

## Women's Ministries

# IMPACTING TEENAGERS

**Guiding teenagers in negotiating their world is quite different than what you experienced as a teen. This Women's Ministries seminar equips you for the mission.**

Don't be afraid to discuss anything they want to talk about, but help them look for God's principles and not be sidetracked by today's culture. Young people today desperately need and want to learn how to apply the Bible to their daily lives and choices.

In planning activities for young people, it is our responsibility to know their main needs and then create programs that will meet those needs and help our young women grow toward mature Christian adulthood. Use them. Mentor them. Provide for their needs. But most importantly, help them discover how the Bible, God, and living a Christian life are relevant to their daily life and daily choices. Help them discover and use their gifts, talents, and passions in ministry.



## WHAT WOMEN'S MINISTRIES CAN DO

- **Be a good listener**—really hear what they're saying rather than looking for opportunities to “teach” or “preach.”
- **Be accepting**—don't be judgmental of their feelings—they are their feelings regardless of what you think; let them express their doubts.
- **Be yourself**—don't try to act like a teen or to be “cool.”
- **Be interested**—ask open-ended questions, learn what they're interested in, and ask questions about those things, too.
- **Be genuine**—young people can spot someone who is fake a mile away and won't respond or feel respected. **Be prayerful**—young people today need adults who care enough to take them to God with love.

Empower.

My Sister, My Friend program for mentoring teenage girls

Engaging young girls in the life of the church is a priority of Women's Ministries.

My Sister, My Friend, a new Women's Ministries program for young girls, was released in early 2018. The curriculum has been prepared to fit our global audience. Women's Ministries is targeting teenage girls with this beautiful new material. It includes a guide for leaders and a student workbook for teen girls as well as PowerPoint slide backgrounds for each of the ten chapters.

We hope this resource will be translated into many languages and be used in mentoring programs around the world for teenage girls, such as the Girls4Christ activities in Inter-European Division (EUD) of Seventh-day Adventists with headquarters in Bern, Switzerland.

My Sister, My Friend

Leader's guide - PDF file

Student's workbook - PDF file

Slide backgrounds ZIP file

Logo - JPG file

Module 1 - Whom Am I? Gifts, Talents, and Values

Module 2 - What's Up with Me? Self-esteem, Self-respect, and Self-control

Module 3 - What Am I Going to Do? Career Planning

Module 4 - Academia Extreme: Academic Skills

Module 5 - Working It Out: Making Good Decisions

Module 6 - Off to a Good Start: Life Skills

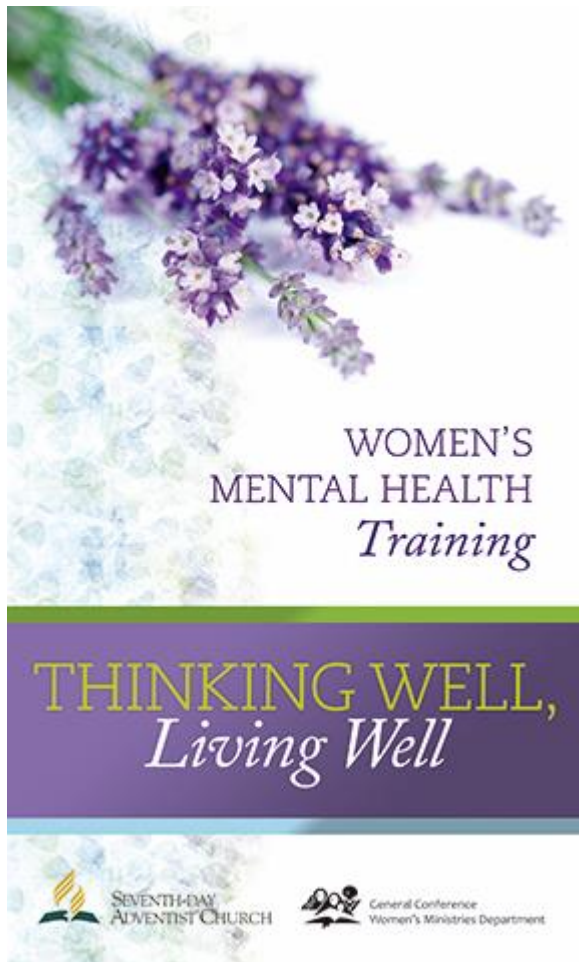
Module 7 - It's the Truth: Spirituality and the Church

Module 8 - Reaching Out: Community Service and Mission

Module 9 - Pray with Me: Prayer Partners

Module 10 - Who Is Following Me? Leadership Development

# THINKING WELL, LIVING WELL WOMEN'S MENTAL HEALTH TRAINING PROGRAM



Women's Ministries presented *Thinking Well, Living Well* for the first time during the WM Mental Health Track at the Global Health Congress in Geneva, July 8-12, 2014. This series of ten seminars about mental health will help Christians openly and compassionately talk about this subject. Many members in the Seventh-day Adventist Church suffer silently, live in pain and shame, and sometimes leave the church because they feel God has forsaken them. The time has come for the Church to become educated and to recognize when members need help.

## **Thinking Well, Living Well translations (Manual and PowerPoints)**

ENGLISH Zip File |

1. English manual PDF | Front cover JPG | Back cover JPG

Banner JPG image | Professional printer's manual PDF

01-Understanding Mental Health PPT

02-The Mind and Body Connection: Connection and Community PPT

03-The Mind and Body Connection: Lifestyle and Entertainment PPT

04-Hope Beyond Depression PPT

05-Healing Past Hurts PPT

06-Forgiveness and Your Health - Part 1 PPT

07-Forgiveness and Your Health - Part 2 PPT

08-Healthy Relationships Behind Closed Doors PPT

09-Living the Abundant Life: God's Healing Way PPT

10-The New You PPT

**SPECIAL DAYS**

- The Department of Women's Ministries at the General Conference promotes three special days in the worldwide church calendar:
- **International Women's Day of Prayer** is the first Sabbath of each March when women have the opportunity to strengthen their spiritual bonds as they pray for and with each other.
- **Women's Ministries Emphasis Day** falls on the second Sabbath of each June. This provides an opportunity for women to lead out in a worship service and to educate the church regarding the purposes of Women's Ministries.
- **enditnow® Emphasis Day** is observed the fourth Sabbath in August. This worldwide church initiative is included in the Church's Calendar of Days and Events. The **enditnow® Emphasis Day** resource packets are coordinated by the General Conference Women's Ministries including production of source material and distribution. Six co-sponsoring departments of the General Conference also contribute to the source material: Children's Ministries, Education, Family Ministries, Health Ministries, Ministerial Association, and Youth Ministries.
- Download annual packets with sermons, seminars, and activities, and other resources from the individual archive pages under each special day's page.