Lesson 1
Avoid the Traps

* The Traps lesson is presented in both A & B curriculums. The visual is a great reminder to the students of how the enemy seeks to draw them off course with temptations and traps.

Promise of the Week: I will avoid the traps by following Jesus and obeying my parents.

Memory Verse: Psalm 31:3-4 (NIV), "Since you are my rock and my fortress, for the sake of your name lead and guide me. Keep me free from the trap that is set for me, for you are my refuge."

Psalm 31:3-4 (MSG), “You are my rock and my fortress. For the honor of your name, lead me out of this danger. Pull me from the trap my enemies set for me, for I find protection in you alone.”

Leader Note:

Your girls will begin to face challenges like never before. Satan knows that this age is critical. If he can significantly impact their physical, psychological and emotional makeup during this age, he has an advantage throughout the rest of their lives.

Therefore he has set certain ‘traps’ that are common at the age of puberty. They will decide if they are going to repeat the negative behavior they see in media and sometimes their own families, or if they will rise above them. They will decide their attitude towards purity and relationships with boys (and girls). They will decide what role church plays in their life. They can come to a much more mature understanding of their relationship with Jesus Christ – it will become a personal decision to engage in the Bible and Jesus. They will learn how to say no to drugs, alcohol, and other external temptations, or they will make a dangerous step toward harmful actions and attitudes that can affect them for a lifetime.

This is your chance to steer them in the right direction!

Do not miss this opportunity to show them the danger of the traps that have been set. Encourage them to stick together and help each other avoid the traps. This is your chance to explain to them that their parents and spiritual mentors have seen most of these traps, and can act as a guide through this season of life. Do not hesitate to set yourself up as the ‘go-to’ person – one who is willing to be there when they face the dangers that are inherent in middle school.
Lesson 1: Avoid the Traps

CAPTIVATE: Traps

Props -  Fly or roach trap
         Mouse traps (3-4)
         Rat traps (2)
         Larger traps (if available)
         Blindfold

In many parts of the world, farmers, ranchers and trappers use traps to snare animals. Some of them are quite small, like roach or fly traps. They’re sticky, so when the flies hit them, they just stick to the paper and can’t get away.

Some are bigger, like mouse traps. Does anyone know how this works?

Some are even bigger, like a rat trap. It works the same way as the mousetrap, only bigger. Why is it bigger?

(*You may have access to other traps. Use anything you have access to.)

What would happen if you stepped on these traps?

I’m going to set these traps and place them here on the floor. (*Place them far enough apart so a girl can safely walk through them IF she has guidance, but close enough that it would be tricky to navigate the traps on her own.)

Now, I need a volunteer who will come walk between the traps. (*Have one of the girls come forward. If possible, ask a girl whose mom is in the room.)

Do you think you can walk through this?
Are you afraid?
(*Pull out the blindfold.)

What I didn’t tell you is that you have to walk through these traps with a blindfold.
(*Put the blindfold over her eyes.)
Now how do you feel? Are you afraid?

**ASK THE GROUP:** Is there anything that would make it easier for her to navigate these traps?

She needs a friend. She needs someone who will help her. She needs someone she can trust to walk her through this maze in a way that she knows she won't get hurt.

Let's ask her mom to come up and help her.

(*Have her mom—or another mom or you can do it—come up and stand right in front of her. Place the girl's hands on her mom's shoulders, and tell her to walk right behind her mom. Have both mom and daughter navigate through the traps.)

Great job!

(*Take the blindfold off.)

Was that hard? How did you feel?

**CONNECT:**

The Bible says Satan is like a lion, waiting to see whom he can devour (1 Peter 5:8). He is setting traps that will keep you from living your full potential as godly young women. He is trying to trip you up, and hurt you. Some traps may hurt a little, but others can hurt a lot. He has lots of traps set for you.

What are some of the traps he has set for young women today?

How can those traps hurt you?

**CULTIVATE:**

Did you realize how alone (name of the girl who volunteered) was when she was standing before the traps blindfolded? It became easier for her to make it through when she was able to follow someone else. That is what Girlz 4 God is all about. Proverbs 18:24 says, “There is a friend who sticks closer than a brother.” These are your Christian friends who will stick by you in the hard times. You can help each other avoid Satan’s traps by encouraging each other to do what is right.

What are some ways you can look out for each other?

Ecclesiastes 4:9-10 says, “Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up.
But pity the man who falls and has no one to help him up!” Look around. This is the group that will help you when you fall. This is the group that will keep you away from the traps. This is the group that will be there for you when you need it.

There are other people who will help you too. They have been there and have seen the traps you’ll face. They can guide you through the traps better than anyone else. Parents!

“Obey your parents so that you may live a long life.” – Exodus 20:12 (NIV)

God did not say obey your parents only because they are in authority and you live in their house. He knows that they have walked through the teenage years and experienced many of the traps you will face. He knows that your parents care deeply about you and want you to succeed more than anyone else. Your natural reaction is to push your parents away because you want to be independent and make your own choices. Don’t let your selfishness and pride keep you from hearing and learning from your parents. Put your hands on their shoulders and trust them to walk you through the traps ahead of you!

**COACH:**

The Bible is filled with ways we can avoid the traps. Jesus is the ultimate friend who will walk with you to help you.

Psalm 31:3-4 (NIV), "Since you are my rock and my fortress, for the sake of your name lead and guide me. Keep me free from the trap that is set for me, for you are my refuge."

Jesus is our refuge in life. He wants to keep you safe and guide you into your full potential. This verse says ‘for the sake of your name’. What do you think that means?

When you become a Christian, Jesus writes his name on you. You now represent him. When you live life and make choices according to His Word, you bring glory to his name. ‘For his name’s sake’ he wants to lead and guide you so you can represent him well and lead others to Jesus by the choices you make.

Let’s get blunt here and talk about some traps you will face. What wisdom would you give your friend (and yourself) if she were to face these traps?
(*Feel free to choose what would best apply to your group of girls. Add in your own ideas too.)

- Drinking at a friend’s house or going to a party with alcohol
- Sneaking out after curfew
- Going too far sexually with her boyfriend
- Sending nude pictures via text
- Looking at inappropriate websites with pornography and nudity
- Wearing immodest clothes to get guys’ attention
- Stealing from a store or another girl at school
- Starting false gossip and rumors about other girls

The traps are set. Our time in Girlz 4 God will be spent trying to identify them, and giving you wisdom to avoid them. Jesus is calling you to help each other and speak truth in love. This week, let’s promise to live in a way that honors God, our mothers and fathers and this group of fellow believers here at Girlz 4 God.

**Promise:** I will avoid the traps by following Jesus and obeying my parents.

Leader Note: Ask the girls to raise their hands and make the following promise:

**Girlz 4 God Promise of the Week:**
I will avoid the traps by following Jesus and obeying my parents.

**Memory Verse:** Psalm 31:3-4 (NIV), “Since you are my rock and my fortress, for the sake of your name lead and guide me. Keep me free from the trap that is set for me, for you are my refuge.”
EMAIL to the Parents:
Re: Girlz 4 God Lesson 1 – Avoid the Traps

Dear Girlz 4 God Parents,

Thank you for allowing your daughter to begin her year of school by attending Girlz 4 God every Friday morning! We know it’s early but we believe strongly that it will be a source of encouragement as she faces the challenges of middle school.

Each week, I will send out an email to let you know what we discussed. You can use this information to ask them about the lesson and hear her thoughts on what she learned. You can also use it to further the discussion in your home on some critical areas.

This week, we placed several traps in the front of the room. We then asked one of the girls to come and walk through the traps. This appeared to be an easy task, until we took a blindfold and covered her eyes. What started as an easy task became quite scary. Fortunately, we allowed her to have a guide, and with the guide, she made it through the maze without harm.

We talked about the fact that Satan sets traps for us – traps that can harm us. We discussed how easy it was to navigate those traps WHEN we had a guide to help us.

We focused on three sources of help:

1. They can help each other. In Girlz 4 God, we will continually ask them to look out for each other and to encourage each other to do what’s right.
   Ecclesiastes 4:9-10 says, “Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!”
   Proverbs 18:24 says, “There is a friend who sticks closer than a brother.”

2. You as their parents are important guides through the traps. You have been there, and know the temptations and consequences. We put a heavy emphasis on you, and your job to help the girls avoid Satan’s traps.
   Exodus 20:12, “Obey your parents so that you may live a long life.”

3. Jesus is our ultimate guide. God’s word gives specific instructions on how to avoid Satan’s traps. When we invest in our relationship with him and read his word, we can walk in confidence.
   Psalm 31:3-4 (NIV), “Since you are my rock and my fortress, for the sake of your name lead and guide me. Keep me free from the trap that is set for me, for you are my refuge.”

Each week we will ask the girls to make a “Promise of the Week.” It summarizes what we’ve learned and gives them a godly goal. This week’s promise is ‘I will avoid the traps, by following Jesus and obeying my parents.’

Girlz 4 God Promise of the Week:
I will avoid the traps by following Jesus and obeying my parents.

Memory Verse: Psalm 31:3-4 (NIV), “Since you are my rock and my fortress, for the sake of your name lead and guide me. Keep me free from the trap that is set for me, for you are my refuge.”