

Participant Study Guide



Fierce-Hearted

Young Women

Kaitlyn Cey



This series is based on Kaitlyn Cey's book for girls, *The Five Ways of Fierce-Hearted Young Women*. In it, Kaitlyn dives into the ways that The Gospel makes you brave and empowers you to live a Fierce-Hearted life on purpose for Jesus! It's packed with fun creative activities and lessons that will help you learn even more about God's love and plans for you! You can order Kaitlyn's book at kaitlyncey.com.

Throughout this series, you are going to learn about the five ways, and how you can apply them to your own life. Let's get ready for your adventure!

Are you ready to go on a camp adventure with Kaitlyn and the gang? Through these five sessions, you are going to be taken on an inspiring journey through the Five Ways of Fierce-Hearted Young Women. You are going to learn about some of the challenges that young women face around the world and how these five ways can help you to overcome them.

At the beginning of each session, before watching the video, you can read the True/False statement and guess whether it is true or false. You can also read the activity hint and see if you can guess what it is. As you watch the session, the correct answers will be revealed, and if you get them correct, you will give yourself a point. Your final point tally goes on the last page of this guide.

You could get a total of 8 points for each session:

1 point for guessing the True/False question correctly

1 point for guessing the camp activity correctly

5 points for filling in the blanks

1 point for memorizing the Bible verse

You can total up your points on the last page of this guide. At the end of the series, you could end up with a total of 40 points if you get them all!

Are you ready for this Fierce-Hearted adventure? Let's go!



Sessions

Session One
Confident (Identity)

Session Two
Compassionate
(Thriving Relationships)

Session Three
Courageous (Genuine)

Session Four
Called (Adventure)

Session Five
Creative (Engaged)

The statistics can be attributed to
The Brave Way book by Ellen Duffield:
<https://www.amazon.ca/BRAVE-Way-Where-will-today/dp/1999260600>



Session One – Confident (Identity)

True/False Statement: 75% of girls aged 8-12 would like to switch something about their appearance. Circle your answer: TRUE / FALSE

Activity Hint: What is a camp activity people may do to express their love for God?
Your Answer: _____

“And I am convinced that nothing can ever separate us from God’s love...”
— Romans 8:38 (NLT)

1

Our identity is like a plant God has given you the responsibility to grow. He has given you the _____ and the water, and the sunshine and the ability to give your identity what it needs to grow to become truly confident.

2

All week, as God was creating, he had been saying: It is good. Mountains—it is good. Ocean—it is good. Volcanoes—it is good. But when God created humans—God said, It is _____ ! God created you very good.

3

When God created you He put some very specific things inside of you – just like a seed carries DNA for a particular _____ to do particular things, to look a certain way and to produce specific things like fruit and grain.

4

Two things to understand about your DNA (your identity): you are a life-giver & you are a _____.

5

When you care for that confident identity God placed inside of you, your confidence will not come from what others say about you, what others think of you, how much money you have, your relationship status, your looks, your weight, your marks in school, your performance in sports - no. Your confident identity will be rooted in the truth that God has put a _____ seed inside of you.

5 Questions For Reflection

1. What can you do to take good care of your identity (seed) that God has given to you to tend?
2. Why do you think God said that humans were made very good?
3. What is one of the special gifts/talents that God put inside of your DNA?
4. What are some ways that you can “give life” to others around you?
5. How can you remember that you have been made valuable by God?



Session Two — Compassionate (Relationships)

True/False Statement: 20% of girls from grades 5-12 want to lose weight - largely because of pictures they see in the media. Circle your answer: TRUE / FALSE

Activity Hint: What is a water adventure where your arms do all the work?

Your Answer: _____

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience."

— Colossians 3:12 (NIV)

1

When Adam and Eve disobeyed God, all kinds of horrible things entered our world including: pain, sorrow, sadness, illness, evil, poverty, racism, addiction, mental illness, anxiety, depression, angry outbursts, greed, starvation, abuse, selfishness, cruelty, bullying and war. All of these awful things became a reality... and Satan thought he had _____ !

2

Compassion is an understanding of and concern for the suffering of others and a desire to do _____ about it.

3

God has given each one of us _____ bodies, different shapes and sizes and features—and your body is a gift that you can use to bless others with through your hugs, smiles and kind actions.

4

When we show compassion to someone who is hurting, it doesn't just mean we feel sorry for them—it means we come alongside them and offer them strength. It means we care enough to do something to help them, and sometimes this means giving up something that we would like to do or have, so that we instead help someone else who is _____.

5

Many girls don't get to enjoy the beauty of _____ friendships because they get caught up in gossip or they only talk to people who are like them.



5 Questions For Reflection

1. Where have you seen people who are hurting in your world?
2. Can you think of a time someone treated you with compassion? How did it make you feel?
3. What are three things you love about the unique body God has given you?
4. Can you think of a time you treated someone else with compassion? How did it make you feel?
5. How can you be a good friend? How do you want your friends to treat you?

“Therefore encourage one another and build each other up, just as in fact you are doing.”

— 1 Thessalonians 5:11



Session Three

Courageous (Genuine)

True/False Statement: The greatest single barrier to leadership reported by girls was a lack of self-confidence in their own skills and abilities. Circle your answer: TRUE / FALSE

Activity Hint: You travel above the ground, but not in the air and your travel guide is covered with hair. Your Answer: _____

"So God created mankind in his own image, in the image of God he created them; male and female he created them."

— Genesis 1:27 (NIV)

1

Jesus is the only one who had the power to restore the identity He put in you. There was only one way to do it. A **life** had to be _____ in order for you to be replanted and for you to have a **new life**.

2

This power, Holy Spirit power living in you, makes you remarkably **courageous**. It is the Holy Spirit who helps you to have the courage to live and act with _____.

3

To be courageous doesn't mean that you do not have fears - it means that you try things even though you may feel uncomfortable or even _____ at first.

4

We need to learn to use our voices and try new things even when we are afraid, _____ that God will take care of us.

5

You may be tempted to act a certain way just to fit in, or _____ yourself to others, but when you are tempted in these ways, God has given you instructions and the power to be courageous and to be true to who he made you to be.

5 Questions For Reflection

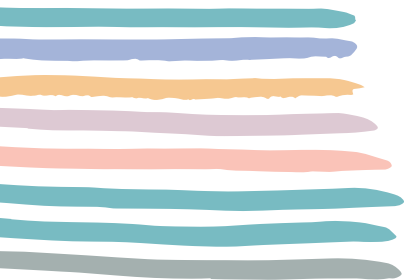
1. How does it make you feel knowing that Jesus sacrificed his life because he loves you so much? What do you want to say to him in response?
2. What is something you have done that has taken courage?
3. What has helped you act bravely in the past when you have felt afraid?
4. What can you do/say to remind yourself that you were made to be courageous?
5. What are some ways that you may be tempted to act a certain way just to fit in? How can you remain true to who God created you to be?





“But you are a chosen people, a royal priesthood,
a holy nation, God’s special possession, that you
may declare the praises of him who called you out
of darkness into his wonderful light.”

— 1 Peter 2:9



Session Four — Called (Adventure)

True/False Statement: A global study commissioned by Dove revealed that all girls are confident in the way they look. Circle your answer: TRUE / FALSE

Activity Hint: You race to the top using your arms and legs.

Your Answer: _____

"Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."

— Psalm 139:16 (NIV)

1

You have a special God-given destiny that is for no one else but you. You alone can live the _____ that God designed you for.

2

Sometimes, you might feel like weeds are choking out your life ... weeds like unkind words people have said to you, anxiety, lies or shame about your body, gossip, comparing yourself to others or feeling not good enough. But what you must _____ is that you have the Holy Spirit to help you believe that those weeds do not define you.

3

When you notice a weed, you can tell God that you are sorry for believing those words/ thoughts that are not true - that you are sorry for letting weeds grow up in your heart. Tell him you want to clean out the weeds and make _____ for his truth to take root inside of you so you are ready for the calling (or the purpose) he has placed on your life.

4

Fiercehearted young women know that they are called, and they _____ by uprooting the weeds that make them weak. They grow strong by repeating the truth that God says about them.

5

God's calling for you has to do with making the world a better place and you can pay _____ to the clues he gave you in the unique way he wired you, and the special gifts he gave you.

5 Questions For Reflection

1. What questions would you like to ask God about his plans for you?
2. What are some of the weeds that you notice sometimes appear in your life?
3. Why do you think it is important to get rid of these "weeds" in our lives?
4. What is the truth you need to remember about yourself and your life?
5. What are some of the special gifts God has given you to make a difference in the world and to help others?



“The Sovereign Lord is
my strength; he makes
my feet like the feet of a
deer, he enables me to
tread on the heights.”

— Habakkuk 3:19



Session Five Creative (Engaged)

True/False Statement: As early as 3rd grade many gifted girls get the message that it is not safe for them to stand out for their academic achievements and they begin to intentionally silence their voice and "dumb down." Circle your answer: TRUE / FALSE

Activity Hint: You pull back, let go, and hope you hit the center.

Your Answer: _____

"God doesn't want us to be shy with our gifts, but bold and loving and sensible."


— 2 Timothy 1:7 (MSG)

- 1 Creativity is not just for the artistic. You all have been made in God's _____, and God is a creative God - every single one of you have been given the ability to create.
- 2 All over the world, God is calling young women like you to step out and make a _____ - to use your creativity in big ways and small ways to make the world a better place.
- 3 You have been destined to _____ make your world better in a way that only you can do.
- 4 You might need to practice your creativity and hone your craft. Creative action might look like solving problems, creating something new, or _____ your faith in a new way.
- 5 One day, the Bible says Jesus is going to come back and the earth is going to be restored to its original design, like it was in the beginning - and everything will be flourishing. But until then, God has given us the task of _____ all the broken things and people in the world with our creativity.

5 Questions For Reflection

1. What stood out to you most from this session?
2. What do you think it means to be made in the image of God?
3. How do you like to be creative?
4. How could you practice being creative and growing your gifts?
5. How could you use your creativity to bless someone else?





Congratulations on completing *The Five Ways of Fierce-Hearted Young Women*! Remember, a Fiercehearted Young Woman always passes on what she has learned to others. As you stay rooted in your true identity, you will be empowered to rise up and support one another so you can all work together to make your world a better place with your gifts, your ideas, and your passion for Jesus!

Who can you share all that you have learned with about being a Fierce-Hearted Young Woman?

If you pass these things on to others, girls everywhere will be walking in the five ways of fiercehearted young women. Just as God intended you to be in the very beginning when he created you.



Fierce-Hearted Points Tally and Answer Guide: Fill In The Blank

Session One Total ___/8 Confident (Identity)

True/False	___/1	1. Instructions
Camp Activity	___/1	2. Very good
Fill In The Blank	___/5	3. Purpose
Memory Verse	___/1	4. Warrior-Leader
		5. Valuable

Session Two Total ___/8 Compassionate (Relationships)

True/False	___/1	1. Won
Camp Activity	___/1	2. Something
Fill In The Blank	___/5	3. Unique
Memory Verse	___/1	4. Hurting
		5. Compassionate

Session Three Total ___/8 Courageous (Genuine)

True/False	___/1	1. Sacrificed
Camp Activity	___/1	2. Bravery
Fill In The Blank	___/5	3. Fearful
Memory Verse	___/1	4. Trusting
		5. Compare

Session Four Total ___/8 Called (Adventure)

True/False	___/1	1. Adventure
Camp Activity	___/1	2. Remember
Fill In The Blank	___/5	3. Room
Memory Verse	___/1	4. Prepare
		5. Attention

Session Five Total ___/8 Creative (Engaged)

True/False	___/1	1. Image
Camp Activity	___/1	2. Difference
Fill In The Blank	___/5	3. Creatively
Memory Verse	___/1	4. Sharing
		5. Restoring

(Add up your total from each session to get your Grand Total)

Grand Total: ___/40



Sources

"...the greatest single barrier to leadership reported by girls was a lack of self-confidence in their own skills and competencies."

Girl Scout Research Institute, "Change It Up! What Girls Say About Redefining Leadership." 2008.

"As early as 3rd grade many gifted girls get the message that it is not safe for them to stand out for academic prowess and they begin to intentionally silence their voice and "dumb down"

"When Girls Dumb it Down," 2018.

"3/4 of girls aged 8 -12 would like to switch something about their appearance."

According to a Global Dove Study

"47% of girls from grades 5-12 want to lose weight – largely because of pictures they see in the media."

http://selfesteem.dove.us/Articles/Written/What_is_body_confidence.aspx [accessed January 2016]

"A global study commissioned by Dove revealed that six out of 10 girls opt out of important activities because they're worried about the way they look."

http://selfesteem.dove.us/Articles/Written/What_is_body_confidence.aspx [accessed January 2016]

Research by Ellen Duffield



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