**IFG Challenge 1st Year**

**Three Week Programme Fashion Fix Interest**

**Week One**

**Aim:** For the first two weeks the girls will have an opportunity to learn about care of hair, skin and nails.



**Objectives:**

* The girls will learn about hair care, colour and styles that suit their personalities.

**Preparation:**

* Organise a visit to a Hair Saloon
* OR Find a suitable venue and bring the hair dresser/stylist to you
* Choose one of the girls in the group who would be prepared to be a model for the evening and gain permission from her parents.
* Organise someone to thank the guest and give a small gift.

**Devotions:**

**Image of God - Digital Camera**

**1 Peter 3:3-4 - Your beauty should not come from outward adornment, such as braided hair and the wearing of gold jewelry and fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.**
Everywhere we look, we are faced with the world’s view of outer beauty. We see it when we turn on the television, or flip through a favorite magazine. Beauty is often shown as being tall and skinny, with perfect makeup, clothing, and jewelry. And it is often the perception that power, prestige, and worth come through your outer beauty.

Unlike the world, God tells us **“Your beauty should not come from outward adornment…Instead it should be that of your inner self…”** (1 Peter 3:3-4). Your outward beauty only lasts through this life here on Earth, yet the inner beauty through your faith in Jesus is shown through living a life pleasing to God, and this beauty will never fade away. This beauty was given to you through the Holy Spirit’s work in your heart and the faith He placed there through your Baptism. This inner beauty, unlike your outer beauty, will last for eternity!

In Romans 9:20-21 God says, **“But who are you, O man, to talk back to God?  Shall what is formed say to him who formed it, 'Why did you make me like this?'"** Who are we to stand in front of the mirror and criticize the way we are made? The potter, our Creator God, has made us to be just whom and what we are - and that too is a precious gift. God isn't telling us that we can't make the most out of what he has blessed us with, but he does tell us to do it with modesty and to his glory. Remember the only type of beauty that lasts, is your inner beauty, shown through the life you live in and for your Savior.

**Things to think about**: How can you let your inner beauty shine?  What ways can you keep your inner beauty fresh? What are the “prettiest” parts of your inner beauty?

**Prayer**: Thank God for your inner and outer beauty. Ask for help to let them shine. Ask for forgiveness for the times you have criticized your outer beauty.

**Teaching Session/Activity:**

**Using the IFG girl as a model** -

* Teach basic care of the hair and scalp – shampoos, conditioners, etc.
* Styles – demonstrate styles that will suit the IFG model.
* Share with the others, the different styles that would suit them.
* Demonstrate the use of either colour or foils on the IFG model.

As an extra – if your hairdresser/stylist can demonstrate how to dye eye lashes, get her to demonstrate on one of the girls, and then let the girls do each other.

**IFG Challenge 1st Year**

**Week Two Fashion Fix Interest**

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**Objectives:**

* Skin care
* Make-up
* Care of nails

**Preparation:**

* Find a Beauty Consultant or Consultants who can come and demonstrate to the girls, skin care, make up and care of nails.
* Choose one of the girls in the group who would be prepared to be a model for the evening and gain permission from her parents.
* Someone to thank the guest and give a small gift.

**Devotions:**

“I no longer live, but Christ lives in me” Galatians 2:20(NIV)
One morning I was looking in the mirror in order to “put on my face” before leaving for work and I heard the Lord whisper to my heart, “Baby girl, why do you spend more time ‘putting on your face’ than you spend on your face before me each morning?” Oh my goodness; what a powerful question! My heart sank as I put the cosmetics away. The Lord was right; I was spending more time gazing in the mirror instead of gazing into His word and at His face. Once again I was living like the old person I was before receiving Christ and not the new person I had been transformed into. Once again, I had allowed myself to consider outer beauty more important that inner beauty.
Now don’t misunderstand me, I’m not suggesting that it become necessary to put away my cosmetics forever and go through life looking less than presentable. Honey that is not going to happen! I haven’t left the house without a little lip gloss and mascara since I was fourteen. What I am suggesting is returning to the delicate balance of spending time “on my face” before the Lord each morning before spending time “putting on my face.” It’s remembering that as a believer, Christ has moved in and taken up residence within my heart and within my life.
As I allow this relationship to grow, my life will demonstrate His presence and others will see past my carefully applied make-up to the makeup of my heart. Proverbs 31:30 is the perfect reminder of this fact, “Charm is deceptive and beauty is fleeting: but the woman who fears the Lord is to be praised.” (NIV)
I want to encourage you who share my struggle with balancing inner and outer beauty. While the temptation to consider outer beauty more important than inner beauty is present; that temptation has no more power over those who believe in Christ. Because Christ lives in every believer there is hope and power available to live life in proper balance. When our desire for outer beauty is balanced with our desire for inner beauty, our lives demonstrate Paul’s words in Galatians 2:20a, “I have been crucified with Christ and I no longer live, but Christ lives in me.” (NIV)
If we will spend more time “on our face” instead of “putting on our face,” God will change us from the inside out and we will experience beautiful balance!
Dear Lord, forgive us for putting more importance on our outer beauty. Thank you for calling us into your presence and reminding us that while outer beauty fades, Your presence never fades. Empower our lives to demonstrate Galatians 2:20

**Teaching Session/Activity:**

* Skin care – demonstrate on the IFG model the processes to look after your skin.
* Make – up, demonstrate on the model what type of make-up the model should use for her type of skin.
* It would be good to put the girls in pairs and for each of them to make up their friend with over sight from the Consultant.
* Demonstrate on one of the other girls how to take care of nails and cuticles and let every girl in the group apply nail polish.

**Closing prayer**

**Notices:**

You will need notices about next week’s programme.

**Home.**

**IFG Challenge 1st Year**

**Week Three Fashion Fix Interest**



**Objectives:**

* Fitting your figure – bras.

**Preparation:**

* Advise parents that this is the subject you are covering, and mums might like to come and join their daughters for this evening’s activities
* If possible, organise a visit to a lingerie shop.
* If this is not possible, source a lingerie consultant who can bring a variety of bras to your place of meeting.
* Ensure the Consultant knows the ages of the girls.
* Organise a space that would be suitable for a fitting room.
* Organise a simple “fancy” supper to conclude the evening e.g. have a chocolate mud cake, serve with cold drink, coffee and tea.
* Organise someone to thank the Consultant and give a small gift.

**Devotions:**

Devotions for this session will depend on whether you are out visiting a lingerie shop or have someone coming in. You choose a devotion to suit the way you are running this session.

**Teaching Session/Activities:**

* Have the consultant advise why it is necessary to have the right fitting bra.
* Have the girls try on various bras that might be suitable for them.
* Conclude with supper; invite the Consultant to share supper with you.

**Coach’s Tip:**

This evening must be done in such a way that the girls do not feel embarrassed.

Conclude the evening with a mother/daughter supper.

**Closing prayer**

**Home**