

# Free to B. a Blessing

When you dream big, believe and grow in your own story... you help the youth you love do the same.



**Frieda B.**

**We at Frieda B. love you, leaders,** and love what you do for the girls (and boys) in your lives.

And we, from a distance, recognize that supporting *you* is a very good thing. After all, the more fulfilled, fueled and connected you are as leaders, well, the better equipped you are to lead and to love. To help God's children grow in all good things.

**So set aside some time together.** Allow us to lead *you* through your very own Free to B. a Blessing (FBAB) leader experience. This is time for you... to build each other up, strengthen the bonds between you, and fill your tanks to full... so your leadership is a blessing not only to others, but to you as well.

*[Note: if your Troop's Patriot or Pioneer girls are serving as aids/helpers, consider including them; it's a wonderful way to validate and encourage their growth into leadership abilities.]*



AMERICAN HERITAGE GIRLS™  
FAITH | SERVICE | FUN

## 1. Pray Praise and Petition.

*Dear Heavenly Father,* we come before You with thanksgiving for all You do and all You are in our lives. Today we will focus on Your promise found in Jeremiah 29:11, exploring the truth that You created a one-of-a-kind and important plan for each of us, a story meant to share Your light with the world around us. Please bless our time together here, Lord, that we might gain a greater understanding of – and passion for – the blessing You create us to be in this world. In Jesus' name we pray this. *Amen.*

## 2. Believe Be Still.

When we are still, we are best able to hear God's voice. Take some time to ponder God's promise in Jeremiah 29:11, that He has a plan (a story) for each of us – to prosper us and not to harm us, to give us hope and a future. What does it mean, really mean, to believe this? Here are some quiet activities to help you explore this truth, and God's story for you:

- Each spend time filling out an "I'm Free to B." sticker and a Frieda B.U. Booklet (available at [store.FriedaB.com](http://store.FriedaB.com)). Pay special attention to the stuff you're good at and the stuff you care about; these are clues to your story.
- Read through the story *Frieda B. Herself*. Using the **FBAB Main Guide**, spend time discussing the "You, too, are Free to B." and "What happens when you tell your own story" sections on the back.
- Read through and discuss "Cupcake Discussion" on the **Go Light Your World Event Guide**. We often want to avoid the not-so-tasty ingredients in our own personal stories. Yet think about it: What stories do you know of that are powerful *because* of hardships and tough times?



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## 3. Dream Big Use Your Imagination.

Imagination helps us - yep - *imagine* (dream big about) the story God still has in store for us. Ephesians 3:20 tells us God can do *immeasurably more* than all we can ask or imagine (!). That means He wants us to dream big about the plans He has for us. Exciting! Here are fun ways to explore this together as leaders:

- **Talent Showcase.** Each take a turn showcasing a talent – something you're good at and others might not know about. Others have to come up with an imaginative way you could use that talent in service to others. Get ready to laugh, maybe cry, definitely grow closer as friends in Christ.
- **Dream Boards or Sweet Dreams Pillowcases.** Create something lasting that reminds you of your unique God-given story. Find instructions at [FriedaB.com/AHG](http://FriedaB.com/AHG).
- **Dream Challenge.** Challenge each other to share and consider un-pursued dreams. Have you always wanted to knit? To learn a new language? To climb a mountain? As parents, we often are tempted to pour everything we have into our children, at the risk of ignoring part of our own calling. When we seek God's balance and guidance and are led to act on one or more of our dreams (big or small), we inspire our youth to do the same into their adulthood.

## 4. DO Serve and Celebrate.

Amazing when we realize that the specific things we love to do and love to care about are actually clues to the story God has written for us - a story meant to serve others, to share His light with the world around us, to fill us with hope and purpose. Here are a few suggestions for closing your leader gathering with an emphasis on service and celebration:

- **Validate each other.** Focusing on one person at a time, all other leaders share what makes this person a blessing to others. To make it really special, capture comments in writing for each person to take home as a keepsake.
- **Pray together,** for your Troop's service to each other and to the community, that it may be a direct blessing to many.
- **Create an FBAB Leader Tree.** Show your girls and their families that you, as leaders, truly are a family. Draw or paint a picture of a tree, depicting roots anchored in Christ. Take a picture of each leader and place these among the branches. Place the leader's name and a favorite saying or scripture verse or Spiritual gift next to each picture. Be creative. Celebrate the family - and blessing - you're called to be!



## To Enhance any FBAB Event...

- **The story** on which the FBAB program is based, *Frieda B. Herself*, is available in both the hardcover book (\$15) as well as a downloadable PowerPoint presentation (\$25) to use with larger groups! Both can be purchased at [store.FriedaB.com](http://store.FriedaB.com).
- **Skype with Frieda B.** author (and FBAB creator) Renata Bowers! Renata would love to be part of your FBAB leader and/or Troop event, via Skype. For more details, including pricing and booking, visit "Skype Visits" at [FriedaB.com/AHG](http://FriedaB.com/AHG).
- **Group Book Sales.** As long as she's able to keep up with demand, Renata will personally sign and dedicate any book ordered through an AHG Troop group sale - and we'll deliver them right to your door! For more details, visit "Group Sales" at [FriedaB.com/AHG](http://FriedaB.com/AHG).



For full program details:  
[FriedaB.com/AHG](http://FriedaB.com/AHG)  
or [ahgonline.org/FBAB](http://ahgonline.org/FBAB)