at the end of this question.

**Group Share:** Q3

**Volunteer Read:** Ask for a volunteer to look up 2 Corinthians 1:3-4 in her Bible and read aloud.

**Group Share:** Q4

**Leader Read:** Read the closing reflection beginning with “There isn’t a simple formula..”

## Week Four - Session Four: You Get to Decide

### Session Four: You Get to Decide

**Leader Note:** God gives us free will to decide if we’re going to step out and make a difference. How will you respond? You get to decide.

**Volunteer Read:** CCC 799 and CCC 800

**Leader Ask:** Q1

**Leader Read:** Read the quote from Jennie Allen at the end of Q1.

**Volunteer Read:** Ask for a volunteer to look up Matthew 20:26–28 in her Bible and read aloud.

**Leader Ask:** Q2

**Volunteer Read:** Ask for a volunteer to look up John 12:24–25 in her Bible and read aloud.

**Group Share:** Q3 - Why do so few people use their gifts to give glory to God? What does this passage from John say about that? What does having a humble servant’s attitude mean to you?

**Group Share:** Q4

**Group Share:** Have you ever not tried something because you were afraid of what others would think? Been afraid of failing? Said to yourself “I’m just not the kind of person who..?”

**Partner Up:** Ask the girls to turn to the girl next to them and review the last two paragraphs after Q4, and then discuss the barriers to saying yes to God, and solutions for overcoming barriers. Allow a few minutes. If time allows, have them share with the larger group.

**Leader Read:** Read the final reflection.

## Week Five - Session Five: Real Life Story: St. Rose Philippine Dusesne

### Session Five: Real Life Story: St. Rose Philippine Dusesne

**Leader Note:** The lives of the saints can help us see how each person’s calling is specific. Saints come from every background, culture, vocation and profession. The uniqueness of each saint’s life shows how God creates and calls us all in a unique way.

**Group Share:** What was interesting to you about the life of St. Rose? What surprised you?

**Group Share:** Do you feel like God is calling you to take action in response to a specific need you see in the world, in your community, in your group of friends, or in your family? If so, what is that action?

**Group Share:** Have difficulties caused you to question whether your actions will actually change anything? How does the story of Saint Rose Philippine inspire you to persevere?

## Week Six - Session Six: Crossing the Finish Line and My Resolution

### Session Six: Crossing the Finish Line

**Leader Note:** In our final session, we will learn what our end goal should be.

**Volunteer Read:** Ask for a volunteer to look up 2 Timothy 5:7-8 in her Bible and read aloud.

**Leader Ask:** What is our life described as? What is our finish line? What awaits us at the finish line?

**Volunteer Read:** Ask for a volunteer to look up 1 Timothy 6:11-12 in her Bible and read aloud.

**Group Share:** What are we told to pursue in this verse? What does the world tell us to pursue? What are the things for you that cause you to lose sight of the end goal of eternal life?

**Volunteer Read:** Third paragraph of Q2 beginning "But He also wants..."

**Group Share:** What is one thing that you have learned about God's purpose for you during this study?

**Group Share:** What is one thing that this study taught you about God's heart, about his love for you?

**Leader Read:** Read the final reflection.

### My Resolution

**Leader Note:** A resolution helps us take what we have learned in this study and apply it in our everyday lives. This is how we will see real change. Resolutions should be personal (use I, me, my...), possible (choose something achievable), measurable (a specific goal for a specific time period), and actionable (not just a thought, something you can **do**).

**Leader Ask:** In what specific way can you apply what you have learned in this study? Look at the example resolutions. Does one of these resonate with you? Is there another practical action you can take to apply what you have learned?

**Group Share:** Give the girls the opportunity to share their resolutions if they would like.

## **Modeling Prayer**

One of the goals of BLAZE is to teach girls how to pray in their own words. They may feel awkward initially about the idea of praying in their own words. As the leader, you can call this out, acknowledging their feelings, then telling them that it is easy once they give it a try, and that you will support them.

For example, you could say something like:

“In BLAZE, when we pray, we are going to focus on our hearts ... We are building a skill and toning a muscle to pray for what is going on INSIDE of us. This is not easy to do. Let’s look at an example...”

**Hannah:** I pray that I get an A on the math test.

**Gabrielle:** I pray to you Jesus that I have the discipline to prepare and give my best effort on the test. Help me to prioritize to make this happen.

### **What is the difference?**

With Hannah, it is about a result outside of her. With Gabrielle, it is about altering a habit, inviting Jesus into her study space to prepare well. She is calling Him by name to intersect in her life, soften her heart and motivate her to act.

## **Finishing Strong**

When you finish the final session, we pray that you rest in the incredible investment you have made in these girls. You have planted seeds whose fruits you may have already witnessed. In other cases, the seeds you have planted may not sprout for a month, a year or 20 years. Thank you for your servant’s heart!

If you would like to continue in this important work of connecting girls’ hearts to Christ, consider starting a [BLAZE Core](#) group or using the [Between You and Me: Mother Daughter Conversations](#) devotional one-on-one with a special girl in your life.



walking with purpose