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Growing Little Women

Growing Little Women for Younger Girls

GROWING LITTLE WOMEN



*Capturing Teachable
Moments with
Your Daughter*

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WITH LINDA HOLLAND

MOODY PUBLISHERS
CHICAGO

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Week One

A DOVE IN GOD'S GARDEN

Scripture Reading for This Week

Matthew 10:29–31

Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.

What words best describe the main point of this passage? Write them in the space below.

Daughter _____

Mom _____

Psalm 139:13–16

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; . . . My frame was not hidden from you when I was made in the secret place. When I was woven together in the

depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.

What words best describe the main point of these verses? Write them in the space below.

Daughter _____
Mom _____

Tell each other why you chose these words.

*A*s dawn birthed the morning of the sixth day of creation, God stood back and inspected His work.

The sun in the sky cast its warmth over rolling grassy hills and majestic mountains that jutted up between the valleys and plains of earth, pointing back toward heaven. Birds of every kind soared the azure skies before returning to their nests on the seashore or land. Animals of every species found homes in their favorite terrain, while fish and dolphins and other creatures swam vast oceans, lakes, and rivers.

A lazy river meandered through the Garden of Eden where God had placed the first man, Adam, to live. At nightfall the river swelled until it spilled over its banks and blanketed the garden with a thin sheet of water that nourished the lush foliage. As the sun burst on each new day, the water receded, leaving a covering of dew on the ground.

God came down from heaven and walked through the sleeping garden looking for Adam. The power of His presence stirred a breeze that rustled leaves in a whisper of praise to the Mighty Creator.

God found Adam sleeping in a patch of moss growing in the hollowed-out trunk of a redwood tree. For a few moments, God just stood and watched Adam's chest rise and fall to the rhythm

of his restful breath. God took pleasure in what He had created. It was good. But He had not yet finished His work. To be complete, earth required one final touch of the Creator's hands.

While Adam slept, God reached His hand down and took one of his ribs, closing up the flesh around it. Stooping near the ground, He gently laid the rib in the soil in front of Him. His hands scooped soft, moist dirt and heaped it in a mound over the bone. Then those powerful yet gentle hands molded and shaped a new creation.

As God worked, the creature gradually began to take shape. The form looked a lot like Adam, but at the same time distinctly different. This image was smaller and rounder than Adam and had a softer appearance.

Several animals poked their curious faces through the bushes to get a better look. They watched . . . wondering. A bear padded boldly right up to the creature and sniffed. Other animals began to creep closer now, fascinated by this new addition to the garden.

God paused briefly, considering the qualities this new creation would require to fulfill her purpose on earth.

Overhead, a dove cut against the wind, striking a fanciful silhouette against the blue. God watched the bird rise higher and higher into the sky, pumping its wings harder, faster, higher until it was merely a speck in the heavens. God bid the bird to come to Him, and the pale speck in the distance grew bigger and bigger as the dove suddenly plunged toward earth. Dropping near the ground, it spread its wings and glided to rest on God's shoulder.

God whispered softly to the dove and stroked the back of its head as it cooed its allegiance to the Mighty Creator. He loved the qualities of the dove—gentle, friendly, and delicate. To Him the dove represented peacefulness, loyalty, and purity.

Inside woman, God placed the gentle characteristics of the dove.

But like Adam, this new creation would also need to be strong like the lion. But, no, not the lion. More like the strength of the alabaster—a pure, white stone God had tucked into the

hillsides of Milan. Yes, that was more like it—strong, yet beautiful and translucent.

Now the creature was complete.

God smiled. Then, inhaling deeply, He breathed life into the woman.

Once more, God viewed His masterpiece. “It is perfect,” He said with a smile as He woke Adam up to make the introduction.

Adam was clearly delighted. “I will call you Eve,” he said to her. Then God rested from His work.

What the Story Says

We are God’s pride and joy. As our Creator, He knows us well and delights in our unique characteristics.

Discussion Questions

1. What does it mean when we say that God delights in us?
2. Have you ever made something that gave you pleasure? Do you think that might be how God felt?
3. Do you think God delights in your unique traits—those qualities that make you different from anyone else?

DEFINITION OF DELIGHT:

To take great pleasure, joy, and satisfaction.

DEFINITION OF UNIQUE:

Distinct, one of a kind.

What Does the Bible Say?

Look up the following Scriptures and fill in the blanks.

Week One: A Dove in God's Garden

Psalm 149:4

For the Lord takes _____ in his _____.

Psalm 103:14

For he _____ how we are _____.

What does this tell you about the level of God's involvement in our personal lives?

Matthew 10:30

And even the very _____ of your head are all _____.

If God knows even the small details about us, how much more does He care about the more important things in our lives?

Zephaniah 3:17

The Lord your God is _____, he is _____
_____. He will take great delight in you, he will
quiet you with his love, he will rejoice over you with singing.

Look at the second part of the last verse. It says, "He will take great delight in you . . . he will rejoice over you with singing."
Write one word that best describes how that makes you feel.

Daughter _____

Mom _____

Looking Deeper

For Discussion:

Ask each other to list some of the qualities that make each of you unique.

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Daughter:

Mom:

Together, list three ways you can begin to use those qualities on a daily basis.

1. _____
2. _____
3. _____

List three things both of you could do this week that would please God.

1. _____
2. _____
3. _____

Compare your ideas with these:

- Go to bed early one night each week to enjoy a leisurely chat with God.
- Read from your Bible every day, even if all you can manage is a few verses.

Week One: A Dove in God's Garden

- Ask God each morning to accompany you throughout your day.

Wow! Now you have six great ideas. Practice them this week.

For Discussion:

Discuss and list below three reasons you know you are special to God.

1. _____
2. _____
3. _____

Compare your ideas with these:

- His Word says so.
- He died on the cross for my sins.
- I experience His love when I feel His presence.

Action Ideas

Spend some time looking at old photos of you and your family. Daughter, ask your mother to tell you all about the day you were born.

Words to Memorize

For the Lord takes delight in his people.
Psalm 149:4

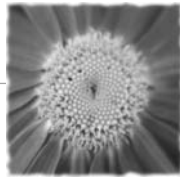
Your Goal for This Week

Closing Prayer

Lord, help me to remember that You created me for Your pleasure. Teach me how to please You in all that I do.

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Week 1

I'M SPECIAL!

Scripture Reading for This Week

Psalm 139:13–17

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, O God! How vast is the sum of them!

These verses tell us what God was doing with you when you were inside your mother. How do these verses show that you are special to God?

Daughter: _____

Mom: _____

How does that make you feel?

Daughter: _____

Mom: _____

*F*rom the very moment that I knew my first baby was beginning to grow inside me, my mind could think of nothing else. I couldn't stop smiling!

I knew that tiny speck of life was a gift from God. I wondered what the next eight or nine months would hold—for sure, nothing I'd ever experienced before. I felt excited but also a little scared. Everything was so new to me, but I knew that God promised to be with me and to take care of the little one growing inside me. And believe me, my baby was growing!

As each month passed, I got even more excited. I could see my tummy getting bigger and bigger. I could feel the little person inside me moving around. Sometimes I'd feel a little hard knot at the top or bottom or side of my belly. I wondered if I was feeling my baby's arm, leg, or head. Sometimes I would just sit, not only feeling my stomach move, but also watching it! My baby was really active even before birth. I wondered if my baby was a girl or a boy. I wondered what he or she looked like.

Lots of times I asked myself if I was ready to become a mother. I would have to take care of my baby all of the time—not just when I felt like it. I'd have to teach my baby to eat. I'd have to feed the baby every two or three hours, even at night. I'd have to keep the baby clean and dry and warm. I would have to figure out if the baby was sick—and what to do about it. I would have to show my baby every minute that I loved her. I'd have to show her and tell her that God loved her too. Even if I got sick, I would still have to take care of my baby. I wondered if I would be ready for all this work. I wondered if I would know what to do.

I read everything I could find about babies. I read a lot about how to be a good mother. I talked with my friends who

Week 1: I'm Special!

already had babies. I discovered that I really liked to talk with my mother about babies. After all, she'd done a good job of taking care of me. She gave me special tips on babies and being a parent. But what I remember most was our times praying for my baby. We prayed that the baby would grow just right, that she would be healthy, that she would be born at just the right time and in just the right way, and that God would help me take care of her. My prayers helped me feel that God would help the baby and me to be ready for each other.

The last few months moved fast. I decorated the nursery all yellow because I wanted my baby to see bright, sunny color in her world. I hung yellow curtains at the window and put a yellow sheet in the crib. My favorite spot was the corner where I put a rocking chair. Sometimes I sat there and rocked, singing softly to myself and to the baby in my tummy. I imagined how happy I'd be someday soon when I could sit in that same chair and cuddle my baby in my arms. I was ready. The nursery was ready. Everything was ready. Now I simply had to wait until my baby was ready too.

Finally that special day came—the day my baby Jennifer was born. She was born early on a Saturday morning. She had been alive inside me for nine months, but now the baby I had been carrying inside was lying in my arms. It was so exciting! I touched her tiny face—it was more beautiful than any face I'd ever seen. I touched her rosy cheeks, which were so soft I was almost afraid I'd hurt her. I stroked her hair, which was dark and wispy all over her head. All I wanted to do was hold her close. As I held her, gently cupping her tiny hands and feet in my hands, I wondered what her hands would create and where her feet would run.

Holding my baby for the first time was one of the happiest moments of my life. During those first moments, I felt a special bond between us. I knew then that I would always love her. I asked God to help us continue the sweet relationship we had in those first hours in the years to come. I'm so thankful that God gave this beautiful little girl to me.

What the Story Says

1. God made you.
2. God knows you.
3. God loves you.

Discussion Questions

For Mom:

1. Tell your daughter her birth story—from the beginning. (If your daughter is adopted, tell her about the special day you brought her home.) Write a few highlights to answer the questions below.
2. What were your thoughts when you learned that a baby was growing inside you?

3. How did you feel when you held your daughter for the first time?

4. How did you choose your daughter's name?

Week 1: I'm Special!

5. What special things did you do to prepare a place for your daughter in your home?

6. Tell your daughter what you especially liked about her when she was tiny.

7. Point out what you especially appreciate about your daughter as a person now. (Hint: Aim for character qualities rather than outward appearances.)

For Both:

Use page 28 for do-it-yourself art. Gather crayons, chalk, colored pencils—whatever you like to draw with. Show a favorite part of what happened when your daughter came into your family. For example, you may draw people who visited you or who held her, what she looked like, her favorite toys, how she was dressed, what kind of place the family prepared for her, or how your family celebrated her birth. Have fun!

*The day of your birth was special.
When you were born,
your family celebrated.*

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(Your Name)

(Your Birth Date)

What Does the Bible Say?

GOD MADE YOU AND GOD KNOWS YOU

For Mom:

Read Psalm 8:3–9.

³ When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, ⁴ what is man that you are mindful of him, the son of man that you care for him? ⁵ You made him a little lower than the heavenly beings and crowned him with glory and honor. ⁶ You made him ruler over the works of your hands; you put everything under his feet: ⁷ all flocks and herds, and the beasts of the field, ⁸ the birds of the air, and the fish of the sea, all that swim the paths of the seas. ⁹ O LORD, our Lord, how majestic is your name in all the earth!

For Daughter:

1. Name some of the things that God made.

2. Look at verses 6 through 9. What does it mean to rule over the things listed in these verses?

For Both:

1. What are some ways that you can take care of what God has made?

2. What is the most wonderful of all God's creation?

3. Why do you think people are more important to God than anything else that He created?

Mom, open the Bible and help your daughter look up the following Scriptures and fill in the blanks.

Psalm 139:14

I praise you because I am _____ and _____ made; your _____ are wonderful, I _____ that full well.

Luke 12:7

Indeed, the very _____ of your _____ are all _____.

Jeremiah 31:3

I have _____ you with an _____ love.

For Mom:

What does God mean when He tells us that He loves us with an everlasting love?

For Daughter:

1. Draw a head beside the verse that shows you that God knows you.
2. Draw a heart by the verse that shows that God loves you.
3. Draw hands beside the verse that reveals that God made you.

Looking Deeper

For Mom:

What is special about your daughter?

For Daughter:

What is special about your mom?

For Both:

What makes you special to God?

Action Ideas

- Pull out family photo albums. Find photos of your daughter for each of these categories.

Who I was . . .

(find a photo)

Who I am . . .

(find a photo)

What I like to do . . .

(find a photo)

Who I'd like to be . . .

(write or draw your goals and dreams)

- Do a star-watch together. On a clear night, take pillows and blankets outdoors. Stretch out and get comfy. Look for special stars and constellations. Talk about how big the stars are, how far away, and how old. Remember that God made the stars—and you! And God thinks that you are even more important than anything else He has made.

Words to Memorize

For we are God's workmanship, created
in Christ Jesus to do good works.

Ephesians 2:10

Your Goal for This Week

Closing Prayer

Lord, thank You that You
made me and know all about me.
I am very thankful
that You love me so much.