

Free to B. a Blessing

A special program from Frieda B. to help you **Dream Big and Believe** in your own one-of-a-kind God-given story, found in the heart of a servant.



Frieda B.

Frieda B. is a girl with a BIG imagination, who dreams big and believes she is free to be and do whatever her heart tells her to. She has an important story.

Just like you.

Yep. God created you with your very own one-of-a-kind important story. In Jeremiah 29:11 He says He's written a story just for you, and it's good.

Maybe part of God's story for you is to be a pilot, a teacher, a writer, a mother, a marine biologist. A good friend, a volunteer, a caring neighbor.

How do you know? How do you find God's story for you? Just like Frieda B., you dream big. About two things God created you to love: the stuff you're good at, and the stuff you care about. These are clues to your story. And no one – no one – has the very same combination of gifts and interests as you.

And your dreams are just a starting point! Ephesians 3:20 tells us that God can do immeasurably more than all we can imagine (!). Let that sink in. When you dream big and believe in the story God's created for you, He'll make it even better than you could possibly imagine. This is exciting stuff.

Which brings us to the final and most important "Free to B." truth: part of your story (a big part) involves being a blessing to others. In Matthew 5:16, Jesus tells us to let our light shine so that others might know God through us. While the world thinks the greatest happiness is through what we get, it's truly through what we give. What does God want you to give, and to whom? When you believe you're Free to B. a Blessing, God helps you share His love in ways that are unique and meaningful to you. And nothing will bring you greater dreams and deeper joy than that.

Just like the book says, "You don't have to be Frieda to be free-to-be." So get started with the activities on the back of this guide: Dream Big and Believe in your own one-of-a-kind wonderful God-given story!



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The Book: Frieda B. Herself

Red-headed, bare-footed Frieda B. is the world's biggest dreamer. With a limitless and colorful imagination, she fully believes she is free to be anyone, anywhere she dreams she can be. But when Frieda suddenly loses her dreams one night, how will she recover?

The answer will provide inspiration and encouragement to children of all ages, to always believe in your own big dreams – and the very important, one-of-a-kind story you carry inside. Available as a hard cover book as well as a downloadable PowerPoint for large groups. **Purchase online at FriedaB.com**

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You, too, are Free to B.

Read through the book, *Frieda B. Herself*. Then think about/discuss:

- * Why is the girl's name Frieda B.? What does that sound like? What do you think it means?
- * Name some of the ways Frieda uses her imagination to dream big. Do you have dreams of your own? What are some of them?
- * In the middle of the book, Frieda is very upset. Do you feel this way sometimes? What shape do you see in the window behind her? It's a cross. What reminder is this to you?
- * At the end of the book, who is the person sitting on the tree branch, dreaming? It's you! You, too, have big dreams and are free to be, just like Frieda. That's why she's waving you down from the tree; on the last page you and she are off on your own adventure.

What happens when you tell your own story.

- * God promises in Jeremiah 29:11 that He has a plan, a story, just for you, unlike anyone else's. And it's meant to be told day by day, your whole life through.
- * How do you find/tell your story every day? Dream big about the things you're good at and care about. God uses these desires of your heart to help you find and tell your story.
- * In Ephesians 3:20, we learn that God can do immeasurably more than all we can imagine. So when you dream big and believe in your story (and pray for God to guide it!), He'll make it even better than you can imagine.
- * Learn the story of Austin Gutwein at austingutwein.com.



Think about/discuss: Is Austin telling his story? What does Austin like? What does he care about? How has God made Austin's story better than he imagined?

- * Using a basketball to help so many people may seem silly. But Austin says, "My God is David's God. If David used a slingshot, couldn't I use a basketball?"
- * Study the story of Eliza Shirley. When she decided to be a blessing to others, did everything go smoothly? Discuss how important prayer and persistence were in her work.
- * God uses what you love (the desires of your heart) to encourage you to love others. Whether your story affects thousands of lives, or a handful, God created you specially to help in His big plan to save the world.

Your story, in the center of a servant's heart.

The world's definition of a servant and God's definition of a servant are two very different things. Think about/discuss:

- * Give examples of the world's definition of being a servant.
- * Now study these Bible verses: Matthew 20:25-27; Mark 9:33-35; and Philippians 2:1-10. How does this differ from the world's view of being a servant?
- * As Christians, we serve others out of our love for Christ, who became a servant and gave His life to give us the gift of eternal salvation.
- * Take a close look at the things you care about; how might these be clues to where God wants you to serve?
- * Think about Austin Gutwein and Eliza Shirley. Does the greatest happiness come from serving or being served?

Dream Boards & Pillowcases help you tell your story.

- God gives us "clues" to our own unique stories. By exploring what you're good at and what you care about, you'll begin to find the plan He has for you.
- * At FriedaB.com/AHG/FBAB you'll find instructions for making a Free to B. Dream Board or Sweet Dreams Pillowcase. These activities will help you explore and display your own one-of-a-kind story.
- * Once completed, compare your Dream Board or Pillowcase to others'. Is yours exactly like another? Of course not. Is it just as wonderful? Definitely. The same is true of your story.

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Now it's time to put all you've learned into action, to experience the joy of being a blessing to others. But be prepared... It might just change your life. For the better.

- * On your own, with your family, or with your Troop, spend time thinking and praying about what you're good at and care about. How can these unique God-given gifts be used to serve others?
- * After thought and prayer, choose a service project – big or small – that suits your story(ies). Even random acts of kindness can be a big blessing. Maybe you want your project to be anonymous. Maybe not. Plan how/when/where you'll carry it out.
- * Print out and prepare the "Free to B. a Blessing Cards" found at FriedaB.com/AHG/FBAB.
- * As you carry out your service project, leave your Free to B. a Blessing Card(s) as a way to let your light shine. Think about it: You'll be telling your story – and God's – all at the same time. How neat is that?

One final note.

Your story is something you are free to be, every day. Some days your story will be loud, other days quiet. But when you dream big and believe, every day, in the story God created for you, you will be living out your true identity in Christ. And there's no greater joy and purpose than that.



* Free to B. a Blessing Patches.

To earn a patch, a girl must: read/discuss *Frieda B. Herself*; complete one or more of the program activities; and carry-out a service event related to her gifts and passions. FBAB activities can also assist in earning a Daughter of the King badge. Purchase patches in our online store at FriedaB.com or in the AHGstore.



For full program details:
FriedaB.com/AHG/FBAB