

## CHECK OUT THIS FREEBIE FROM:



Here's girl nite suggestion to build unity among your middleschool and highschool girls. Feel free to pass it on, just remember to give us credit and tell people where you found it.---girlsminister.com

### L.Y.L.A.S EXPLAINED:

Theme verses: Ecc 4:9-10; 12 and Ephesians 4:4 (MSG)

Girls will rotate to 5 stations for an hour. Those stations will each have an activity that will create some "sister bonding" for each of them and reinforce the call to "Love ya like a sister" which is what we as Christ-followers are supposed to do with each other.

### LYLAS tribes:

Prior to the beginning of L.Y.L.A.S the girls will receive their "SISTERHOOD" which will include

15 girls of grades 6th-12th. In the sisterhood, they will be assigned a facepaint color.

Their first

mission is to come up with a SISTERHOOD symbol and will have everyone in their group bear

that symbol on their face to denote what group they belong to.

### L : Love ---STATION 1

(10 minutes) location: room\_\_\_\_\_ ADULT running this station \_\_\_\_\_

#### CARD INSTRUCTIONS FOR STATION 1:

WHAT HAPPENS AT THIS STATION INSTRUCTIONS: Have the girls pick out a t-shirt for themselves

and put the t-shirt on. Then have girls begin to write encouraging messages on the other girls t-shirts.

Please remind them not to try to pass on sentences that say more than just basic observations. We

don't want a whole t-shirt full of "I like your shoes and your hair is pretty." You will hear over the

soundssystem when it is time to move to the next station. They can come back and finish them later on

that evening if they didn't get done.

ADULT: Please read the following to the girls at your station when they arrive!.

Welcome to the L station. The L at this station stands for Love. As sisters in Christ, Christ calls us to

love one another. What we do with our words conveys alot about what is in our hearts. So often as girls

we tend to use our words destructively. We may use our words to pass on gossip or even lies. We

sometimes use our words to sting another girl with a sarcastic comment or to embarrass her. BUT we

also can show love and bring encouragement to a girl who may be having a hard day. We can speak truth to a friend who is not believing truth about herself. We can bring laughter and hope and pray over a friend with our words. Proverbs says some interesting things about words. Proverbs 25:11 The right word at the right time is like a custom-made piece of jewelry.... Proverbs 22:11 He who loves a pure heart and whose speech is gracious will have the king as a friend. AND the bible is full of examples of encouragements that I would love to have someone say to me and I would love to hear coming out of my mouth. Like check out this one in Philemon. Philemon 1:7 Your love has given me great joy and encouragement, because you, have refreshed the hearts of the saints.

#### VOLUNTEER READS:

Now it's your turn...see if you can create some encouragements like "custom-made jewelry" that the girls in your sister-tribe would be excited to have said about them. You have 10 minutes to write a message that conveys love and encouragement to the "sisters" in your group. You will write the message on the back of their t-shirt. You can write a favorite scripture that you want to give to them. You can write an encouraging sentence. You can write a prayer for them. You could write the lyrics of a encouraging song that conveys Christ's love. Whatever you write remember that your words can really encourage someone and literally be a message of love.

ADULT: instructions to remind them as they are leaving. As the girls are leaving make sure you stamp them with your L handstamp. Remind girls to SISTERUP as they move to their next station.

Y: YOU---station: station2

#### CARD INSTRUCTIONS FOR STATION 2:

WHAT HAPPENS AT THIS STATION INSTRUCTIONS: The girls will be making their own "flair" button to describe themselves and then as they leave each girl needs to swap flair with another girl.

ADULT: Please read the following to the girls at your station.

Welcome to the Y station. The Y at this station stands for YOU. God tells us in scripture that He created

each of us for a purpose and gifted us uniquely.

Read: Psalm 139: 14-16 MSG

Oh yes, you shaped me first inside, then out;  
you formed me in my mother's womb.

I thank you, High God—you're breathtaking!

Body and soul, I am marvelously made!

I worship in adoration—what a creation!

You know me inside and out,

you know every bone in my body;

You know exactly how I was made, bit by bit,

how I was sculpted from nothing into something.

Like an open book, you watched me grow from conception to birth;  
all the stages of my life were spread out before you,  
The days of my life all prepared  
before I'd even lived one day.

READ Romans 12:6-8 MSG

In this way we are like the various parts of a human body. Each part gets its meaning from the body as

a whole, not the other way around. The body we're talking about is Christ's body of chosen people.

Each of us finds our meaning and function as a part of his body. But as a chopped-off finger or cut-off

toe we wouldn't amount to much, would we? So since we find ourselves fashioned into all these

excellently formed and marvelously functioning parts in Christ's body, let's just go ahead and be what

we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren't.

If you preach, just preach God's Message, nothing else; if you help, just help, don't take over; if you

teach, stick to your teaching; if you give encouraging guidance, be careful that you don't get bossy; if

you're put in charge, don't manipulate; if you're called to give aid to people in distress, keep your eyes

open and be quick to respond; if you work with the disadvantaged, don't let yourself get irritated with

them or depressed by them. Keep a smile on your face.

Show off your interests with Pieces of Flair for your profile! Describe yourself with buttons. Send them

to friends as gifts.

How cool is that? Even though we are each uniquely made by God, we were not created to exist alone

but within a community that is held together with Christ at the very core.

So at this station even though we are going to think of things that have to do with us personally, realize

that it really is looking at how God has gifted His body to do a good work through you.

INSTRUCTIONS: So what we want you to do is to take your button and just like you may have seen on

Facebook, we are going to create pieces of FLAIR that uniquely describe you and who God created

when He made you. You can swap FLAIR with a new friend after you are done and remember to pray

for them and thank God for them when you look at their FLAIR.

AS THEY LEAVE REMIND THEM OF THIS: You will hear over the soundsystem when it is time to

move to the next station. Make sure they pin the FLAIR pin on themselves as they leave the station.

They should be wearing the FLAIR pin of another person when they leave. As the girls leave make sure

you stamp them with your Y stamp. Remind girls to SISTERUP as they move their next station.

L-STATION: Loyalty STATION 3

CARD INSTRUCTIONS FOR STATION 3:

INSTRUCTIONS: Have the girls play a game of twister to give them a visual picture of how important it

is to not have to journey through life on your own. There are times when we are caught

in difficult

situations and we need a Godly friend to lean on.

ADULT: Please read the following to the girls at your station as they are coming in.

Welcome to station 3. This is another L station. At this station the L stands for Loyalty or LEAN ON ME.

Ecclesiastes 4:10 has some interesting things to say about how important it is to have a loyal friend

around you during hard times.

It says: If one falls down, his friend can help him up. But pity the one who falls and has no one to help

him up.

Then 4:12 says: Though one may be overpowered, two can defend themselves. A Cord of three strands

is not quickly broken.

As you play this familiar game of TWISTER, and you find yourself stuck in difficult places, remember

that as we journey through life it is important to find loyal Christian sisters that will stick with you through

everything. If Christ is truly the center of your friendship then just like a 3 stranded

cord, you will not be

pulled apart easily.

REMINDE THEM AS THEY LEAVE: You hear over the soundsystem when it is time to move to the next

station. As the girls leave make sure you stamp them with your L stamp. Remind the girls to

SISTERUP as they move to their next station.

A-Station: Attitude STATION 4

CARD INSTRUCTIONS FOR STATION 4:

INSTRUCTIONS: At this station you need to divide the tribe into two teams. 1 group lines up on one

side of the court and the other lines up on the other side. At half court they will see 6 buckets of various

candy lined up in the middle of the court. On the buckets there will be cutouts of some of the various

positive "little miss"-----attributes taken from the "mr men and little miss attributes books". Each bucket

will represent a certain amount of points. There will also be soft nerf balls with cutouts of the negative

little miss attributes taped on them. Tell the girls that there are negative attributes that we don't look for

in friends, and there are positive ones we do look for in friends. Their job is to collect as much candy

from the positive buckets as possible without getting hit by a negative attribute ball. If they get hit by a

ball, they are out and have to leave until the next round. The team with the most candy points wins!

ADULTS READ THE FOLLOWING TO YOUR STUDENTS AS THEY COME TO YOUR COURT:

WELCOME TO STATION 4. This is the A station. At this station, A stands for Attributes. Attributes are

those characteristics that are associated with a person. There are things you probably look for in a

friend and a friendship that you may never have even stopped to think about. It's important that we not

only look for good friends but that we are also being a good friend to everyone we meet. Leviticus

19:18 says we are to love our neighbor as ourself...and Jesus takes it even further by

saying we should  
even love our enemies.  
Proverbs 17 says that Friends love through all kinds of weather, and families stick together in all kinds of trouble.  
Maybe you are having a hard time determining what is a good friend attribute to have and what is a negative friend attribute so at this station we are going to play ATTRIBUTE DODGEBALL.

EXPLAIN THE GAME USING THE INSTRUCTIONS UP ABOVE.  
REMINDE THEM AS THEY LEAVE: You will know when it's time to move by an announcement over the soundsystem. As they leave, make sure you stamp their hand with an A handstamp and give them a piece of the prize candle.  
REMINDE THEM TO SISTERUP as they move to their next station.

S Station: Service STATION #5

CARD INSTRUCTIONS

FOR STATION 5:

INSTRUCTIONS: Girls will receive a plastic frame to decorate and then these frames will be distributed to residents at a nursing home with pictures of our students who have served them

on a Mission service night. These residents rarely have visitors and crave visits and love.

ADULTS READ THE FOLLOWING TO YOUR STUDENTS: WELCOME TO STATION 5. This is station

S. At this station, S stands for service. Being sisters in Christ is an awesome opportunity. We should

love each other and love others we come in contact with. Not just because it's a neat thing to do, but

ultimately to point others to Him. Read what the Bible has to say about serving.

1 Peter 4:10 (MSG)

Everything in the world is about to be wrapped up, so take nothing for granted. Stay wide-awake in

prayer. Most of all, love each other as if your life depended on it. Love makes up for practically

anything. Be quick to give a meal to the hungry, a bed to the homeless—cheerfully. Be generous with

the different things God gave you, passing them around so all get in on it: if words, let it be God's

words; if help, let it be God's hearty help. That way, God's bright presence will be evident in everything

through Jesus, and he'll get all the credit as the One mighty in everything—encore to the end of time.

Oh, yes!

Ephesians 6:7 Serve wholeheartedly, as if you were serving the Lord, not men,

Matthew 5:16 Let your light so shine before men that they may see your good works and glorify your

Father which is in Heaven.

At this station, we are going to create a picture frame that will accompany each lifegroup who goes to

serve the residents of \* \_\_\_ Nursing home. From this point on, we will take a group picture of each group

who serves each resident and then leave that photo in the frame you are creating today. We want to

leave a tangible reminder to each person who was served, why we are serving them.

So as you

decorate the frame, pray even now for the person that will receive it. Pray for the team that will serve that person. Pray that the opportunity to share His love will be made available. You will know when it is time to move to the next station when you hear the announcement over the soundsystem.

REMIND THEM AS THEY LEAVE: AS THE GIRLS LEAVE, make sure they receive a S handstamp on their hand. Remind them "SISTER UP" as they move to their next spot.