



Butterfly

Year A: Worthy Women



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For His Sake



Before we begin our Butterfly journey together, let's review what it means to be a JDOK. The mission of The Order of the Daughters of the King® is the extension of Christ's Kingdom through prayer, service and evangelism. As **JUNIOR DAUGHTERS OF THE KING**, we try to **show Christ's love to the world**. How do we do that? We **pray**, we **serve**, and we **tell** others about Christ. When a young woman decides to join Junior Daughters, she receives a cross inscribed with *FHS*, which reminds her that her daily actions should always be **For His (Christ's) Sake**.

JUNIOR DAUGHTERS...

- Are baptized girls ages 7-21.
- Are girls from all over the world who make a promise of daily prayer and service which provides a special opportunity for them to grow in their Christian faith and commitment.
- Belong to chapters which provide opportunities to experience the joy of belonging to Christian fellowship with peers and mentors and discuss their faith, support each other, study the Bible and pray for the community and the world.

NATIONAL PUBLICATIONS

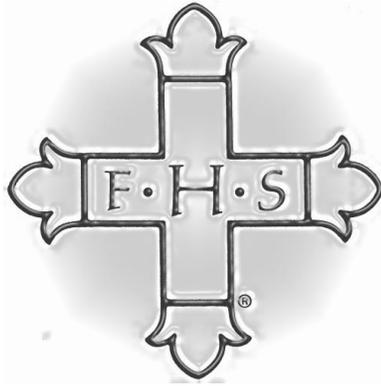
- *The Royal Cross*: The official publication of The Order of the Daughters of the King® which is published four times a year.
- *The Junior Messenger*: A special section within *The Royal Cross* which is just for JDOK. If you are a Junior Daughter who is not receiving *The Royal Cross*, please contact the National Office to ensure that your dues and address are up-to-date.
- *JDOK Handbook*: In-depth information about all things JDOK
- *Work Among Girls*: An inspirational piece written by the founding mother of JDOK.

NATIONAL WEBSITES

- www.doknational.org/page/JrDaughters
- Facebook | Junior Daughters of the King

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JDOK PRAYER

God of love,
God of life,
God of holy strength,
Guide us that by our
daily practice of prayer and service,
We may draw others to Christ.
Help us to reach up in hope,
receive in spirit,
respond in faith, and
reach out in love for all.
We pray that Your Kingdom will
come for all creation, all people
living together in love and peace,
For His Sake. Amen

THE DOK MOTTO

For His Sake
I am but one,
But I am one.
I cannot do everything,
But I can do something.
What I can do,
I ought to do.
What I ought to do,
By the grace of God, I will do.
Lord, what will you have me do?

THE JUNIOR DAUGHTERS HYMN “O Jesus I Have Promised”

O Jesus, I have promised to serve Thee to the end; Be Thou forever near me, my Master and my Friend; I shall not fear the battle if Thou art by my side, Nor wander from the pathway if Thou wilt be my Guide.

O let me hear Thee speaking in accents clear and still; Above the storms of passion, the murmurs of self will. O speak to reassure me, to hasten or control; O speak, and make me listen, Thou Guardian of my soul.

O Jesus, Thou hast promised to all who follow Thee, that where Thou art in glory there shall Thy servant be. And Jesus, I have promised to serve Thee to the end; O give me grace to follow, my Master and my Friend.

THE EPISCOPAL CHURCH HYMNAL 1982
NO. 655 'O JESUS I HAVE PROMISED' SUNG TO NO. 525 'THE CHURCH'S ONE FOUNDATION'

LESSON 1 – SARAH

PATIENT



Although Sarai/Sarah became known as the mother of a nation, her life was full of disappointment, mistakes, and even failures. Sarai, later known as Sarah, had to learn patience the hard way. While herself a young woman, Sarai's husband was promised both land and descendants as numerous as the stars. Yet Sarai bore no children. In her culture, people believed that barren women were deemed unworthy by God. They were considered FAILURES.

By the age of 75, Sarai had had enough. She did not believe God's promise that she would have children, and she decided to take matters into her own hands by having a child through her maidservant Hagar. Although in her culture, it was not unusual to use a maidservant to bear a child, it was not God's plan. It was Sarai's plan. It was a plan that caused heartache and problems for Hagar, Ishmael and even Abram/Abraham.

When Sarai was around 90 years old; three visitors arrived at her tent proclaiming that she, Sarai, would have a son and that her new name would be "Sarah." When Sarai heard this unlikely news, she LAUGHED. Give birth to a child at 90!!! Nonetheless, after years of waiting, Sarai, which means "my princess," did become Sarah, "the princess of multitudes." She became the mother of Isaac and ancestress of all of Israel. Sarah's main story can be found in Genesis 11-25, although she is also mentioned throughout the Bible: Isaiah 51:2; Romans 4:19; 9:9; Hebrews 11:11; 1 Peter 3:6

- Select one person to pray at the beginning and end as well as someone to be a timekeeper.
- Three other people are chosen to read the passage of Scripture. Pray for God's presence and for God to speak to us and for us to hear.

1. READER ONE READS GENESIS 12:1-5, GENESIS 16:1-6 SLOWLY.

- What does God promise?
- How do you think Sarai feels? How does Sarai respond?
- Why do we blame others when we are disappointed? (Gen. 16:5)

2. READER TWO READS GENESIS 17:5; 15-22.

- How did God remind both Abram and Sarai of his promise?

3. READER THREE READS GENESIS 18:1-15.

- What character trait do these verses highlight?
- How did Sarah need to grow?
- How do you respond to disappointment?

4. READER FOUR READS THE GENESIS 21:1-7.

- How does God demonstrate faithfulness?
- Did God require Sarai/Sarah to have perfect faith in order for Him to keep his promise?

5. PRAY. What can Sarah teach us about prayer?

- Can you think of a time that your prayers went unanswered?
- How did you handle it? What can you learn from Sarah's struggle?
- How does Sarah handle the wait?

Teaching Tips

PRAYER ACTIVITY

1. Invite the girls to consider how Sarah's story would have looked different if she had taken time to pray and consult God BEFORE she responded to her disappointment. Emphasize that prayer is a DAILY HABIT.
2. Introduce the girls to the prayers in the The Book Of Common Prayer, pages 810 – 84.
3. Split the girls into teams of two-three for a prayer scavenger hunt. Create a checklist and have copies.
 - a. Each team must pray in five different areas in and around your church (example: in the nave, on a prayer path, in the outdoor chapel, or in the meditation garden, etc.).
 - b. Each team will take a BCP with them and choose a different prayer to say at each site, for a total of five different prayers. You may suggest a way of choosing the prayers: one from each section, all from one section, etc.
4. When the girls return, ask the following questions:
 - a. What was it like to pray in different areas around the church? Did you find a place you particularly like?
 - b. Did you enjoy the prayers in the BCP? Why would you use the prayers in the BCP instead of just saying your own prayers?
5. Emphasize that daily prayer is a habit that each JDOK girl should create. Have them each set a schedule; each girl determines when in the day they will study and pray.

SERVICE ACTIVITY: Hand out a prayer guide instructing the Butterflies to prayer daily for different needs. Instruct them that they will be using them on a daily basis for the fall semester and we will check in with them each month. Refer to Metamorphosis Daily Prayer Guide.

LESSON 2: DAUGHTERS OF ZELOPHED

BOLD

Before we dig into our Bible story, let's get a little background. Numbers 27 tells the story of 5 sisters: Mahlah, Noah, Hoglah, Milca, and Tirzah. During this time in history women had very few rights. Women could not own land or have jobs. In fact, they were often viewed as property. When a father died, his property was left to his sons. If there were no sons, it went to the next-in-line male. This was tradition and it was not questioned until...

READ NUMBERS 27:1-8. Read and reflect on the Scripture.

- How do you think the sisters gained the necessary courage to approach Moses and demand what was right?
- Where do you see injustice today?
- How do you think that this story could relate to what you see, to the choices you make?

READ THE SCRIPTURE AGAIN. Pick out words in the passage that stand out to you. Think about how you visualize these words. Use cursive, print and bold lettering to highlight words that stand out to you. If you have a journaling Bible, draw in your Bible. If not, draw on a piece of paper.

SHARE YOUR ART AND WORDS. This is a powerful story of sisters who refused to accept the cultural norm of the day. They questioned an accepted cultural norm because they saw that it was damaging and unfair.

What would happen if

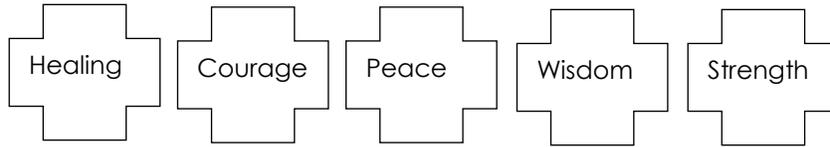
...we rejected the notion that there is nothing that we can do about injustice,

and we turned to the God for our source of strength?

How would we be changed?

Consider the confidence and courage of Mahlah, Noah, Hoglah, Milca, and Tirzah – and question ideals being imposed on you by the world and instead look to what God says.

PRAYER PROMPT: Set a timer for one minute and fill the chart below with names of people or situations that come to mind. After the chart is full, use color to prayer for them – pink if they need healing, orange if they need courage, yellow if they need peace, green if they need wisdom, purple if they need strength or rainbow if they need many prayers. After completing your chart, close your eye and put your finger on the page. Pray for the person that your finger touches.



TEACHING TIPS

The Importance of Sisterhood:

1. After completing the reading and discussing the questions, focus the discussion on sisterhood and questions the girls might have about the story.
2. Discuss power in numbers, different spiritual gifts (one body, different parts that work together.)
3. Each girl must create two-four (fewer with bigger group, more with smaller group) discussion questions about the story. As each question is asked, each girl must reply to each question (no skipping, and no "same as her's" answers). Cover these rules with the girls before starting the discussion.
4. Note: Leaders will have to know the story well, have identified the themes especially as they pertain to women, women's issues, and women's role in the Bible. Leaders will need to facilitate bringing the discussion back to the issues today's women face/religious issues women face and how sisterhood can facilitate change.

Check in – Check how the girls did with the Daily Prayer Guide.

- Is there anything that they would like to share? Any way that we can pray for you?
- How have you served in the community, at home, or at church this month? Is God calling you to more?

Service: Continue using Daily Prayer Guide. Invite one each week to remind everyone to pray.

LESSON 3: DEBORAH

WISE

Now Deborah, a prophet, the wife of Lappidoth, was leading Israel at that time. She held court under the Palm of Deborah between Ramah and Bethel in the hill country of Ephraim, and the Israelites went up to her to have their disputes decided. Judges 4:4-5



Deborah was the only woman of the Bible to be put into authority by the common consent of the people. Unlike other judges of the time, Deborah was both female and a prophet. Furthermore she was the decisive figure in the defeat of the Canaanites. Read her story in Judges 4 and note how she celebrates Israel's victory in Judges 5. She was one of three women in the Old Testament to have a poem ascribed to her.

READ:

Judges 4 – The narrative story of Deborah

Judges 5 – The Song of Deborah: a detailed and jubilant poem of triumph

Deborah is one strong sister! Women are not often leaders and wise elders in the Bible, and yet, Deborah is both. Let's take the time to really digest her story.

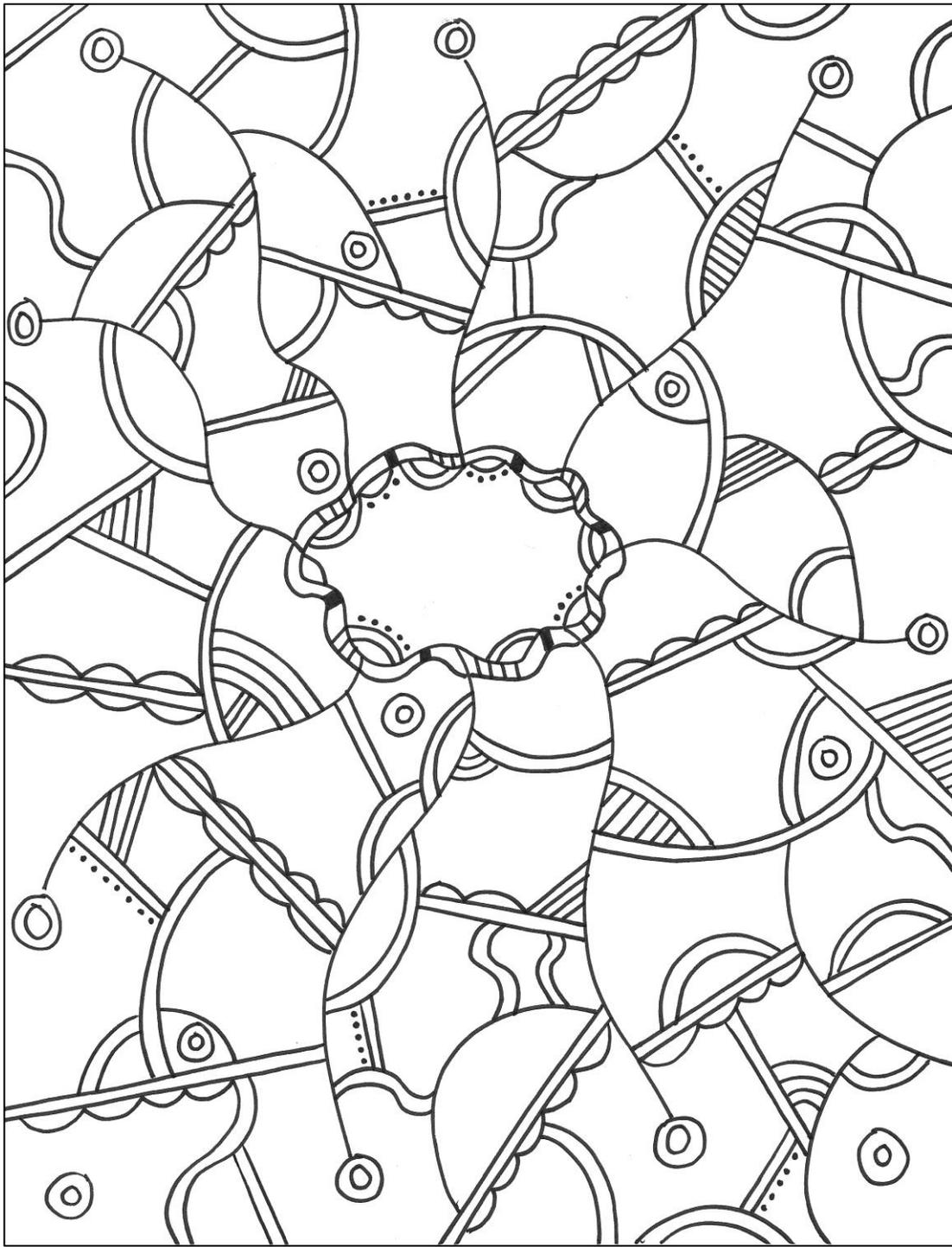
Get your group to search for the facts – who, what, where, when, why, any commands? Any promises?

- Who wrote Judges? When was it written?
- Why did Deborah act as she did?
- Who sang The Song of Deborah? What does it detail and where does it happen?
- To whom was The Song of Deborah written? Who listened to her song? What circumstance or event prompted this incident or teaching? Or say what she said?

What key words or phrases do you find in Deborah's story? Break out a highlighter or pen and WRITE IN YOUR BIBLE! Examine the meanings of words, phrases, actions, and the connections between them.

How do these words or phrases link with other Biblical wisdom? What is the meaning of this passage for us today?

PRAY: Begin by writing your favorite name for God in the center of your doodle. Some people like to call him "God" others "Heavenly Father", still other "Abba". Use whatever word you prefer. Using colored pencils and pens, write words of gratitude, words that praise Gods, words that name people and situations that you are grateful for.



Retrieved from: www.prayingincolor.com/handouts

TEACHING TIPS

The Importance of Study:

1. Have the girls read the scripture. After completing the reading and discussing the questions above, focus the discussion on the importance of Biblical study-especially as it relates to making hard choices:
 - a. How does studying their story change our understanding of women in the Bible?
 - b. How does it change our understanding of speaking out?
2. Ahead of time, explore websites that provide interpretation of scriptures. Find at least three that can be used by the girls as they grow and study. Have a laptop and some means of projection so you can share the sites you are demonstrating.
 - a. Share the sites that are the most helpful (and in line with the Episcopal church's teachings).
 - b. Demonstrate how to use the sites to find interpretation of scripture.
3. Provide the girls with a Bible verse that relates to today's lesson (or this week's sermon?) and have teams of girls look up the interpretation on different sites.
4. Have the girls share their findings from the different sites.
 - a. Why don't the sites all have the same interpretation? Why would it be important to have interpretation that agrees with the Episcopal church? Why would Christians use sites like this rather than only relying on their own interpretation?
 - b. Why is it important to study the word of God?
5. After the discussion and investigation, Bible journal for the remainder of the meeting. Journal either the scripture story of the Daughters of Zelophed or the scripture they explored on-line.

Schedule a Special Get-Together - Bible Journaling!!!! Plan to come together for a night of study, sisterhood, Bible journaling and food. Encourage the Butterflies to look to the Bible when making choices. Remind them that daily Bible study, which can be very short, fills them up with the knowledge of God.

Check in – Check how the girls did with the Daily Prayer Guide.

- Is there anything that they would like to share? Any way that we can pray for you?
- How have you served in the community, at home, or at church this month? Is God calling you to more?

Service: Continue using Metamorphosis Prayer Guides. Encourage them to create a habit of daily scripture study. To find on-line resources for daily devotions or scripture reading plans check out the following websites. Many have apps for your phone:



www.prayer.forwardmovement.org

www.bible.com

www.fevr.net/bible/the-ultimate-list-of-bible-reading-plans

www.dailyaudiobible.com/

www.biblegateway.com/reading-plans

LESSON 4: HANNAH

FAITHFUL

My heart rejoices in the Lord; in the Lord my horn is lifted high. My mouth boasts over my enemies, for I delight in your deliverance. There is no one holy like the Lord; there is no one besides you; there is no Rock like our God.

1 Samuel 2:1-2



More than anything, Hannah wanted to become a mother. Because people of the Old Testament believed that large families indicated God's favor, Hannah felt shame when she remained barren. Even worse, her husband's second wife had many children and loved to tease Hannah. In her desperation for a child, Hannah turned to God – SHE PRAYED. She did not lose hope nor did she demean others to achieve her goals. She was independent and resourceful. Her plea to God for a child is also a beautiful song of praise. She promised that if God gave her a child, she would dedicate her son's life to Him. Her son, Samuel, becomes a prophet, judge and king-maker. She demonstrates sacrifice in her fulfillment of her vows.

READ 1 SAMUEL 1:1-8. Describe Peninnah and Hannah's relationship.

- Describe Peninnah.
- How do you think that Hannah felt towards her?
- Have you had a difficult person in your life-someone who had something that you wanted but couldn't have?

Both Peninnah and Hannah were jealous for different reasons.

- How did they handle their jealousy?
- How do you handle your jealousy? To whom do you turn for help?
- What example does Hannah offer? List 3 practical ways to celebrate others success.

READ 1 SAMUEL 1:9-12. What does Hannah's prayer reveal about her character?

READ 1 SAMUEL 1-2:11 -GET THE WHOLE STORY. Although it is hard (especially as a 21st century teenager) to relate to the disappointment of not having a child when your husband's second wife can, it is EASY to relate to being hurt by words-thing about words that siblings or kids at school can say... it is EASY to relate to HUGE disappointments-divorce in your family, bad grades, even pimples when everyone

around you seems to have a clear face. Everyone who lives at some point will be hurt by someone else. The bigger question is how will you handle this, who will you turn to and what will you do?

PRAY: Hannah faced many challenges and hardships. While some would turn away, Hannah turned to God and increased her prayer. Hannah teaches us to turn to God daily. Writing in a prayer journal every night before bed is a great way to establish A HABIT of PRAYER.

CREATE A JDOK PRAYER JOURNAL

SUPPLIES (Per Journal):

50 - 3 hole punched 5 1/2 x 8 1/2 pieces of cardstock	3 - 1 inch hinged binder rings
2 small envelopes	Pictures, glue and ribbon for cover
1 sheet of journal starters printed on clear mailing labels	<i>NOTE: An office supply store can cut and punch the papers.</i>

INSTRUCTIONS:

1. Choose a cover, assemble your pages. Consider using a few colored pages and/or onion skin papers as well as small envelopes for stashing keepsakes. Use hinged binder rings to bind your journal.
2. Decorate your journal covers with pictures, Bible verses, sharpies and ribbon.
3. Add journal starters to the center of each page.
4. Invite your friends to leave you a message of encouragement.

Journal Starters

These can either be handwritten or formatted to fit on mailing labels, printed, and adhered on the journal pages.

- ✦ Where do I see God?
- ✦ My favorite Bible verse in my own words:
- ✦ What I want the world to know about Jesus:
- ✦ A time God brought someone in my life for me to SERVE:
- ✦ A time that I shared CHRIST'S LOVE with others:
- ✦ Obstacles in my life:
- ✦ A time God provided someone to help me:
- ✦ PRAISES:
- ✦ THANKSGIVINGS:
- ✦ A time when I saw GOD'S JOY:
- ✦ A time when I felt GOD'S LOVE:
- ✦ Lord, this is hard. Help me find PEACE as I...
- ✦ Lord, this is hard. Help me be KIND as I...
- ✦ Lord, this is hard. Help me find SELF-CONTROL as I...
- ✦ I see GOD'S GOODNESS in...
- ✦ A situation where I felt God's FAITHFULNESS:
- ✦ Lord, I am struggling. Help me.



TEACHING TIPS

The Importance of Faithfulness:

1. Focus discussion on “mean girls” who are, just like them, created in the image of God. Christians can have disagreements without being nasty. Furthermore, as Christians we are called to look for the good in others.
2. Activity: Paper Plate Affirmations.
 - a. Pass out a plain white paper plate to each girl. Have them write their name in the center of the plate.
 - b. Have the girls pass their plate to the left. Each time a girl receives a plate with a different girl's name on it, she must write a spiritual gift or talent that she sees in the girl in whose name is in the middle of the plate.
 - c. Continue passing the plates in a circle and writing on them until everyone has written on everyone else's plate.
 - d. Give the girls time to read what others wrote about them, what they see in them. Remind them that not only are we created different, we are called to build each other up.
3. Activity: Butterfly Prayer Journals. Unlike the Prayer Guides, the prayer journals are meant to be used as a time of reflection. Some DOK/JDOK like to use these once a week, others once a month. Choose a frequency and commit to it!
4. (Optional): Bring reflective music such as Taize or Hildegard of Bingen to play quietly while the girls work on their journals.

Check in – Check how the girls did with the Daily Prayer Guide.

- Is there anything that they would like to share? Any way that we can pray for you?
- How have you served in the community, at home, or at church this month? Is God calling you to more?

Service: Tell the girls that we will be using the gratitude beads on a daily basis this semester. Ask them to be mindful of changes that happen in their lives as they start each day with gratitude towards God.

LESSON 5: ABIGAIL

DIPLOMATIC

May you [Abigail] be blessed for your good judgment and for keeping me from bloodshed this day and from avenging myself with my own hands. - 1 Samuel 25:33

Described as beautiful and intelligent, Abigail looked out for her husband Nabal's interests and acted as a peacemaker and a mediator when he angered David. When Nabal was unable or unwilling to act, she took charge. Throughout the negotiations with David, Abigail remained respectful but firm.

Her actions saved her people.

READ: READ 1 SAMUEL 25:2-44 OUT LOUD AS A GROUP. Sometimes one reading is enough. Often reading two or three times allows better understanding.

WRITE YOUR OWN TRANSLATION: Write your own translation of Abigail's story. Imagine how you would tell the story to a friend; write the story in a letter, or even a text. Make it clear and keep it simple.

ASK YOURSELF... Once your translation is complete, consider the following questions:

- What was going on in Abigail's world? Was the problem in her life about religion?
- How did Abigail bring God into the problems she faced in her life?
- How can you bring God into your problems?
- Under what situations are we called to action?
- What sticks with you about Abigail?

LISTEN: Listen to your JDOK sisters' translations and hear their thoughts on the questions. Share your translation as well as your thoughts on the passage. Be respectful and listen when others share.

PRAY: Abigail was a woman of great strength- physically and spiritually- who looked to the Lord. Try praying the Lord's Prayer as your body moves through the yoga positions of the Sun Salutation. As you pray, you will be strengthening yourself both physically and spiritually. Consider adding this discipline to your daily routine for 28 days. Reflect on the spiritual and physical changes in your body. Did this practice help you to grow closer to God? Should this be a daily practice for you to cultivate?



THE LORD'S PRAYER

USING MIND AND BODY TO PRAY

- 1- 4:** Our father, who art in heaven, hallowed be thy name
5: thy kingdom come (right leg) thy will be done (left leg) on earth as it is in heaven
(lower from plank to flat on the ground)
6: give us this day our daily bread and forgive us our trespasses
7: as we forgive those who trespass against us
8/9: and lead us not into temptation (right leg) but deliver us from evil (left leg)
10-11: for thine is the kingdom and the power....Amen.



TEACHING TIPS

The Importance of Diplomacy:

1. OPTION: Have the girls break into two groups and film a “news report” of what happened. Encourage them to interview Nabal's men; David, Abigail;s servants, and Abigail herself. Have them show their reports to the group.
2. ACTIVITY:
 - a. Have the girls brainstorm a list of conflict that they have witnessed within their homes, churches or communities.
 - b. Together with their leaders, have the girls brainstorm ways to address these challenges. Try to distill a list of no more than 10 solutions.
 - c. As a group, trace around one of the girls on butcher paper, and draw in the ways to live diplomatically. For example, at the head you might have, “Think about how Jesus talked to those who criticized him or questioned him when faced with your own critics or those who don't understand your choices.” At the mouth, you might have, “Share your story with those who don't understand what it means to have a relationship with God: Father, Son, and Holy Spirit.” Fill in till you have a model modern young lady living a diplomatic/peaceful life.
3. PRAYER JOURNAL: Give the girls 10-15 minutes to use the journals they created last month. Encourage them to give to God situations of conflict.

Check in – Check how the girls did with the Daily Prayer Guide.

- Is there anything that they would like to share? Any way that we can pray for you?
- How have you served in the community, at home, or at church this month? Is God calling you to more?

Service: Remind them that Daily prayer is often what spurs Christians into action. They should be praying each day using their Butterfly Prayer Guide.

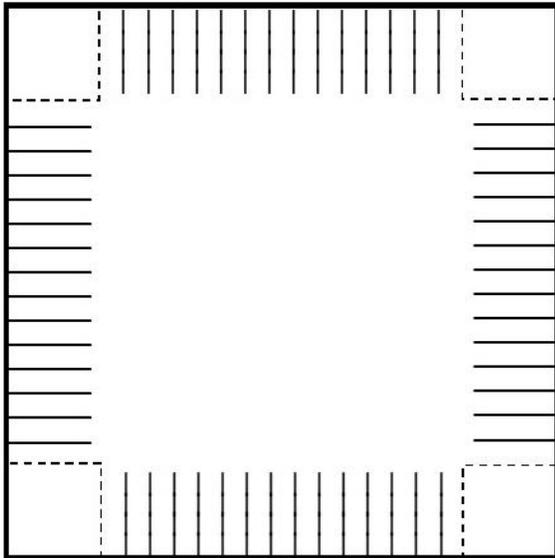
“Prayer in action is love, love in action is service.” – Mother Teresa

FEAST OF THE HOLY INNOCENTS

DECEMBER 28 ✕ MATTHEW 2:1-12

The Feast of the Holy Innocents is one of the two feast days that JDOK are especially invited to honor. Celebrated on December 28, The Feast of the Holy Innocents is a time for honoring and serving children, especially children in physical or spiritual need. While Junior Daughters cannot fix all the problems facing children, they CAN DO SOMETHING... and what they can do, they ought to do, and what they ought to do, they will do!

The Metamorphosis program is designed to honor the feast days as an entire chapter. Creating a No-Sew Prayer Blankets and cards are suggested as the activity for the Feast of the Holy Innocents activity for Metamorphosis Year A.



NO-SEW PRAYER BLANKET

A handmade blanket not only provides warmth, but also a sense of love and security. Children's hospitals, nursing homes, and homeless shelters are great places to donate blankets.

SUPPLIES & TOOLS:

Fleece –two yards each of two coordinating prints, or a print and a solid	Scissors
(Optional) masking tape	Ruler

DIRECTIONS:

1. Layer the two pieces of fleece and cut a 56"x70" rectangle.
2. Cut a 7" square out of each corner of both pieces of fleece.
3. Make fringe around all sides of both pieces by cutting 7" into fleece at 1" intervals.
4. Place fleece rectangles wrong sides together.
5. Knot fringe pieces together using one strand from the top and one from the bottom to tie each knot. Tie together along all four sides.
6. Pray for the recipients, and then donate.



Local chapters of Project Linus can help with the distribution of blankets: www.projectlinus.org.

CARD FOR NO-SEW PRAYER BLANKET

SUPPLIES

White cardstock	Small safety pins
Stamps and stickers	Curling ribbons
Markers	Scissors

INSTRUCTIONS:

1. Decorate and personalize the front of the pre-printed prayer cards.
2. Punch a hole in the upper left corner of the card, thread ribbon through the hole and attach to the prayer blanket with a safety pin.
3. End by praying for the children who are hurting in this world, the HOLY INNOCENTS, especially those who will receive the prayer blankets.

PRAYER FOR THE HOLY INNOCENTS

Almighty Father, we come before you to pray for all children who are physically and emotionally abused, neglected, lonely, unloved, hungry, afraid, kidnapped, missing, and victimized by natural disasters and war. You know each one by name and you see their suffering and pain. Protect us, Father, from harmful and dangerous situations. Fill our lives with the joy of your presence and grant us hope for a better life believing in Your Son and in our infinite value to you. Through Jesus Christ our Lord we pray. Amen.

1

This blanket was made
just for
YOU
To bring you
COMFORT
To remind you that you
are
LOVED
To share in your
JOY
This blanket is to wrap
you up
When you're cold
When you're hurting
When you need to
SNUGGLE.

2



3

With
BLESSINGS
With
LOVE
With
PRAYERS
The girls and young women
from
St. Mary's Episcopal
Junior Daughters of the King

LESSON 6: MARY

GRATEFUL

*Blessed are you among women, and
blessed is the child you will bear!*

- Luke 1:42 b



Mary, the mother of Jesus, is the most honored of all the Biblical women. It is easy to forget what a difficult position she was in when she became His mother. As a young, socially insignificant unmarried girl, Mary received a visit from the Archangel Gabriel. He gave her news that must have been both thrilling and terrifying: She was to bear God's son. During her time in Israel, the punishment for having a child out of wedlock was death by stoning. Mary demonstrated courage when she answered the angel with "I am the Lord's servant." Throughout her life, Mary demonstrated courage as she protected her young son from Herod's soldiers who were commissioned to kill Jesus, as she stood by her adult son as he was convicted and crucified, and as she helped lead the new church after Jesus' ascension. Her story is so important that it can be found in all 4 Gospels as well as Acts.

One of the most important pieces of Mary's story is a song she sings, call the Magnificat, when she first sees her cousin Elizabeth. This song can be found in the Bible as well as several places in the Book of Common Prayer and the Episcopal Church Hymnal.

READ AND REFLECT on several places where Mary's song is told:

Luke 1:46-55 | The Magnificat BCP 119 | Episcopal Church Hymnal S186 & 437

- What do we mean when we talk about having a "call" from God?
- How does a person "answer a call"?
- Do you know anyone that has had a call from God or answered a call from God?
- What if God calls us to do something that is not in our plans? What if he calls us to do something that we don't want to do?

READ AND CREATE. Rewrite The Magnificat as if it were a letter.

- What is Mary saying?
- What emotion is Mary feeling?
- How does Mary view God and what He has asked her to do?

- Who is Mary thinking about as she sings?
- Does Mary regret following God's call?

SHARE your letter.

- What sticks with you about Mary's story?
- Are there parts of her song that remind you of the Song of Hannah (1 Samuel 2:1-10)?

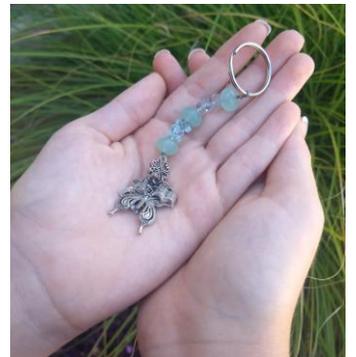
PRAY WITH GRATITUDE BEADS. *Despite being an unmarried teenager, Mary sang praises to God when she discovered that she was pregnant. Her life was full of hardships, yet the majority of her recorded words are words of praise. How would your life be impacted if you used Mary as a role model and began each day with praise?*

Gratitude Beads are simple and subtle reminders to find things to be grateful for throughout your day. Use these as prayer or meditation beads; hang them on a keyring, in a window or clipped onto a belt or purse. Remember 10 GOOD THINGS in your life every day and remember that you are loved!

GRATITUDE BEADS: *A Joyful Way to Pray*

MATERIALS:

1 large bead	3 medium beads	3 small beads
Beading thread	Beading tool kit	Scissors
Crimping beads	Key ring	



INSTRUCTIONS:

SELECT BEADS : 1 large God bead, 3 medium people beads, 6 small thing beads. Place beads in order on beading mat or washcloth.

STRING BEADS: String the beads in the same pattern as in the picture above. Add filler beads. Start at right and move to left.

COMPLETE: Crimp bead and key ring to thread after all beads are on. Pull end of thread through key ring and then back through the open crimp bead. Pull taught with bead crimping tool. Crimp the crimp bead to secure. Trim excess thread.

PRAY: Each day as you touch a different sized bead, you are reminded to be thankful the following: **CREATOR:** (1 large bead) **PEOPLE :** (3 medium beads) **LITTLE THINGS OR EVENTS :** (6 small beads)

TEACHING TIPS

The Importance of Gratitude:

1. Focus the conversation on Mary's gratitude which she gave freely under dire circumstances. Mary's life was full of challenges, yet she was grateful. How can you be grateful?
2. Conversation starters:
 - a. It is easy to be grateful when things are going well or as wished or desired. What happens when things get difficult?
 - b. How can you be grateful for difficult times?
 - c. Encourage them to consider how they might grow from challenges. There will be times when they will see no point to what happened or how you might grow. Encourage them to pray for that wisdom.
3. Prayer journal prompt: Give the Butterflies five to ten minutes to write in their prayer journals. Direct them to one of the following prompts:
 - a. Where do I see God?
 - b. A time God provided someone to help me:
 - c. THANKSGIVINGS:
 - d. A time when I saw GOD'S JOY:

Check in – Check how the girls did with the Daily Prayer Guide.

- Is there anything that they would like to share? Any way that we can pray for you?
- How have you served in the community, at home, or at church this month? Is God calling you to more?

Service: Remind them that Daily prayer is often what spurs Christians into action. They should be praying each day using their Butterfly Prayer Guide.

FEAST OF THE PRESENTATION

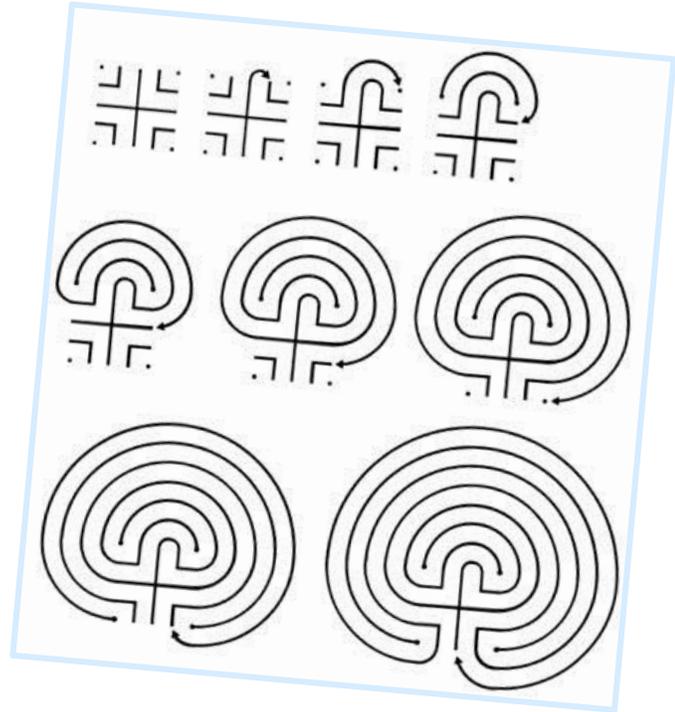
FEBRUARY 2 ✕ LUKE 2:22-40

The Feast of the Presentation is one of the two feast that Junior Daughters are especially invited to observe. As many parents present their children for baptism, the Feast of the Presentation commemorates the day when Jesus was presented by His parents as an offering to God. Jesus and His family were met by Simeon, a righteous man who, upon the inspiration of the Holy Spirit, recognized Jesus as the Messiah.

The Metamorphosis program is designed to honor the feast days as an entire chapter. Creating a Prayer Labyrinth is suggested for the activity for the Feast of the Presentation activity for Metamorphosis Year A.

PRAYER LABYRINTH: A PATHWAY TO GOD

A prayer labyrinth is not a maze with paths which aim to confuse. Rather a labyrinth is a one-way path to and from the center of a pattern. An ancient Christian tool for meditation and prayer, the labyrinth has no dead ends. While walking slowly and breathing deeply, the labyrinth pilgrim (you) is invited to offer God a prayer, a question, thanksgiving, or to seek guidance. Think of the labyrinth as a short prayer walk.



A PRAYER FOR THE FEAST OF THE PRESENTATION

Dear Heavenly Father, we thank you for allowing us the privilege to serve you. With humble hearts, we present to you this day our children for your use. We pray that you will consecrate them to your service and cover them with your grace, that they may be a blessing to all they meet each day. Let their lives be a mirror of the life of your dear Son, our Lord and Savior, Jesus Christ, who lives and reigns with you and the Holy Spirit, one God forever and ever. Amen.

SUPPLIES

Your imagination	Acrylic paints	
1 rock per girl	Sharpies	Painters tape or pine needles, sand or rope

INSTRUCTIONS

Making a labyrinth can be lots of fun. Using the diagram above, make a labyrinth out of simple objects such as painter's tape taped to the ground or pine needles or sand that you and your JDOK friends rake into the shape of a labyrinth. After you make the labyrinth shape, walk the path carrying a rock on which you have written a care or worry that you would like to give to the Lord.

LESSON 7: ANNA

DEVOTED

Anna talked about the child to everyone who had been waiting expectantly for God to rescue Jerusalem. -Luke 2:38

Luke tells the story of Anna, an elderly widow who lives in the temple, in three short verses. Yet in those verses we see a life of pain, joy, suffering, devotion, and vision. Look carefully at these short verses and see what God can teach you.

READ LUKE 2:22-38.

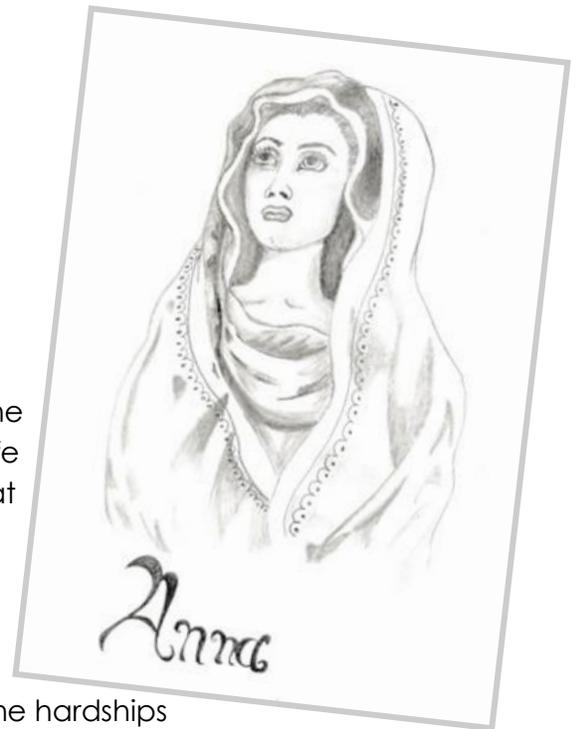
- Why did she live in the temple?
- Why did she continue to worship the Lord despite the hardships in her life?
- In what ways does Anna's story apply to you and your life right now?

READ THE SCRIPTURE AGAIN. Pick out words in the passage that stand out to you. Think about how you visualize these words.

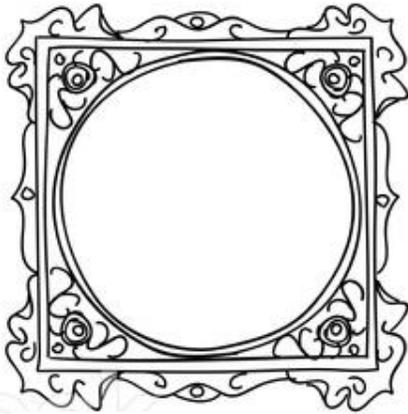
CREATE: Use cursive, print and bold lettering to highlight words that stand out to you. Then draw or write in your Bible – Use words and pictures to illustrate what you are hearing from God. (For more information about Bible journaling, please see Junior Daughter's Handbook, page 57).

After the drawing is complete use color to fill in the design. Watercolor, colored pencils, crayons or whatever you have on hand will work. Be mindful that some options such as markers may bleed through onto the next page. To check for bleeding, use your markers or watercolor on a page at the end of your Bible.

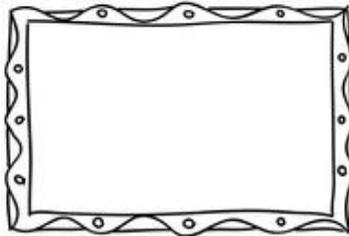
SHARE: Show your words and art to others in the group. Share what you will take home from Anna's story.



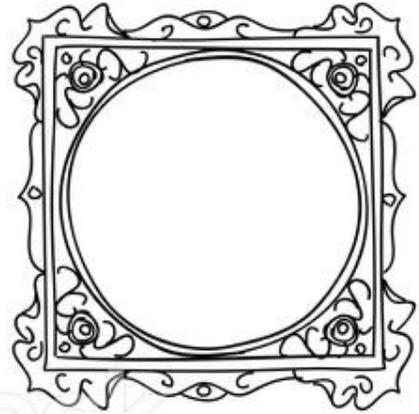
PRAY ALONE: Take a moment to think through the gallery of your mind. Write the name of the person who comes to mind under each picture frame. As you draw a picture or sketch of them, lift them up to God in prayer.



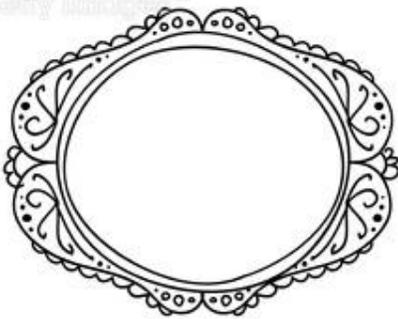
ENCOURAGED ME



LOVES ME



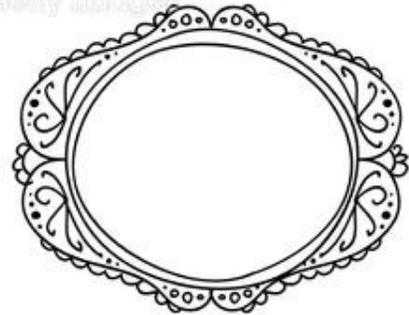
TAUGHT ME ABOUT GOD



PRAYED FOR ME



SHARED THEIR FAITH
WITH ME



FORGAVE ME

TEACHING TIPS

The Importance of Devotion:

1. Remind the girls of the Bible Journaling award. Ask how they are doing. Give the girls 45 minutes to journal verses relating to Anna. They can journal in either their Bible or in the Prayer Journal.
2. Share their journaling with the other Butterflies. How did God speak to them.

Check in – Check how the girls did with their gratitude beads.

- Is there anything that they are particularly grateful for?
- Is anyone continuing with the prayer guide?
- How have you served in the community, at home, or at church this month? Is God calling you to more?



LESSON 8: PHOEBE

GENEROUS

I commend to you our sister Phoebe, a deacon of the church in Cenchreae. I ask you to receive her in the Lord in a way worthy of his people and to give her any help she may need from you, for she has been the benefactor of many people, including me.

-Romans 16:1-2

In just a few words, Paul introduces us to Phoebe, presumably the bearer of his letter to the Romans. As he presents her to us, Paul highlights 3 things: First: He calls her “our sister,” which tells us that she was a member of the Christian church. Second: He calls her a deaconess – a leader and minister in the church. Third: Paul tells us she was a benefactor of many people, including him. It is easy to imagine a strong, hospitable woman who taught and lead others to Christ.

WRITE ROMANS 16:1-2 IN YOUR PRAYER JOURNAL OR ON A BLANK, UNLINED PAGE. After it is written read it aloud.

HIGHLIGHT OR CIRCLE WORDS YOU WANT TO CLARIFY. Use a dictionary or dictionary app to get a deeper understanding of what is being said. (*Webster 1828* adds an interested twist to word definitions because it has many Biblical reference.)

- What is a deacon and what do they do?
- What does being a benefactor mean?
- How can you be a benefactor to those in your life?

READ FOR CONTEXT. Read the verses before and after. Research who wrote that book of the Bible and when it was written.

WRITE ROMANS 16:1-2 AGAIN IN A DIFFERENT TRANSLATION. Did you notice anything different? Did this version speak highlight something new?

WRITE YOUR OWN VERSION. How would you apply this verse to your life?

PRAY ALONE: Phoebe was a benefactor of many people. She radiated warmth and generosity to others around her. There are multiple ways to be generous: money, time, talent, and PRAYER. Matthew 5:16 tells us to let our lights shine so that others will see God's glory. Create sun rays by using words to highlight people and situations that you would like to put in God's hands? Who is God bringing to mind as you pray? Are you being called to serve?



TEACHING TIPS

Materials

- A Bible (if you have more than one version, get that one, too). Paper or journal
- Colored pencils, pens and/or highlighters
- A computer or phone with BibleGateway or other Bible study app
- See arabahjoy.com/verse-mapping-beginners-unlock-scriptures/ for more information about Verse Mapping

The Importance of Generosity:

Note: Leaders need to focus the discussion on friendships, dealing with friends, and thinking deliberately about friendships.

1. Give the girls 10-15 minutes to write in their PRAYER JOURNALS. Especially invite them to think/write about a time when someone was generous with them.
2. Make friendship bracelets. For instructions: www.purlsoho.com/create/2011/07/10/mollys-sketchbook-friendship-bracelets/
3. While making bracelets, discuss the following questions:
 - a. As younger women, we tend to allow friendships to develop organically. How can we be more deliberate about our relationships?
 - b. What are the pros and cons of being deliberate about choosing who we befriend?
 - c. How do we be a friend in a time of stress like finals?
 - d. What do we want and need to get from our friendships?

Check in – Check how the girls did with their gratitude beads.

- Is there anything that they are particularly grateful for?
- How have you served in the community, at home, or at church this month? Is God calling you to more?

Service: Give your friendship bracelet to the first person that you see after you complete the bracelet. Pray each day for the person for one week.

LESSON 9: WORTHY WOMEN

MANY PARTS; ONE BODY

The Bible is full of female heroes. You may need to look for them, but they are there. There is no one pattern for "Godly Woman"- young women, teen, elderly, educated, illiterate, business women, servants... They are all over the map – literally. Today let's take a look at three different women and see if we can find a theme that runs throughout them.

Lydia Acts: 16:11-15

- Business woman who sold purple cloth
- From Philippi
- Provider - sheltered missionaries Paul and Silas
- Decision-maker - became a Christian without first becoming a Jew

Pricilla | Acts: 18; Romans 16:3-5

- Church builder
- One of the first converts in Rome
- Noteworthy – in this time men were typically mentioned first; however Pricilla is mentioned BEFORE her husband
- Teacher – in this time women did NOT traditionally teach; some think that she wrote in Hebrew

Tabitha (Dorcas). Acts 9:36-42

- Beloved – her death was loudly mourned
- Servant – sewed clothes for the poor and needy
- Devoted to service

After reading each woman's story, read 1 Corinthians 12:7 and answer the following questions:

What kind of gift did have and how did she use it?

Would you say her gift was a showy gift or a behind the scene gift?

Why do you think God give His followers such a variety of gifts.

What do you think teaches us about being a woman of God?

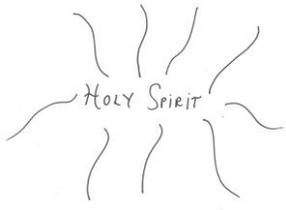
What characteristic or action did you see in all three women?

God's holy word is his love letter to us. He shows us the beauty of his creation: especially in the diversity of strong women with different gifts and talents, but ALL having a place in his kingdom.

As you complete your study of some of the women of God, what will you carry with you?

- Is there an example to follow?
- Are there actions to take or avoid?
- How could my understanding of these diverse women of God affect me on a day to day basis? What may prevent that from happening?
- How am I using the spiritual gifts that God gave me?

PRAY: Using your PRAYER JOURNAL and colored pencils, put your prayers before God.

<p>1) Write your name for God on a piece of paper. Draw a shape around it or just start to doodle. The drawing becomes a prayer space.</p>	<p>2) Continue to add marks and shapes. Focus on the name you chose. If words come, pray them; if not, enjoy the silence.</p>	<p>3) To pray for a person, write their name on the page. Draw around it. Add color, if you want. Keep drawing as you release the person into God's care.</p>	<p>4) Add other people to your drawing. Think of each stroke of your pen as a prayer for them. Take a breath or say "Amen" between each person.</p>
			

Retrieved from: www.prayingincolor.com/handouts

TEACHING TIPS

The Importance of Prayer and Service:

1. READ 1 Corinthians 12:12-27.
 - a. Encourage the girls to think about the different roles that the women they studied over the year had. How they served in different ways, at different times and places, and with different women with different strengths, YET God had a purpose for each woman to fulfill.
2. Have the girls read the scriptures related to Lydia, Pricilla, and Tabitha.
 - a. How was they live a life of service to their family? How did she help (serve) her church? Her community?
3. Ahead of time, create a list of summer service opportunities at the church or schedule a guest speaker from the lay ministry at your church. This should be the person that regularly works with your church's outreach or ministries. Ask this volunteer speaker to be prepared to introduce the outreach efforts and/or ministries of your church.
 - a. Why do we volunteer? What do we learn about God when we volunteer?
 - b. What does it mean to be "called to service?"
4. After the discussion and guest speaker, work with the girls to determine which ministries the girls will try and when with an emphasis on trying something different each month.

Check in - How is daily study and daily gratitude going? Need to make a change? How will you keep up this practice during the summer? Will you choose to focus on a different daily habit to get closer to God?

Service: Discuss service options that they would like to do as a group during the summer. Schedule at least one group service.

Butterfly

JDOK AWARDS



Year A Worthy Women | Godly Gifts



Year B Our Story of Salvation | Lord, Hear Our Prayer



Year C The Wonderful Wisdom of God | Sharing God's Story

CROSS AWARD

The Cross Award helps Butterfly young women put their JDOK promises in action by serving at home, church, and in the community. They learn more about JDOK itself, as well as take time to honor feast days and find time for quiet reflection. When they complete their Cross Award, they are ready to take or renew their JDOK promises.

		DATE	INITIALS
<input type="checkbox"/>	RECITE	JDOK Motto & Prayer	
<input type="checkbox"/>	SING	JDOK Hymn v. 1	
<input type="checkbox"/>	HONOR	Feast of the Holy Innocents or Feast of the Presentation	
<input type="checkbox"/>	HONOR	Retreat or day of reflection (see JDOK Handbook p. 55-57)	
<input type="checkbox"/>	SERVE	Giving back to home _____	
<input type="checkbox"/>	SERVE	Giving back to church _____	
<input type="checkbox"/>	SERVE	Giving back to community _____	

EVANGELISM AWARD

In Year A, we get to know a variety of women from the Bible who exhibit Christian virtues. Each one has different gifts and serves God in unique ways. What are your gifts? Which woman do you relate to? How can you live your life in such way that you become the hands and feet of Christ to others? How does JDOK help you stay on God's path?

		DATE	INITIALS
[]	STUDY		
			Sarah: Patient
[]	STUDY		
			Daughters of Zelophed: Bold
[]	STUDY		
			Deborah: Wise
[]	STUDY		
			Hannah: Faithful
[]	STUDY		
			Abigail: Diplomatic
[]	STUDY		
			Mary: Grateful
[]	STUDY		
			Anna: Devoted
[]	STUDY		
			Phoebe: Generous
[]	STUDY		
			Worthy Women: Many parts; One Body

MUSIC AWARD

Some girls love athletics, others art, and still others MUSIC. For all those music loving JDOK, this award is for you. Each year, the Metamorphosis Program invites JDOK girls to independently learn to sing or play a variety of songs from the Hymnal.

The hymns chosen for Year A relate to Mary's story found in Luke 1:46-55. Often called The Magnificat, Mary's song was sung after she was visited by the angel and her cousin Elizabeth praised her for her faith. Comparisons can be made between The Song of Mary and the Song of Hannah found in 1 Samuel. Both songs emphasize God's holiness and power as well as the redemption of his people.

Found in the service music part of the hymnal, Canticle 3 The Song of Mary's tune is a Simplified Anglican Chant adapted from Plainchant which has no built in rhythm.

Written in 1813, TELL OUT MY SOUL is a hymn which paraphrases the song that Mary and Elizabeth sang in Luke.

DATE INITIALS

Canticle 3 The Song of Mary

[] RECITE/SING The Episcopal Church Hymnal No. 186

Tell Out My Soul

[] RECITE/SING The Episcopal Church Hymnal No. 437

BIBLE JOURNALING AWARD:

<p>Sarah Patient Jeremiah 29:11 Luke 18:27 Philippians 4:6</p>	<p>Daughters of Zelophed Bold Joshua 1:9 1 Corinthians 16:13 Isaiah 1:17 Romans 12:9-13</p>	<p>Deborah Wise James 1:5 Proverbs 1:7 Proverbs 19:20 Micah 6:8</p>
<p>Hannah Faithful Romans 12:12 Lamentations 3:21-24 Philippians 4:6</p>	<p>Abigail Diplomatic Colossians 3:15 Psalm 119:165 Matthew 5:9</p>	<p>Mary Grateful Psalm 28:7 Psalm 79:13 Colossians 4:2</p>
<p>Anna Devoted Psalm 34:8 Isaiah 41:10 Romans 15:13</p>	<p>Phoebe Generous 2 Corinthians 9:6-8 1 John 3:18 1 Corinthians 12:7</p>	<p>Worthy Women Many Parts: One Body Romans 12: 4-8 Proverbs 31:29-30 Ephesians 4:7</p>

Junior Daughter of the King

Butterfly Award

I have completed the requirements necessary to receive
THE JUNIOR DAUGHTERS OF THE KING BUTTERFLY A AWARD.

As I continue to grow, I will seek opportunities to pray, to serve, and to tell others about Christ. I will remember that I am but one, but I am one. I cannot do everything, but I can do something. What I can do, I ought to do. What I ought to do, by the grace of God, I will do.

Signature of JDOK Girl

Signature of JDOK Directress

Date

