

BY FAMILIA DE FE



# STRENGTHENING BOND

A Study for Christian Mothers and  
Daughters to Explore Together God's Word



## ABOUT US

Hey Familia! Before diving into this Bible study, we want to introduce ourselves. We are Lili and Alina, a mother and daughter from Familia De Fe.

Our family started Familia De Fe to encourage and inspire other followers of Jesus, especially mothers and daughters, in their faith journeys. What began as our little familia has grown into a wider community we now call familia too!

You can connect with us online:

Instagram: [@familia\\_de\\_fe](https://www.instagram.com/familia_de_fe)

Facebook: [FamiliaDeFeCommunity](https://www.facebook.com/FamiliaDeFeCommunity)

Website: [www.heyfamiliadefe.com](http://www.heyfamiliadefe.com)

That's where we share our passion for equipping mothers and daughters to thrive together in Christ. We wrote this Bible study and pray it will strengthen your relationship as you explore God's Word. Our heart is to support you as you guide your daughters to become courageous, confident women of God.

Well familia, thank you for joining Lili and Alina on this journey into biblical womanhood. Now let's explore together what it means to reflect Jesus' light as mothers and daughters in today's culture.

To God be the glory!

# WELCOME

# Table of contents



**01**

Identity in Christ

**02**

Peer Pressure

**03**

Beauty and Self-Worth

**04**

Managing Anxiety

**05**

Decision Making

**06**

Planning for the Future

**07**

Valuing Purity



# identity in Christ

## EXPLORATION VERSES:

- Genesis 1:27
- Ephesians 2:10
- 2 Corinthians 5:17

**In a world obsessed with outward appearance, status and accomplishments, teen girls frequently struggle with feelings of inadequacy and basing their self-worth on fleeting things. Images of altered bodies on social media and pressure to achieve can leave you feeling constantly lacking. What messages compete with God's truth about where your true value and identity are found?**

**The world might scream that you are what you look like or what you achieve, but God's Word reveals that your worth comes from Him alone - you are made in His image, His workmanship. As incredible as it sounds, the very same power that raised Jesus from the dead lives inside every believer! Understanding these powerful truths will help teen girls navigate confidence, purpose and belonging.**

## QUESTIONS:

- What parts of these verses spoke to you most about your identity in Christ?
- How do these verses challenge what the world/your peers say about your worth?
- What are practical ways we can daily remind ourselves of these truths?

## APPLICATION QUESTIONS:

- Take time this week to prayerfully reflect on areas where you are believing lies about your identity and worth
- Write out some index cards with powerful Bible verses about your true identity in Christ. Post them places you'll see them daily. Let these powerful truths renew your mind!

## MOTHER-DAUGHTER DISCUSSION QUESTIONS:

- What are some of the main identity struggles you observe teen girls facing today?
- How can we encourage each other in embracing God's truth about our worth this week?

# peer Pressure

## EXPLORATION VERSES:

- Proverbs 1:10
- Galatians 1:10
- Ephesians 5:11

**The pull to conform can be intense for teenage girls. Pressure comes not only from peers in real life friend groups, but also increasingly from social media influencing behavior, values and choices. Sites like Instagram and TikTok tend to celebrate what is trendy, radical and boundary pushing. Experts note teen girls today face anxiety, depression and confidence issues at skyrocketing rates.**

**As followers of Jesus, we understand being counter-cultural. But daily bombardments of provocative images, jokes about partying, endless scrolling of “perfect” lives, and morally ambiguous media make staying faithful like ocean waves eroding a shoreline. “Just one party won’t hurt!” If you don’t give in, will you lose friends and be an outdated loser? Our bodies weren’t meant to withstand constant peer pressure alone. We need God’s truth to anchor us and Christ followers to link arms with. Let’s explore verses on standing firm, then discuss practical ways to support each other in rising above negative influences!**

## QUESTIONS:

- What parts of these verses helped reveal ways to handle negative peer pressure?
- How have you seen peer pressure show up online or in real friend groups?
- What practical tactics can help us stand up under pressure to join in gossip, substance abuse, sexual sin, activities against our values?

## APPLICATION QUESTIONS:

- Identify any areas right now where you feel pulled to cave to negative peer influences. Ask God for courage.
- Role play with your mom how to respond when pressured regarding sexuality, vaping, cheating etc.

## MOTHER-DAUGHTER DISCUSSION QUESTIONS:

- What are the biggest areas you see teen girls facing negative peer pressure today?
- How can mothers and daughters help equip one another to stand firm this week?

# beauty and Self-Worth

## EXPLORATION VERSES:

- 1 Samuel 16:7
- Proverbs 31:30
- 1 Peter 3:3-4

**In an image-obsessed culture, the temptation for teen girls to derive worth from appearance is enormous. Carefully curated social media feeds present unattainable perfection that girls compare themselves against, feeling inadequate.**

**The diet, beauty and fashion industries prey on this insecurity, selling products and trends as the answer to acceptance. Many girls turn to extreme dieting, overexercising, cosmetic surgery in pursuit of an “ideal look.”**

**But God’s Word reveals a different perspective on beauty. While the world emphasizes outward appearance, God cares about inner beauty of spirit. Jesus looked past image to see into hearts. God created our bodies as temples, not to be worshipped or exploited. As mothers and daughters, we can reject false definitions of beauty. Let’s explore Bible verses about true beauty and take steps to cultivate inward beauty, remembering God sees us as precious daughters made in His image.**

## QUESTIONS:

- What stood out to you most from these verses about beauty?
- How do these verses challenge the world’s perspective on beauty and worth?
- What are some practical ways we can focus more on “inner beauty”?

## APPLICATION QUESTIONS:

- Take an inventory this week of areas where you judge yourself or others based on outward appearance. Repent and ask God to renew your mind.
- Make a list of character strengths and positive personality traits you have that reflect true, inner beauty. Thank God for making you beautifully unique!

## MOTHER-DAUGHTER DISCUSSION QUESTIONS:

- What are the biggest challenges you see teen girls facing related to self-image and worth?
- How can we gently encourage each other to embrace God’s perspective on beauty this week?
- What are practical ways we can cultivate inner beauty in ourselves and our daughters?

# managing Anxiety

## EXPLORATION VERSES:

- Philippians 4:6-7
- Psalm 94:19
- Isaiah 41:10

**As teenage girls, you face immense pressure from school, friends, parents, society and your own expectations. This can quickly lead to frequent feelings of stress, worry and anxiety. Many girls turn to unhealthy coping mechanisms like avoiding problems, overeating, self-harm or drug use.**

**God wants us to cast our cares on Him instead of carrying anxiety alone. He promises His peace when we pray and trust in Him. As mothers and daughters, we can learn healthy practices together to manage anxiety in biblical ways. This includes identifying our stressors, speaking truth from God's Word, and taking practical steps for relief. With Jesus as our refuge, we can walk through chaotic times with confidence, clarity and calm.**

## QUESTIONS:

- What promises of God did you find meaningful in these verses?
- What are some practical ways you can apply these verses when feeling anxious or overwhelmed?

## APPLICATION QUESTIONS:

- Make a list of your current stressors and anxious thoughts. Bring them to God in prayer while meditating on calming Bible verses.
- Research or discuss healthy ways to relieve anxiety like journaling, exercise, boundaries with technology, and breathing exercises. Commit to try 1-2.

## MOTHER-DAUGHTER DISCUSSION QUESTIONS:

- What are the primary pressure points and worries you see causing anxiety for teenage girls today?
- How can we lovingly support each other in managing anxiety in biblical ways this week?
- What are some new coping practices we could try together?

# decision Making

## EXPLORATION VERSES:

- Proverbs 3:5-6
- Psalm 37:4
- James 1:5

**Life is full of big and small decisions. Which friends to spend time with, how to manage schoolwork, whether to get involved in a romantic relationship, what activities to participate in. With a constantly connected world, there are endless choices and opportunities.**

**As followers of Jesus, we want to make wise decisions that align with God's Word and will. But it's easy to be swayed by emotions, desires, fears, comparisons with others, or advice from unwise influences. During turbulent teen years, having Biblical guidance can help anchor us when facing impactful choices.**

## QUESTIONS:

- What stands out to you from these verses about making decisions?
- Think of a tough choice you're facing. How could applying these verses help you process it?

## APPLICATION QUESTIONS:

- Before making decisions this week, come to God first in prayer. Seek His wisdom and wait patiently on Him.
- Write down any emotions/desires influencing your choices. Hold them in comparison to God's Word.

## MOTHER- DAUGHTER DISCUSSION QUESTIONS:

- What are some important decisions teenage girls commonly face? What pressures influence those choices?
- How can we lovingly advise yet give freedom for each other to develop decision making skills?
- What are ways we can support each other in seeking and following God's wisdom over other's advice?



# planning for the Future

## EXPLORATION VERSES:

- Jeremiah 29:11
- Proverbs 16:9
- Psalm 32:8

**As a teenage girl, big questions loom about what the future holds beyond high school. Who will I become? Where will I go? What career will I choose? It's an exciting yet uncertain time of dreaming, goal-setting and planning.**

**With infinite possibilities before you, it can be overwhelming to make plans and know if you're choosing well. But God promises to give us wisdom and guide us if we submit our dreams to Him in prayer. He ultimately knows the plans He has for us - plans to prosper not harm us. As we walk with Jesus step by step, He will direct the course of our future.**

## QUESTIONS:

- How do these verses help shape your perspective on planning for the future?
- What are practical ways you can seek God's wisdom and will for your life plans?

## APPLICATION QUESTIONS:

- Write out your hopes/goals for the future. Pray over them, asking God to shape them according to His will.
- Make time to quietly listen for God's direction for your future through His Word, wise counselors, and the Holy Spirit's guidance.

## MOTHER- DAUGHTER DISCUSSION QUESTIONS:

- What are some important decisions related to future hopes that weigh on teenage girls?
- How can we balance guiding with giving freedom for girls to explore interests/dreams?
- What are ways we can support each other while planning for the future this week?

# valuing Purity

## EXPLORATION VERSES:

- 1 Corinthians 6:18-20
- 1 Timothy 4:12
- Hebrews 13:4

**In a hyper-sexualized culture, remaining pure as a Christian teenage girl can feel nearly impossible. Sexual content bombards you from media, music, movies and sometimes even peers. The message that your worth comes from flaunting your body and from male attention tempts you to cross boundaries.**

**But God's Word says your body was created to be treated as a holy temple. Sexuality is a gift to be honored within God's boundaries. When you feel pressured and enticed to compromise your values, Jesus promises always a way out. As mothers and daughters you can support each other in pursuing purity by God's grace.**

## QUESTIONS:

- What promises or warnings stood out to you from these verses about purity?
- What are important boundaries you want to establish regarding purity?

## APPLICATION QUESTIONS:

- Identify any areas where you feel tempted to compromise purity. Bring them to God and ask for grace.
- Research or discuss practical ways to fill needs for love that you may be looking to fulfil in harmful ways.

## MOTHER-DAUGHTER DISCUSSION QUESTIONS:

- What do you see as the greatest challenges teenage girls face in trying to live purely?
- How can we lovingly yet firmly encourage each other in purity this week?
- What supports and boundaries can we implement together?

# moving forward in Faith

Thank you for joining us on this journey into what God's Word says about navigating life as mothers and daughters. We pray this study has encouraged you, strengthened your relationship, and equipped you to thrive together in Christ.

As we conclude, let's pray together:

Lord, thank You for the gift of mother-daughter relationships. Thank You for Your Word that guides and anchors us. Help us fully embrace our identity and worth as Your beloved daughters. Equip us to stand firm together against negative influences. Grow in us beautiful hearts that reflect Your character. Calm our anxieties through trusting You. Give us wisdom for decisions that honor You. Direct our futures according to Your plans. And empower us to walk in purity by Your Spirit's strength.

May our mother-daughter relationships point each other to You each day. May we link arms to navigate life's challenges with grace, wisdom and courage. Use us together to make Your goodness and light shine. We love You and commit our lives to You. In Jesus' name, Amen.

