



On the very first pages of *Frieda B. Meets the Man in the Moon*, Frieda B. and Zilla are staring at the moon and the stars; Frieda is dreaming of a trip to the moon. And just like Frieda in this story, travelers often use a star – most often the North Star – as a point of reference, to keep them safe on their paths.

There's good reason why a star is the symbol on the Free to B. True logo. It's a reminder of how God is our North Star, our guide as we travel through the one-of-a-kind story He's written specially for each of us. And when we keep our eye on Him and follow His light, we stay safe on our paths.

What does it mean to be True to Yourself? It means that you understand and stay true to the person God created you to be; you do your best to stay on course. And why is it important? Because only when you are true to yourself can you genuinely be true to others.

To Get Things Started...

Read through *Frieda B. Meets the Man in the Moon*. Think about/discuss:

- ★ Frieda uses her imagination to explore what she loves – in this case, a trip to the moon. She follows her heart's desire. How is this being true to herself?
- ★ Once Frieda decides to take a trip to the moon, what steps does she take? Would it be safe to go with no guidance or preparation? How is this like our path/story/adventure with God?
- ★ While Frieda and Zilla are watching the earth get smaller, are they paying attention to where they're going? What is the result? When we don't stay true to who we are and where God is calling us, what often is the result?



Being True to Yourself

- ★ You have a unique combination of qualities that help make you who you are. For instance, Frieda B. is adventurous, kind, honest, curious, helpful. Being true to yourself means you understand and stay true to your unique qualities, gifts and dreams.
- ★ What happens when you're not true to yourself? You might feel a lot of conflict inside – especially if you feel badly about something you've done, or who you're choosing to be. Discuss different ways this happens and feels.
- ★ Remember the North Star... When you're feeling conflict inside, what's the best way to handle it and make things right again? God is always present, and always gives us the opportunity to get back on course.
- ★ The truer you are to whom God created you to be, the less conflict you'll have inside. Read Jeremiah 29:11... *"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."* (NIV) Discuss what blessings God promises when you are true to your God-given plan.
- ★ The truer you are to yourself, the more God can use you to help others. Think about it: It's difficult to do the right thing for others when you're not doing the right thing for yourself.

For full FBT program details:
FriedaB.com/AHG
or ahgonline.org/GBT



Activity: Free to B. True Tin

This simple keepsake tin helps remind you of the person and friend you most want to be.

Supplies: Chalkboard/whiteboard/large pad of paper, and chalk/marker. For each participant, you'll need (1) empty Altoids® (or similar) hinged metal tin; (1) pair of FBT Tin Labels (sold in packs of 10 at store.FriedaB.com);

something to write with; 10 small pieces of paper; 12" of PomPom ribbon; strong glue. *Note: you can make these for free using small cardboard lidded boxes (every household has 'em) and decorating with art supplies.*

Instructions:

- ★ Gather girls around chalkboard. Ask them to help you make a list of words that describe good qualities a person might have (for instance: forgiving, generous, a good listener, a good hugger, responsible). Spend a good ten+ minutes on this, and write every word on the board.
- ★ Give each girl something to write with and 10 small pieces of paper. Ask this question: "If you as an individual were to leave the room right now, and I asked everyone else to tell me qualities that best describe you, what words off this list might you hope they'd use? Take your time. Choose 6-8 words, and write each on a separate piece of paper." [If you like, also ask girls to write and share words specifically for each other.] When finished, explain that the words each has chosen most likely best reflects her unique combination of qualities.
- ★ Give each girl a tin and set of FBT Tin Labels. Instruct each to write her name on the logo label then place it on the outside of the lid. Place the other label on the inside of the lid (see photos). Using strong glue, decorate outside edge of lid with pompom ribbon.
- ★ Instruct each girl to place the words she's chosen inside her tin. Then say a prayer together that God would help each of them stay true to whom He created them to be.



Activity: Story-Journaling

One of the best ways to help you stay true to yourself and others is to story-journal. It doesn't matter what age you are... story-journaling allows you to capture your story – in words or pictures – as it unfolds, never knowing what comes next. In this way, your story begins to read like a book. And it allows you to see the hand of God as He authors your days. Frieda B. author, Renata Bowers, has been story-journaling since 2008 (and boy does she have some amazing stories to tell!). Here are suggestions she shares for beginning your own journey of story-journaling:

- ★ Choose a journal you really like. Our "Free to B. My Own Story" Journals come complete with story-journaling instructions – and stickers!
- ★ On the inside covers, write quotes and scripture that are important to you. This would be a great place to write some of the key FBT verses as well as "The 3 A's" and "The Ephesians 4 Approach".
- ★ As often as possible, write about – or, for younger children/artists, draw – what's happening in your life. Blessings AND conflicts. Begin every entry with the day's date and year.
- ★ Be as diligent as possible in writing/drawing about things *as they happen to you...* it's important to write about them before you know what happens next.
- ★ Don't forget: imaginary adventures are an important part of your story too. Whatever you dream up, draw it or write it down. Your imagination is a window into your heart's desire, your dreams, your story.
- ★ Every once in a while take time to read through your story-journal(s). You'll find that God weaves countless sweet blessings into your story – even through conflict – that you might otherwise have missed.

