

Supplies: Paper, pens, Bible, Brave Communication Handouts (1 copy for each girl)

Objective: To open up a place for safe conversation on the topic of divorce, how it affects families, and how to support those affected by it.

Small Group Discussion (10 minutes)

Introduce the topic and invite each girl share to about their own personal experiences with divorce in their own family or in the families of their friends.

Begin Video

Stop @1:44 - Small Group Discussion/ Activation (10 minutes)

1. How do you typically respond when conflict comes up in your family?
2. What keeps you from being honest with your family members about how their actions make you feel?
3. How can we deal with these difficult situations in a healthy way?

Stop @4:30 - Activation (10 minutes)

Hand out the sheet on Brave Communication attached to this lesson and go over it as a group.

Split the girls into pairs and have them practice using one of the communication tools they learned.

During the upcoming song, invite the girls to lay hands on one another and quietly pray over the difficult situations they may be facing in their families right now.

Stop @9:30 Small Group Discussion (10 minutes)

1. What does it look like for God to bring peace into my family situation?
2. What step can I take to build healthy relationships in my family this week?

Declarations (2 min)

Stand together and speak these truths out loud. Have fun with it!

"My family's past does not define my future."

"God gives me peace in the midst of conflict."

"I am a brave communicator."

Brave Communication

Brave Communication is key to Connection and Community.

When do we use Brave Communication Tools?

When we hear OR have:

Strong Emotions
Confusion

Problems that need solving

Instead of: Attacking or Withdrawing

"Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace." - Ephesians 4:2-3

BELIEFS Behind our Communication BEHAVIOURS

Brave

I want to understand you first.

I am powerful no matter what you do or say.

Our relationship is secure.

I value connection with you over needing to be in total agreement.

My words create worlds.

Afraid

I need to be understood first.

Your words and actions determine my response (powerless).

Our relationship is at stake.

If we don't come to an agreement, we cannot be close/connected.

Words aren't really that important

Tool #1: R.A.C

Reflect first what you understand.

(Listen for emotion before content)

Affirm what you can agree with.

(ex. "It makes total sense that...")

Contribute your input.

Tool #2: The "I" Message

This tool has 3 parts (or 4 if you're feeling really brave!)

1. The feeling.
2. The non-blaming description of MY observation or problem.
3. The tangible effects of the behavior, response or attitude on me.

"I feel _____ when _____ because _____"

4. Make needs known by suggesting alternatives.

"So I need _____"



Mailing Address

Square One World Media Inc.
225 Riverton Avenue
Winnipeg, Manitoba
CANADA
R2L 0N1

Phone: 1.800.565.1810 (ask for BUgirl Ministry)