



Authentic

Becoming the real girl

Bible study for teenage girls

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- becoming the real girl

8 weeks study booklet for teenage girls

Introduction



Many teenage girls from time to time struggles through life. Many are seeking definition, many are asking “who am I?”

Teenage girls with great potential in life are wasting life away because they lack the full definition of authenticity, and this includes girls in the church. These teenage girls, though follows their parents to church, but deep down, they are struggling with personal identity, acceptance and lacks value.

Many of them are living an unreal life, some have been captured by the habits and addictions of life. Some are good at home, but while with friends or away from home are someone else entirely.

Some, as a result of many unanswered questions end their own lives, while some are locked up in mental health issues.

God, the Maker of the girl, has all the answers to the girl’s life, and all the teenage girl needs to be authentic in this present world is made available for her through the word of God.

In this eight-week study, we are going to discover authenticity in its fullness; and I pray that as you go through this Bible study, this will be the beginning of being real for you as a teenage girl.

Be ready to be made known as you discover the true reality of yourself through the Word of God.

Week 1: The Stuff You were Made of

When God made humans in the beginning, what He made them to be was authentic. He made an authentic world, and He wanted authentic people to rule the earth for Him, because there is a counterfeit person going about on the earth to spoil God's work.

We shall in this study discover what was it that makes a teenage girl authentic enough to rule the world for God.

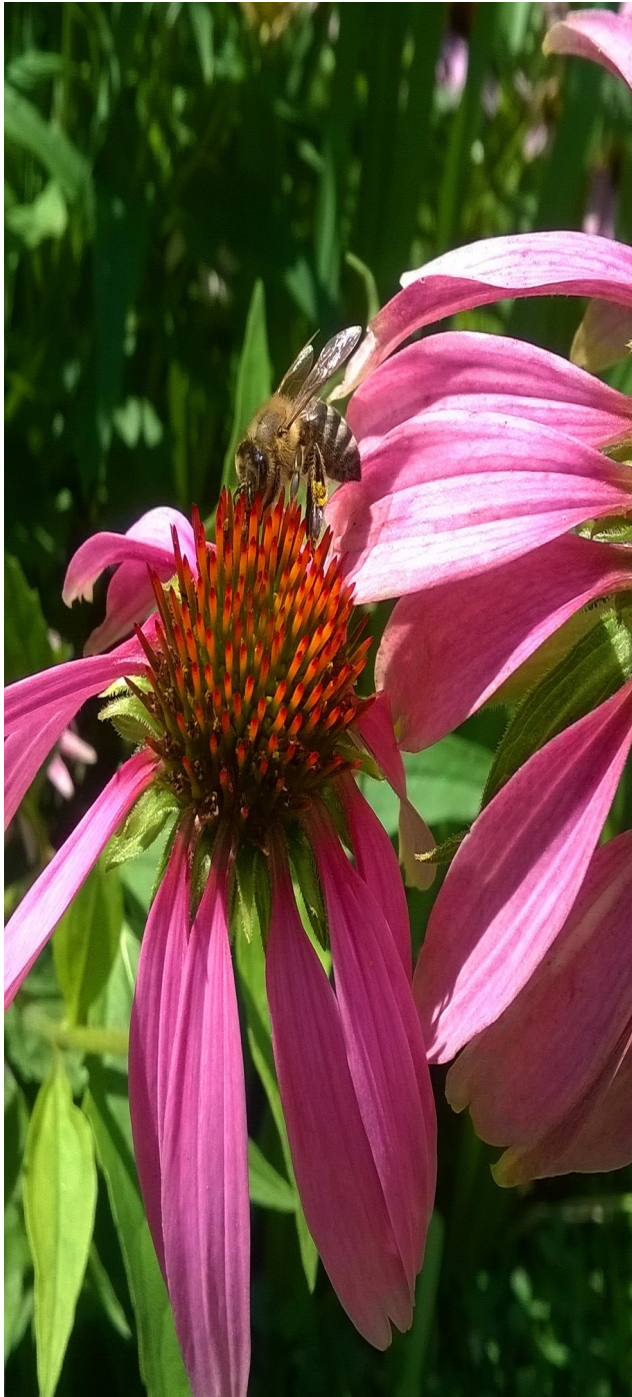
Many times, media, celebrities, friends and many other things tend to want to define what girls should be in order to rule. There are many materials out there that the world defines girls with, and our society finds various means to define a teenage girl with the world's stuff, which is the world's standard.



Read Gen1:1-3, 27-30, 2:7, John1:4-5, Gen2:18-22, Ephesians 2:10, Jeremiah 29:11

Conclusion week 1

God is able to look after the earth by Himself, but He decided to give humans that privilege of overseeing the earth, mankind was the favourite of all the creatures that God created. We saw that the stuff or the material man and woman were made of was “God Himself”, the female (girl) was made in the image of God. She was made like no other; uniquely made in the image of God, she was authentically made.



Week 2:

Becoming unreal in the Garden

In our last study, we saw that God made an authentic earth with authentic people who were made male and female in God's image to rule the earth for Him because there was a counterfeit person going about on earth to destroy God's work. In today's study, we are going to meet God's authentic creation mingling and interacting with the counterfeit person in the Garden.

We shall be discovering the beginning of unrealness that we have seen in our lives as teenage girls, and amongst many teenage girls and human beings in general. We shall also see how the counterfeit person disguised himself, and how the first girl gave in to the counterfeit person in the garden, and thereby exchanged the stuff she was made of for a lesser stuff.

Read Ezekiel 28: 13-18, Gen 2:18, 2:16-17, 3:1-6

Conclusion Week 2

Though God made mankind in His image, the best stuff ever of all God's creation, but as they disobeyed God, they foolishly dropped that solid and authentic stuff (the life of God Himself) and by Gen 3, they took on themselves the unreal life, the life

that cannot thrive on earth.

We saw that as Eve began a friendship with the counterfeit person in the Garden of Eden, she willingly gave up the stuff she was made of, she believed the counterfeit person, and disbelieved the Word of God who made her in an authentic manner, she gave in to the devil, who fell from glory to grass, she became a co-fallen creature with Lucifer the devil. Therefore, Adam and Eve became carriers of the life of the counterfeit person on earth, the iniquity that was found in the Serpent is now found in Eve. This was the beginning of the unreal life, Sin came, and the struggle to be known and belong started hence forth.

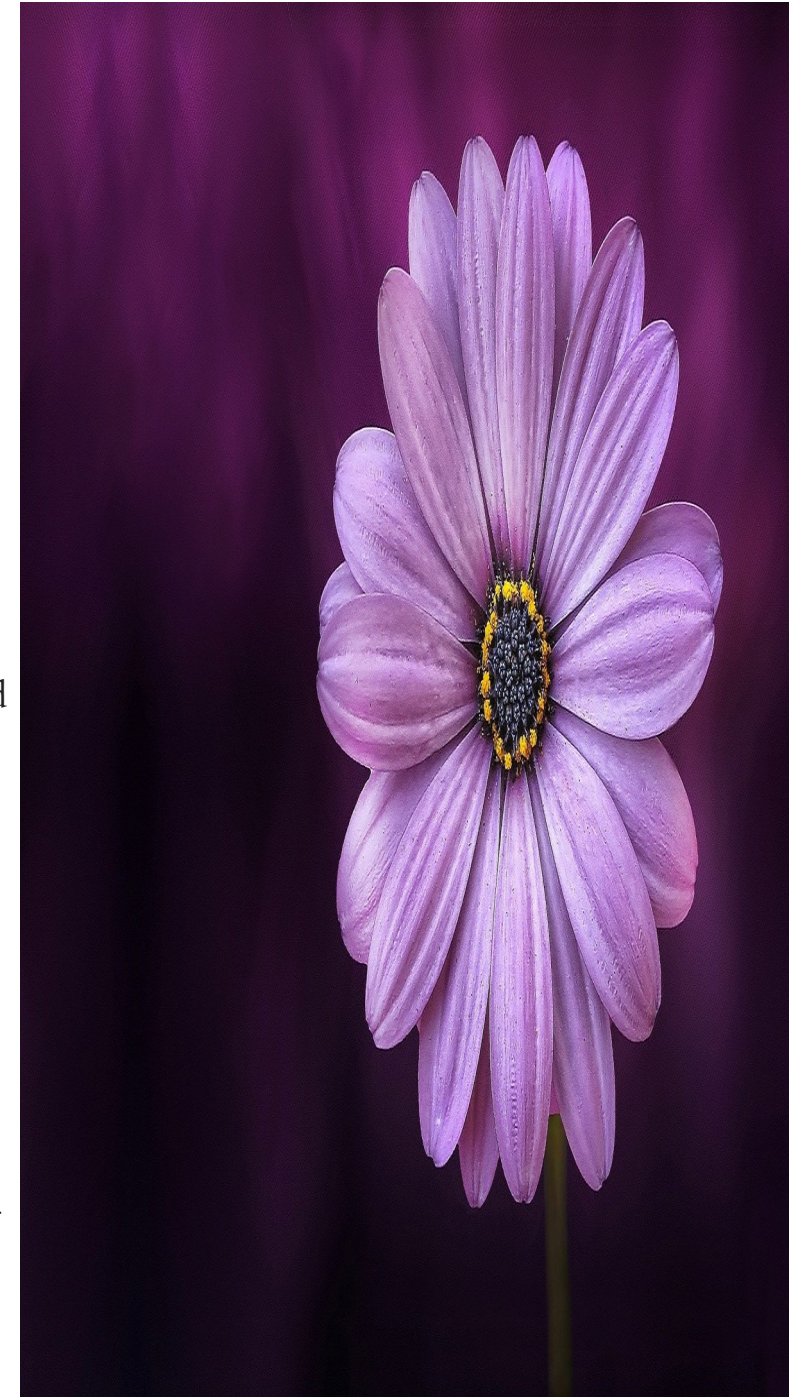
Week 3:

Uncovering the unreal life

Last time in our Bible study, we saw the fall of man, how Eve became unreal in the Garden of Eden, she and Adam became fellow fallen creatures together with the Serpent, who is called the devil. She lost her authenticity and was no longer fit to have dominion as God desired her and Adam to do.

Eve was the first of girls on earth, and in collecting the unreal life, she and Adam collected it for all human being that will ever come to earth, and that includes you.

Through Adam and Eve's fall was your fall too, for you as the girl of today came in that unreal life, it is not first how you behaved but how you were born, you were born with the gene of Adam, you came as a sinner, no longer bearing the authentic life. Let us quickly uncover this unreal life in Eve and in the life of all teenage girls and human beings.



Read Psalms 51:5, Romans 3:23, Gen 3:7-13, Galatians 5:19, Romans 8:8

Conclusion Week 3

The stuff mankind became in Genesis 3 was no longer the stuff they were made of in Genesis 1. In Genesis 1 and 2 Eve who was beautifully made to come and complement Adam, her husband, unfortunately, she could no longer fulfil that plan of God because the stuff both of them were made of had become corrupted, they started hiding themselves away from God and this corruption flowed down to you, and all girls ever.

The unrealness of this life has led many teenage girls to hide in fig leaves, this could be binge drinking, food and substance abuse, immoral relationships, attention seeking, fear, anxiety, sin of the tongue, lying: either to your parents, siblings, friends and those in authority, pride or boasting, talking too much, swearing, complaining, talking back to parents etc.



Week 4

The cost of the Unreal Life

In our last study, we uncovered the unreal life in a little way both in the life of Adam and Eve and in the life of the girls afterwards, and in all mankind in general.

This unreal life has cost many girls serious trouble, many family lives have been disrupted, many teenage girls are dealing with broken family relationships here and there, many girls have become teenage mothers, some are taken over with drugs, some dropped out of school and are unable to pursue the future that God planned for them. Some were deceived by the opposite sex and got entangled with the fantasies of a romantic relationship.

Let us in today's study explore what this unreal life has cost and still costing you and many other girls around the globe.

Read Gen 3:16, 1Peter 3:3-5, Gen4: 2-10, 1Cor13:1-8, Gen 3:22-24

Conclusion Week 4

Survey reveals that over 30% of teenage girls feel unattractive not wearing makeup, so many young girls grow with the anxiety of looking beautiful. Some invest time on makeup, spent time on fashion and trendy clothes. Some battle body image like low self-esteem.

Media consumption is another huge factor amongst teenage girls, majority spend a huge amount of time on snapchat, Instagram and many others, and some are battling eating disorders and many other issues.

These and many more are part of the effect of the fall on our spirit, soul and body, and above all we saw that Adam and Eve were sent out of the Garden, which was the place of their purpose on earth.

Unrealistic life has cost many teenage girls pain and regrets, some got involve in boyfriend and are now infested with STD's, some nursing babies, some unable to have a qualification in life, some been messed up by different boys and men, some lost their personal dignity.



Week 5:

Hope for unreal life

Last week in our study, we saw the cost of the unreal life upon girls past and now. The effect of the eradication of the authentic life lingers on from generation to generation, from girl to girl, and person to person.

And though it seems all hope is lost, however, this week, we shall now go further to see hope in the midst of hopelessness amongst teenage girls globally. May you see hope arising out of the hopeless state of teenage girls and mankind all over the world.

Read Jer 29:11, Jeremiah 51:20-24, Acts 13:36, Gen3:15, Is7:14, Luke1:26-33, Matthew 1:21

Conclusion Week 5

Today, we have seen you the teenage girl as that seed, and Jesus as the ultimate Seed through whom You can authentically be the seed of the woman who does havoc to the kingdom of darkness. He certainly wants you to be His battle axe. Also, we saw God speaking to us, pointing us to His hope for the hopelessness of the unreal life; He told the Serpent that the SEED of the woman will be that hope. Our Lord Jesus was that Seed of the Woman; though God, He left His heavenly throne to come to earth in order to rescue us, and He allowed Himself to be conceived in the womb of a woman and

given birth to as human.

And as we allow Him to help our lives, we also will become seeds of the woman who will bruise the serpent's head, for God says, I have plans for your life, with you I will break into pieces, but before you as a teenage girl can be that seed that dispels darkness and destroy the works of darkness, you must first receive the SEED of the woman who paved way for you.

Week 6: Garden of Exchange: expelling the unreal life

Last time in our study, we saw God brought hope to our hearts as He showed us the Seed of the Woman who allowed Himself to be born as human in order to deliver you from the unreal life and thereby restore you to the Authentic life.

We also saw how Mary was given the privilege to carry Jesus, the Seed of the woman in her womb so that you and every human being can be delivered and also become the seed of the woman, and also a woman who will produce seed that will bruise the head of the Serpent.

This week, let us see the great exchange that took place for you and in you.

Read Matt23:26, Luke22:39-47, Is53:5-6, 2Cor5:21.



Conclusion Week 6

Christ, the Seed of the woman, was brought to the Garden of Gethsemane to collect the unreal life on behalf of humanity, for in the Garden of Eden, Adam and Eve collected the unreal life and passed it on to human beings, and Jesus Christ also willingly collected the unreal life by drinking the cup of iniquity which is the unreal content. He who never sinned, took upon Himself our sins and sin nature, for sin is the unreal life, and Christ took it on Himself so that you can carry it no more.

Therefore, the real life God desired you to live is possible as you see what Christ did with that unreal life, for that unreal life was extracted from you and given to Jesus to drink it forever.



Week 7

Reinvention at the Cross – the road to the authentic life

In our last study, we saw that Jesus, the Seed of the woman, took the unreal life on your behalf in Gethsemane Garden. For this unreal life is a life of doom, and a life that cannot please God, it is the life of sin.

We shall see today that Christ did not only carry the unreal life and go about with it parading the streets of Jerusalem, but because He was carrying that unreal life, He was under the judgement of death, so that you are no longer subject to such judgement.

Read Rom 3:23, 6:23, John 3:1-7, 14-17, Numbers 21:5-9, 1 Corinthians 1:18

Conclusion Week 7

Through Christ's death on the Cross, He gave you the privilege of bringing forth the real you, a restoring back to the authentic life. Jesus said to Nicodemus that just as Moses lifted up the bronze serpent in the wilderness so also must He be lifted up for all human beings, so that as many that lift up their eyes from their unreal life and look up to Jesus they can be rid of that life and receive the real life, the authentic life, the life of Jesus, which is the new birth. Have you seen Jesus on the Cross, have you given your life to Jesus? Will you rededicate your life to Him today?

Week 8: Living the Authentic life

Last time, God in His mercy showed us what Jesus did in carrying the unreal life that He collected in Gethsemane's Garden to the Cross. Without the Cross, there is no Authentic life, the Cross is the centre of Christianity, it is at the Cross that life starts, at the Cross we were given a fresh start as Christ ended the unreal life in His death, and in His resurrection. All that the Cross of Christ provided is both for the adult and also for the teenagers and humanity at large. Because of the Cross of Jesus, you can live life to the fullness as girl, your future is secured and hopeful.

Read Col 1:27, 2 Cor 5:17, Eph2:10

Living the authentic life in:

- a. Your longing Col3:1-4
- b. Your relationship with your parents Ephesians 6:1-2,
- c. Relation to beauty: 1Peter 3:3-6
- d. Relating with friends and others: 1Cor15:33, 1Tim5:1-2
- e. Food: 1Cor 6:13a, 19
- f. Leisure: Eph5:16-18, Ecc9:12



Closing Conclusion

As we come to the end of our eight-week study today, we must not forget all the Lord has taught us so far as teenage girls. You are no longer part of the unreal girls, Christ in His death, invited you to come and be part of the Authentic life, and you must get away from this Bible study to go and live the life authentic, the life of Jesus inside you is the stuff you are now made of. You are a carrier of Treasure; you are part of God's rare gem.

May you be a generation of teenage girls who are well nurtured in their youths, knowing whose you are, and who you are, and that you will be a well carved pillar that will adorn the palace.