

MOM & DAUGHTER GUIDE

Mom, we are so excited that you have decided to complete this study with your daughter. As we walk through Philippians 4:4-9, you will discover the good things God has for us as we dwell on His Word together.

YOU WILL NEED

Dwell on These Things: Women's Bible Study Book for yourself

Dwell on These Things: Teen Girls' Bible Study Book for your daughter(s)

VIDEO CONTENT

The weekly videos that are included in the women's Bible study book can be watched with your daughter during the Group Guide sessions. Follow the instructions in the back of your women's Bible study book to access the teaching videos. Note: The videos included in the teen girl Bible study book are an abbreviated version to allow more time for discussion.

STUDY

At the close of each session, you will spend time working through the Group Time found in the *Dwell on These Things: Teen Girls' Bible Study Book*. The discussion questions will help you go deeper as you review your personal study and share what you've learned each week.

As you both work through your individual Bible study books, you will discover that the teen girls' version might be slightly different as we altered some language and content to be more applicable for teen girls. However, there are very few differences in the studies, and we encourage you to discuss what the Lord is teaching you individually.

CONNECT WITH HER

Plan days to work on personal study together to keep each other accountable. Be open with your daughter throughout the week about things you learn or have questions about. Provide a safe place for her to do the same. Don't stress! Some weeks will be easier than others to accomplish the personal study days. Just keep pressing forward and making it a priority to meet together each week regardless of how much personal study work was actually done.

FAQ

Q: How old does my teen need to be for this study?

A: This study is recommended for girls ages 11 and up.

Q: Are there other studies I can do with my daughter after this study is over?

A: Yes! Many of our studies have both women's and teen girls' materials available.

Check it out at lifeway.com/girls.