



DAZZLING
G.E.M.S.

Memory Verse Cards

Dazzling G.E.M.S. Curriculum

Girls Equipped, Mentored and Set Apart

So LOVED



SO LOVED • LESSON 1

I Am So Loved

“See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!”

1 John 3:1



SO LOVED • LESSON 2

I Am A GEM

“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

Matthew 5:16



SO LOVED • LESSON 3

God's Promises

“For no matter how many promises God has made, they are “Yes” in Christ.”

2 Corinthians 1:20



SO LOVED • LESSON 4

The Greatest Love Story

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

John 3:16



SO LOVED • LESSON 5

Discovering Your True Self

“For we are God's masterpiece, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

Ephesians 2:10 (NLT)



SO LOVED • LESSON 6

Living from Love

“We love because he first loved us.”

1 John 4:19



SO LOVED • LESSON 7

You Are Treasured

"You are precious and honored in my sight, and I love you."

Isaiah 43:4



SO LOVED • LESSON 8

You Are Radiant

"Those who look to him are radiant; their faces are never covered with shame."

Psalm 34:5



SO LOVED • LESSON 9

You Are Wonderfully Made

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Psalm 139:14



SO LOVED • LESSON 10

You Are Renewed

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Romans 12:2



SO LOVED • LESSON 11

You Are Empowered

"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

2 Timothy 1:7



SO LOVED • LESSON 12

You Are Brave

"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Joshua 1:9



SO LOVED • LESSON 13

You Are Called

“Before I formed you in the womb I knew you, before you were born I set you apart.”

Jeremiah 1:5



SO LOVED • LESSON 14

You Are A Light

“Arise, shine, for your light has come, and the glory of the LORD rises upon you.”

Isaiah 60:1



SO LOVED • LESSON 15

You Are Purposeful

“To act justly and to love mercy and to walk humbly with your God.”

Micah 6:8



SO LOVED • LESSON 16

You Are World-Changing

“And who knows but that you have come to your royal position for such a time as this?”

Esther 4:14

Grace, Poise and Presence



GRACE, POISE AND PRESENCE • LESSON 1

What Is Etiquette? Why It Matters

“Clothe yourselves with compassion, kindness, humility, gentleness and patience.”

Colossians 3:12



GRACE, POISE AND PRESENCE • LESSON 2

The Power of Words

“Gracious words are a honeycomb, sweet to the soul and healing to the bones.”

Proverbs 16:24



GRACE, POISE AND PRESENCE • LESSON 3

Respect: Self, Others & Authority

“Be devoted to one another in love. Honor one another above yourselves.”

Romans 12:10



GRACE, POISE AND PRESENCE • LESSON 4

First Impressions & Presence

“A good name is more desirable than great riches; to be esteemed is better than silver or gold.”

Proverbs 22:1



GRACE, POISE AND PRESENCE • LESSON 5

Home & Hospitality Etiquette

“Share with the Lord’s people who are in need. Practice hospitality.”

Romans 12:13



GRACE, POISE AND PRESENCE • LESSON 6

Public Etiquette

“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

Matthew 5:16



GRACE, POISE AND PRESENCE • LESSON 7

Table Manners, Table Settings & Utensils

“So whether you eat or drink or whatever you do, do it all for the glory of God.”

1 Corinthians 10:31



GRACE, POISE AND PRESENCE • LESSON 8

Hygiene, Grooming & Personal Presentation

“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

Psalms 139:14



GRACE, POISE AND PRESENCE • LESSON 9

Conversation Skills & Active Listening

“Everyone should be quick to listen, slow to speak and slow to become angry.”

James 1:19



GRACE, POISE AND PRESENCE • LESSON 10

Introductions & Social Confidence

“Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Joshua 1:9



GRACE, POISE AND PRESENCE • LESSON 11

Digital Etiquette

“Above all else, guard your heart, for everything you do flows from it.”

Proverbs 4:23



GRACE, POISE AND PRESENCE • LESSON 12

Boundaries, Respect & Peer Pressure

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

Romans 12:2



GRACE, POISE AND PRESENCE • LESSON 13

Confidence, Body Language & Feminine Poise

“She is clothed with strength and dignity; she can laugh at the days to come.”

Proverbs 31:25



GRACE, POISE AND PRESENCE • LESSON 14

Emotional Intelligence & Conflict Resolution

“A gentle answer turns away wrath, but a harsh word stirs up anger.”

Proverbs 15:1



GRACE, POISE AND PRESENCE • LESSON 15

Leadership Etiquette & Personal Branding

“Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.”

1 Timothy 4:12



GRACE, POISE AND PRESENCE • LESSON 16

Review & Etiquette Graduation Preparation

“Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”

Philippians 1:6

Loved, Connected and Unshaken



LOVED, CONNECTED AND UNSHAKEN • LESSON 1

What Are Emotions?

“Rejoice with those who rejoice; mourn with those who mourn.”

Romans 12:15



LOVED, CONNECTED AND UNSHAKEN • LESSON 2

My Emotional World

“Search me, God, and know my heart; test me and know my anxious thoughts.”

Psalms 139:23



LOVED, CONNECTED AND UNSHAKEN • LESSON 3

Understanding My Value

“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

Psalms 139:14



LOVED, CONNECTED AND UNSHAKEN • LESSON 4

Self Compassion & Self Talk

“Whatever is true, whatever is noble, whatever is right, whatever is lovely, think about such things.”

Philippians 4:8



LOVED, CONNECTED AND UNSHAKEN • LESSON 5

What Is a True Friend?

“A friend loves at all times, and a brother is born for a time of adversity.”

Proverbs 17:17



LOVED, CONNECTED AND UNSHAKEN • LESSON 6

Green Flags in Friendships

“As iron sharpens iron, so one person sharpens another.”

Proverbs 27:17



LOVED, CONNECTED AND UNSHAKEN • LESSON 7

Red Flags in Friendships

“Do not be misled: bad company corrupts good character.”

1 Corinthians 15:33



LOVED, CONNECTED AND UNSHAKEN • LESSON 8

Building Trust

“A gossip betrays a confidence, but a trustworthy person keeps a secret.”

Proverbs 11:13



LOVED, CONNECTED AND UNSHAKEN • LESSON 9

Understanding Rejection

“As you come to him, the living Stone, rejected by humans but chosen by God and precious to him.”

1 Peter 2:4



LOVED, CONNECTED AND UNSHAKEN • LESSON 10

Healing from Hurt

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Psalms 34:18



LOVED, CONNECTED AND UNSHAKEN • LESSON 11

Conflict Resolution

“Speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.”

Ephesians 4:15



LOVED, CONNECTED AND UNSHAKEN • LESSON 12

Forgiveness & Letting Go

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

Colossians 3:13



LOVED, CONNECTED AND UNSHAKEN • LESSON
13

Setting Healthy Boundaries

“All you need to say is simply Yes or No; anything beyond this comes from the evil one.”

Matthew 5:37



LOVED, CONNECTED AND UNSHAKEN • LESSON
14

Communication Skills

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up.”

Ephesians 4:29



LOVED, CONNECTED AND UNSHAKEN • LESSON
15

Creating Community

“And let us consider how we may spur one another on toward love and good deeds.”

Hebrews 10:24



LOVED, CONNECTED AND UNSHAKEN • LESSON
16

Being the Friend You'd Want to Have

“Do to others as you would have them do to you.”

Luke 6:31

Polished and Prepared



POLISHED AND PREPARED • LESSON 1

She Is Responsible

“Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much.”

Luke 16:10



POLISHED AND PREPARED • LESSON 2

She Manages Her Life

“Making the most of every opportunity, because the days are evil.”

Ephesians 5:16



POLISHED AND PREPARED • LESSON 3

She Handles Money Wisely

“The wise store up choice food and olive oil, but fools gulp theirs down.”

Proverbs 21:20



POLISHED AND PREPARED • LESSON 4

She Creates & Repairs

“She selects wool and flax and works with eager hands.”

Proverbs 31:13



POLISHED AND PREPARED • LESSON 5

She Presents Herself Well

“She is clothed with strength and dignity; she can laugh at the days to come.”

Proverbs 31:25



POLISHED AND PREPARED • LESSON 6

She Cares for Her Home

“The wise woman builds her house, but with her own hands the foolish one tears hers down.”

Proverbs 14:1



POLISHED AND PREPARED • LESSON 7

She Nourishes Her Body

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own.”

1 Corinthians 6:19



POLISHED AND PREPARED • LESSON 8

She Communicates with Grace

“Better a patient person than a warrior, one with self control than one who takes a city.”

Proverbs 16:32



POLISHED AND PREPARED • LESSON 9

She Is Prepared for Life

“Go to the ant, you sluggard; consider its ways and be wise! It has no commander, no overseer or ruler, yet it stores its provisions in summer and gathers its food at harvest.”

Proverbs 6:6



POLISHED AND PREPARED • LESSON 10

She Keeps Herself Safe

“For he will command his angels concerning you to guard you in all your ways.”

Psalms 91:11



POLISHED AND PREPARED • LESSON 11

She Understands Business

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.”

Colossians 3:23