

## Enrichment Lessons and Assigned Months:

The lesson topics should be used as a guide to help you as you prepare to teach your class. You will design your own class project, bible study, activity etc., that will be centered around the lesson indicated below. The first lesson taught or introduced should set the foundation for the next teacher who is scheduled to teach 4<sup>th</sup> Sunday.

### AGE GROUP: Girls 4-6

Lesson	Month of Teaching	Activity Ideas/Comments
Spiritual Hygiene	July	See last page for an explanation of the outcomes and goals for this class
Push Beyond Where you Are	August	The goal of this lesson is to help girls understand the importance of not getting "stuck" in a rut but to learn how to get past various situations at school, with friends etc
Friendship	September	
Grace and Mercy	October	The goal of this class is to have a better understanding of what Grace and Mercy is, how are they different, how do they impact our daily lives, and what God's word says about them both.
Hebrew Names of God	November	
God's Favor	December	

### AGE GROUP: Girls 7-11

Lesson	Month of Teaching	Activity Ideas/Comments
Spiritual Hygiene	July	See last page for an explanation of the outcomes and goals for this class
Push Beyond Where you Are	August	The goal of this lesson is to help girls understand the importance of not getting "stuck" in a rut but to learn how to get past various situations at school, with friends etc
Friendship	September	
Grace and Mercy	October	The goal of this class is to have a better understanding of what Grace and Mercy is, how are they different, how do they impact our daily lives, and what God's word says about them both.
Hebrew Names of God	November	
God's Favor	December	



## AGE GROUP: Girls 12 and up

Lesson	Month of Teaching	Activity Ideas
Spiritual Hygiene Part I	July	See last page for an explanation of the outcomes and goals for this class
Spiritual Hygiene Part II	August	See last page for an explanation of the outcomes and goals for this class
Push Beyond Where you Are	September	The goal of this lesson is to help girls understand the importance of not getting “stuck” in a rut but to learn how to get past various situations at school, with friends etc
Grace and Mercy	October	The goal of this class is to have a better understanding of what Grace and Mercy is, how are they different, how do they impact our daily lives, and what God’s word says about them both.
Hebrew Names of God	November	
God’	December	

### Spiritual Hygiene Outcome:

The goal of this lesson is to help girls understand the importance of developing and maintaining their relationship with the Lord. If they begin to see, notice, recognize that something is not quite right in their walk, take the steps clean it up (this lesson in many ways can be tied back into the Garbage In, Garbage Out lesson). As with our natural bodies, when hygiene isn't good, we don't smell quite right. Further expounding on the necessity to keep their mind “washed” and “dressed” properly according to Phil 4:8-9 “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.” Spiritual Hygiene has everything to do with what we meditate on and how quickly we allow the Spirit of God to cleanse and transform our thought. We want our girls to have health within themselves and healthy relationship with one another. We smell well when we are at peace with one another as we are commanded by Matthew 22:37-39

Jesus said to him, "You shall love the LORD your God with all your heart, with all your soul, and with all your mind.' 38 This is the first and great commandment. 39 And the second is like it: 'You shall love your neighbor as yourself.' With great spiritual hygiene we'll have the confidence, through God, to see and smell when something isn't right and take courage that the Lord will help to bring a quick resolve to matters that are unprofitable if left unaddressed.