



MENTORING IN A FLASH(CARD)

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Oftentimes you don't have a lot of time to sit down with your daughter to have those conversations that you really want and need to have. Sometimes we find ourselves waiting for just the right moment and that moment doesn't seem to come. What if instead of having a list of "MUST HAVE" conversations with your daughter, you simply made the most of the time you do have with her and when a mentoring moment happens, you're ready. This is what mentoring in a flash is all about. Helping you to have some special moments in the margins of life that create a stronger relationship between you and your daughter that help build to those "MUST HAVE" conversations.

MIRROR CONVERSATIONS

(this coffee talk biblical truth is: psalm 27:4 It is better to spend all the days of your life gazing upon the beauty of the Lord than the fleeting beauty of this body.

Use a dry erase marker to outline the physical shape of your daughter's reflection and write words of that reflect the inner beauty that you pray God will grow within her on a daily basis. Or for an on-going conversation, trace your daughter's hand in the lower corner of the mirror and write a new prayer every week reflecting your prayer for her to gaze upon the beauty of The Lord on a daily basis.

Use the following verses to remind your daughter that there is an onslaught of messages that she will see as she goes throughout her day to tear her attention away from the truth about beauty and get her to focus on things that will make her feel discontent and unlovely. But the truth and beauty that comes from The Lord will not leave her empty or discontent, but abundantly full.

Watch the Dove Onslaught video to see why it's important to remind her of this truth daily: <http://www.youtube.com/watch?v=epOglnWJ4T8>

Memorize the following verses together:

Psalm 27:4 One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple.

1 Peter 3:3-4 Cultivate inner beauty, the gentle, gracious kind that God delights in. The holy women of old were beautiful before God that way...



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