

# 4:12 *In a Bright Lights Group* *Overview*

## **How to Use 4:12 in a Bright Lights Group**

4:12 is a one-on-one discipleship program, but we have also found that if there is a group of girls (such as a Bright Lights group) that go through it at the same time there are some extra benefits. It may seem a little more exciting and give girls more of a vision for what God is doing in the lives of other girls beyond their one-on-one partner. Here is a suggestion of how to organize it:

As the group leader, you can start by sending out information about 4:12 and getting a commitment from the people who want to be involved. Make sure they understand that this requires an 8-week *commitment*. It's not for girls who just think it sounds fun, but for those who will be consistent.

Prayerfully divide up the girls into pairs—older girls with younger girls. If you do not have enough older girls to be leaders, then you may have to ask some of the younger girls to wait until the next time you do 4:12. (Maybe you could do 4:12 once or twice a year.) Another possibility would be to ask some moms if they'd be willing to be 4:12 leaders.

If some older girls want to be 4:12 leaders, but you are not sure if they have the spiritual strength required, you may ask them to go through 4:12 first with you or another leader. Explain to them that this is an important part of their preparation to equip them to disciple younger girls.

Plan three get togethers with the entire group—the first week, the fourth week, and the last week. During the other five weeks, each one-on-one group is responsible to get together on their own.

## **Ideas for the Group Leader:**

- First of all, have a meeting with the girls that will be the leaders in the 4:12 groups. Explain to them their responsibilities. Go over the instruction sheets with them. Pray together for each of the younger girls.
- Offer incentives for the whole group to encourage them in their memory work.
- Think of ways to stay in touch with the group during the eight weeks, maybe by occasional emails or calls.
- The following pages include a suggested plan to follow for each meeting.



# 4:12 In a Bright Lights Group

## Meeting One

### Schedule:

Meet together for 2-2 ½ hours. Start off with a time with everyone together where you as the leader share some thoughts with the group (see below for some thoughts to share). Divide the girls into partners, pass out the booklets, and give them an hour or so to find a place by themselves and work through the first study sheet and accountability page. You may want to prepare the bracelet craft (or another craft) for the girls to do together with their partner during this time. Then meet back together for a short sharing time. Enjoy some snacks and fellowship together.

### Thoughts to Share:

Introduce 4:12 and have the girls read Ephesians 4:12, Colossians 4:12, and I Timothy 4:12.

Give the group an overview of what you will be doing over the next eight weeks. Share how you think it's wonderful that each of them has made the decision to be part of 4:12. A lot of girls are just interested in fun, in what's easy, etc. But it shows true wisdom on the part of each of these girls that they **\*want\*** to be pushed, to be held accountable, and to be growing in their Christian life! Let them know that you believe the rewards will be very significant.

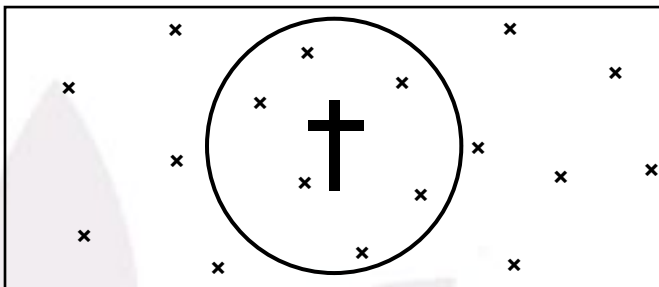
Ask "How many of you have ever desired to have a friend who would be honest with you, who would be a good influence, who really cared about you, who would tell you the truth even when it wasn't easy? How many of you enjoy good fellowship—when you have a conversation with a friend, not just about the weather, but about what is truly important?" That is part of the purpose of 4:12. To have that kind of friend, and to be that kind of friend. To be committed to building each other up spiritually. *"Ointment and perfume rejoice the heart: so doth the sweetness of a man's friend by hearty counsel"* (Prov. 27:9).

Read Colossians 4:12 and talk about Epaphras and his ministry of prayer. That is another goal of 4:12... to be truly interceding for your partner, that she would be standing strong in the Lord.

Ask the girls, "Do you actually think prayer makes a difference?" "What are some of the most important things we should be praying for?" (Share answer to prayer testimonies...)

### Here's a Quick Diagram to Explain to the Group

On a whiteboard or something, draw a small cross representing Christ. Around the cross draw a large circle. Then draw lots of little x's—some close to the cross, some far from the cross, and some outside the circle. Each x represents a person. Those who are outside the circle are those who do not know Jesus Christ as their Savior.



Ask the girls, "What is the goal for each of these x's?" The goal is to get them closer to Jesus! The ones outside the circle need to be brought in, and everyone inside the circle needs to keep moving closer to Christ. Ask, "What is our goal with every single person we meet? It should be to move them closer to Jesus Christ. How do we do that?"

Here's a simple plan to remember:

**Evangelize**—those who do not know Jesus as Savior need to hear the gospel and trust in Christ.

**Establish**—once someone believes in Christ, they need to be established in the faith. They need to be "rooted and built up in Christ" (Col. 2:7). When an "x" moves inside the circle, this is the first thing we need to do—get them into the Word, teach them the basics of what it is to live for Christ.

**Equip**—the next step is to equip believers so that they are ready and prepared to be serving the Lord.

**Encourage**—and finally we need to keep encouraging each other in the faith. Even those who are already close to Christ, still need to be encouraged to keep moving closer.

Explain that the goal of 4:12 is wherever we are, to be moving closer to Jesus Christ and to be helping our partner to move closer too.

# 4:12 *In a Bright Lights Group* *Meeting Four*

## **Schedule:**

I suggest the same basic schedule as last time: Meet together with everyone for 15-30 minutes, then divide up as partners for one hour or so, and finish by gathering together for snacks and more sharing.

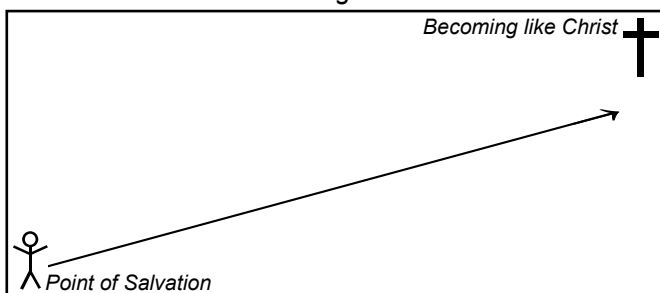
This might be a good time to do the lovingkindness box craft. If so, while everyone is together, you could explain what it is and how to make it.

## **Thoughts to Share:**

The longer you've been a Christian, the more you grow—right?

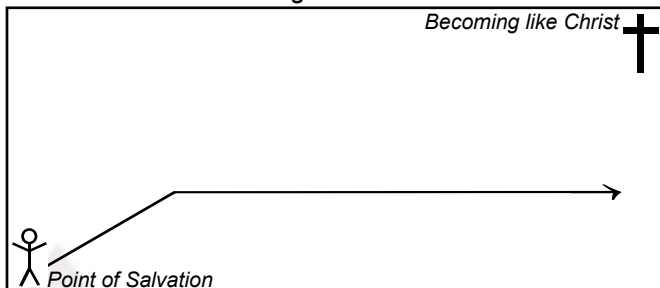
Well that's how it's supposed to be! The picture of our life, ought to look like this:

*The Growing Christian*



Unfortunately, for many Christians it looks like this:

*The Stagnant Christian*



Many Christians reach a point in their life when they are no longer growing in the Lord. Why do you think that is? (Have the girls share some ideas.)

Explain that sometimes as Christians, we get rid of the "major" sins in our lives, but then stop there, never cleansing our life from the "little" sins which are keeping us from God's best.

Explain the concept of sins of commission and sins of omission. (See Week Four Instruction Sheet for more information)

Explain the tendency we have to be too easily satisfied with where we are at in our Christian life.

Read Psalm 1. (Verse 1 deals with sins of commission. Verses 2-3 with sins of omission.)

Another good passage you could look at is Hebrews 12:1-2.

Ask for testimonies. Have the girls share what they have learned so far from 4:12. You may want to ask some girls in advance to be prepared to share a short testimony with the group.

# 4:12 *In a Bright Lights Group* *Meeting Eight*

## **Schedule:**

Same schedule. ☺ Meet as whole group. Divide as partners. Then join together again.

When you start off with everyone together, it would be nice to go around the circle and have each girl share something she really appreciated about her partner. Then you could go around again and have each person share one thing the Lord taught them through 4:12.

When you meet together at the end, go around the circle and have each girl share one personal prayer request regarding how they want to be growing spiritually:

*"Pray that I would be reading my Bible every day."*

*"Pray that I would be kind to my brother."*

*"Pray that I would use my free time more wisely."*

*"Pray that I would be loving the Lord with all my heart."*

*"Pray that I would have boldness to share the gospel."*

Each girl can write down all of these requests on the last page of her 4:12 booklet and commit to be praying for these things.

