



*girls
night
out*

HABITS 

girls night out

Dear Night-Outers,

I am so excited about the adventure on which you are about to embark. The whole concept came about from a conversation I had with a high school student, who told me that when she gets too busy to hang with God, she just has to say, "God, I need a night out with you," and do it.

You may be so busy that God is not getting the time that He deserves. Don't be ashamed of that (it happens to us all), but do look for more ways to get closer to Him and get to know Him better. In this booklet you'll find a series of "nights out" for you to have, during which you can get with God and just hang out. Use this time wisely. Leave yourself open for God to change you and for Him to allow you to see spiritual growth happen.

These "nights out" are designed for you to have one per month, but I hope that God will do such great things in your life, that you will have more than one "night out" with God every month.

I am looking forward to watching you grow!

1ST NIGHT OUT

COFFEE SHOP

*Approximate length of night out: 1 to 1 1/2 hours

*Number of people: 1 (Do this night out on your own with God)

*Money needed: \$10 or less (money for drink and a dessert)

**Sit, relax, order a beverage and some dessert. Do your devotion at the coffee shop while hanging with God.

Scripture - Isaiah 40: 29-31

He gives power to those who are tired and worn out; he offers strength to the weak. Even youths will become exhausted, and young men will give up. But those who wait on the Lord will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint (NLT).

Even the strongest people get tired at times, but God's power and strength will never diminish. He is never too tired or too busy to help and listen. *His* strength is *our* source of strength. When you feel all of life crushing you and you cannot go another step, remember that you can call upon God to renew your strength.

First Night Out Questions

1) Are you feeling tired? If so, what are you tired of? Is your tiredness something that could have been prevented?

2) Are you tired because you have been trying to do it all on your own? Have you asked God for help?

2ND NIGHT OUT BOOKSTORE

*Approximate length of night out: 1 to 2 hours

*Number of people: 1 (Do this night out on your own with God)

*Money Needed: \$10 or less (money for coffee and dessert)

**Sit at the bookstore, relax, order a beverage and some dessert, and get comfortable with God. Do your devotion at the bookstore, and just hang out with God.

Scripture - Ecclesiastes 11:9

Young man, it's wonderful to be young! Enjoy every minute of it. Do everything you want to do; take it all in. But remember that you must give an account to God for everything you do (NLT).

We often hear people say, "It doesn't matter." But many of your choices will be irreversible—they will stay with you for a lifetime. What you do when you're young *does* matter. Enjoy life now, but don't do anything—physically, morally, or spiritually—that will prevent you from enjoying life when you're older.

Second Night Out Questions

1) Is there anything that you've done in your youth that has distracted you or brought you down?

2) Did you try to fix it? Did you ask for help? Did you do it all alone?

3RD NIGHT OUT

MINIATURE GOLF

*Approximate length of date: 2 1/2 hours

*Number of people: 2 (Bring a friend)

*Money needed: \$10 (one game of miniature golf and snack bar)

**After this night out, go to a place of your choice with your friend and spend time with God. Allow enough time after the night out so that you have at least 30 minutes to enjoy God. Use the lesson below as a guide.

Scripture - Matthew 7: 13-14

You can enter God's Kingdom only through the narrow gate. The highway to hell is broad, and its gate is wide for the many who choose the easy way. But the gateway to life is small, and the road is narrow, and only a few ever find it (NLT).

The gate that leads to heaven is called "narrow." That doesn't mean that it is difficult to become a Christian, but that it is difficult to lead a Christian life. Believing in Jesus is the only way to Heaven because He alone died for our sins, which made us right with God. Living God's way may not be popular, but it is true and right.

Third Night Out Questions

1) Are you living for popularity or for what is right?

4TH NIGHT OUT

AFTERNOON IN THE PARK

*Approximate length of night out: 1 to 1 1/2 hours

*Number of people: 1 (Do this night out on your own with God)

*Money needed: \$5 (for lunch)

** Pack a lunch or get McDonald's to take with you. Sit down, eat your food, and enjoy God's beauty. Do your devotion and hang out with God.

Scripture - James 1: 17-18

Whatever is good and perfect comes to us from God above, who created all heaven's lights. Unlike them, he never changes or casts shifting shadows. In his goodness he chose to make us his own children by giving us his true word. And we, out of all creation, became his choice possession (NLT).

Look around and take in God's beauty. Think about how amazing it is that He created everything. Out of all the amazing things God made, you are His prize creation. Isn't it time you thanked God for creating you?

Fourth Night Out Questions

1) When is the last time you thanked God for anything?

2) Have you ever thanked God for creating what's around you?
Have you ever thanked God for creating *you*?

5TH NIGHT OUT

RENT A MOVIE

*Approximate length of night out: 3 hours

*Number of people: 1 (Do this night out on your own with God)

*Money needed: \$6 (for a movie rental and popcorn)

** After the movie, spend some time at a quiet place in your house hanging with God. Make sure you are not tired after the movie so that God can have your best.

***Pick a favorite movie and remember that regardless of the movie you rent, God's with you watching it.

Scripture - Romans 14:10

So why do you condemn another Christian? Why do you look down on another Christian? Remember, each of us will stand personally before the judgment seat of God (NLT).

Many times we are so busy judging others for what they are doing that we totally ignore what we're doing ourselves. It seems that some Christians base their moral judgments on opinion, personal dislikes, or cultural bias rather than on the Word of God. When we stand before God and give a personal account of our lives, we won't be worried about what our Christian neighbor has done.

Fifth Night Out Questions

1) Did you really think carefully about choosing your movie?
How did you come to your decision?

6TH NIGHT OUT

SEE A MOVIE

*Approximate length of night out: 3 to 3 1/2 hours

*Number of people: 2 (bring a friend)

*Money needed: \$20 (movie ticket, popcorn, and a drink)

**Remember to allow time after the movie to work through your devotion with your friend. Take this time to reflect on the choice of movie you saw and on each of the questions. This is a good hangout opportunity with God, so spend it well.

Scripture - James 1:5

If you need wisdom—if you want to know what God wants you to do—ask him, and he will gladly tell you. He will not resent your asking (NLT).

Did you make a wise decision in what movie you saw? By “wisdom,” James is talking not only about knowledge but also about the ability to make wise decisions in difficult situations. Whenever we need wisdom we can pray to God and He will generously supply what we need. Christians don’t have to grope around in the dark, hoping to stumble upon answers. We can ask for God’s wisdom to guide our choices.

Sixth Night Out Questions

1) Did you make a wise decision in what movie you saw? Why or why not?

7TH NIGHT OUT

TAKE A WALK

*Approximate length of night out: 2 1/2 hours

*Number of people: 2 (bring a friend)

*Money needed: \$5-10 (depending on dinner)

**Go for a walk or bike ride, then grab dinner somewhere. Take time to get into good discussion and fellowship with your friend, while enjoying God. Remember to find a place afterwards to work through your devotion with your friend.

Scripture - Philippians 4: 6-7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus (NLT).

Imagine never worrying about anything! It seems like an impossibility; we all have worries in our homes, at school, or on the job. But Paul's advice is to turn our worries into prayers. Do you want to worry less? Then pray more! Whenever you start to worry, stop and pray.

Seventh Night Out Questions

1) What kind of stuff do you worry about? Why do you worry about it?

8TH NIGHT OUT ENTERTAINMENT CENTER

*Approximate length of night out: 3-4 hours

*Number of people: 2 (bring a friend)

*Money needed: \$15

**Don't forget to allow time afterwards to spend with God during your devotion.

Scripture - Psalm 46:1

God is our refuge and strength, always ready to help in times of trouble (NLT).

God is our refuge even in the midst of total destruction. He is not merely a temporary retreat; He is our eternal refuge and can provide strength in any circumstance.

Eighth Night Out Questions

1) Have you had some stresses or troubles lately? What are they?

2) Do you find yourself letting your problems eat you alive? Where do you find yourself looking for help? What are some ways you try to escape?

3) Do you find yourself looking to God for help only on a temporary basis? Why?

9TH NIGHT OUT RESTAURANT

*Approximate length of night out: 2 1/2 hours

*Number of people: 2 (bring a friend)

*Money needed: \$20

** Have fun! Try to learn something new about your relationship with God. Share something with Him that has been on your heart.

Scripture - Proverbs 18:24

There are "friends" who destroy each other, but a real friend sticks closer than a brother (NLT).

Loneliness is everywhere—many people feel cut off and alienated from others. Being in a crowd often makes people more aware of their isolation. We all need friends who will stick close, listen, care, and offer help when it is needed—in good times and bad. It is better to have one such friend than dozens of superficial acquaintances. Instead of wishing you could find a true friend, seek to become one. There are people who need your friendship. Ask God to reveal them to you, then take on the challenge of being a true friend.

Ninth Night Out Questions

1) Are you someone who hangs around with many friends or just a few?

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2) Do you have a friend that you could go to about any problem?
Who?

3) Are you just an "acquaintance" or do some people consider you a "true friend" because of your actions?

4) Do you have a "friend" that leads you away from God and away from who you truly are? What makes you continue to be friends with this person?

Pray

Ask God to lead you to true friends by helping you live out the qualities of a true friend. Also, ask for guidance in what you should do about the friends who are leading you astray.

Journal

10TH NIGHT OUT NIGHT OUT WITH MOM AND DAD

*Approximate length of night out: ?

*Number of people: 3 (you, mom and dad)

*Money needed: ??

**Often we get busy being teenagers and are gone from home a lot. Take this opportunity to spend time with your family, especially your parents. Set aside some quality time with them tonight, whether it's at home or somewhere else. And don't forget about your devotion!

Scripture - Ephesians 6:1-3

Children, obey your parents because you belong to the Lord, for this is the right thing to do. "Honor your father and mother." This is the first of the Ten Commandments that ends with a promise. And this is the promise: If you honor your father and mother, "you will live a long life, full of blessing" (NLT).

Also check out Exodus 20:12 and Deuteronomy 5:16.

There is a difference between obeying and honoring. To obey means to do as one is told; to honor means to respect and love. Children are not commanded to disobey God by obeying their parents. Children are to obey while under their parents' care, but the responsibility to *honor* parents is for life. Children should honor their parents even if the parents are demanding and unfair.

Tenth Night Out Questions

1) Do you struggle with obeying your parents? What is the main argument?

11TH NIGHT OUT

ICE CREAM

*Approximate length of night out: 1 to 2 hours

*Number of people: 1 (Do this night out on your own with God)

*Money needed: \$5

**Take time to enjoy the ice cream or custard. Stay and do your devotional while you eat. This is a good relaxation time for you to spend with God.

Scripture - Colossians 3:13

You must make allowance for each other's faults and forgive the person who offends you. Remember, the Lord forgave you, so you must forgive others (NLT).

The key to forgiving others is remembering how much God has forgiven you. Is it difficult for you to forgive someone who has wronged you a little when God has forgiven you so much? Realize that God's infinite love and forgiveness can help you love and forgive others.

Eleventh Night Out Questions

1) Is there someone you need to forgive? Why haven't you done so?

2) Is the fact that you haven't forgiven them bothering you at all? Is it making your relationship with them more difficult?

12TH NIGHT OUT

SHOPPING AT THE MALL

*Approximate length of night out: 3 hours

*Number of people: 2 (bring a friend)

*Money needed: depends on how much you spend when you shop

**Spend some time hanging out with your friend. Remember to allow time to do your devotion somewhere.

Scripture - James 3:14-15

But if you are bitterly jealous and there is selfish ambition in your hearts, don't brag about being wise. That is the worst kind of lie. For jealousy and selfishness are not God's kind of wisdom. Such things are earthly, unspiritual, and motivated by the Devil (NLT).

Bitter jealousy and selfish ambition are inspired by the Devil. It is easy for us to be drawn into wrong desires by the pressures of society and, sometimes, even by well-meaning Christians. By listening to the advice "Assert yourself," "Go for it," "Set high goals," we can be drawn into greed and destructive competitiveness. Seeking God's wisdom delivers us from the need to compare ourselves to others and wanting what they have.

Twelfth Night Out Questions

1) Do you ever find yourself jealously or selfishly comparing yourself to others?



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