

TRISH DONOHUE

BETWEEN

us

GIRLS

Walks & Talks for Moms & Daughters



# **BETWEEN US GIRLS**

Walks and Talks for Moms and Daughters

Trish Donohue



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For Bryn and Shannon.  
May our walks continue,  
and may the hill always be in view.

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## A Word to Moms

.....

If you're flipping through this book, you probably have a daughter, and I can make a few educated guesses about you:

- **You love her very much.**
- **You feel like she is growing up way too fast.**
- **You would like to spend more time with her in meaningful conversation.**
- **You are sometimes overwhelmed by all there is to talk about.**

Me too. I have two daughters and although we have lots of spontaneous conversations, I'm not always sure we're hitting the most important topics. Sometimes I wish I had a cheat sheet.

That's what this book is meant to be: a cheat sheet. It is a compilation of twenty-six biblically based talks you can have with your daughter on significant topics. If you meet weekly, you'll be done in six months; if you meet biweekly, you'll finish in a year. If it ends up taking you five years, that's fine too.

In each of your times together, you and your daughter will be studying God's Word, asking one another questions about your thoughts and experiences, and building real fellowship into your relationship. No prep time is needed, so all you need to do is schedule a time, grab this book and a Bible, and head to your destination of choice, whether it's a coffee shop or your comfiest couch.

You'll find that the book addresses both of you (so that you can model openness and honesty for your daughter), but the content is written with her in mind. Reading each chapter aloud to her will work best, making sure you stop to look up the Scriptures and answer the questions—both of which are essential in getting the most out of your times together. If you use this book with multiple

daughters or even their friends, feel free to tweak the questions to meet them where they are.

The topics covered are not exhaustive; they couldn't be. There are just too many things moms and daughters need to talk about. Neither do they plumb the depths of wisdom on every subject. But they will get you started, springboarding you into further conversations that could fill volumes. Although the talks can stand alone, I've learned that any injection of fun can up the level of anticipation. So if you add a special snack, drink, or meeting place to the repertoire, it will help the cause.

You'll notice an appendix entitled, "Our Protection" in the back of the book. This deals with the sensitive but important topic of sexual abuse. It's separate from the other talks because it has a slightly different format and because it relates to several of the other chapters—not because it is less significant. Please use this tool after whatever chapter you decide is best, but don't miss the opportunity to have this vital conversation.

Enjoy these sweet times, moms, and remember that you are God's perfect choice to love and train your daughter. And she is God's perfect choice for you.



Sincerely,  
Trish

P.S. If you plan to go through this book with a girl who is not your daughter, I applaud you! Whether you are an aunt, a family friend, or a mentor, we need more women like you. Thank you for reaching out and investing in the girls God has placed in your life. By simply changing the mother/daughter language as you read, this book should be easy to use in both one-on-one and small group contexts.



# Walk 1

## Our Conversations



Imagine strolling along a country road on a cool evening. The orange sun is at your back and a little brook zigzags along beside you, splashing over rocks and sticks. Stooping to pick a few buttercups, you place them carefully behind your ear and head toward home wearing a contented smile.

Now imagine you're on the same country road, but it's noon. You can smell the manure freshly spread on the field nearby, and the flies are buzzing so loudly you can't hear any other noise. It's hot. Really hot. You lick your lips, remembering the water bottle you left in the fridge at home. "I hate this road," you grumble as you kick a stone and stub your toe.

Every walk is so different from the next, isn't it? Some are enchanting, some are miserable, and most are somewhere in between. In Deuteronomy, parents are instructed to teach their children God's truth whatever kind of walk they are on. And that's not all. They're to teach their children when they relax at home, when they go to bed, and when they roll out of bed in the morning. That's a lot of teaching.

God's truth is the most important topic we could ever talk about, but sometimes it seems a little boring. Sometimes neither you, nor your mom, really know what to say. So I'd like to welcome you to our first official stroll. We're going to explore quite a bit of territory together. We'll cross meadows and pant our way up hills, but we'll find beauty along the way each time. We'll explore God's call on our lives, and the two of you will get to know each other even better in the process.

Before we go any further, take a minute to look at each other. Go ahead; stare right into each other's eyes. Are they brown, or black, or blue, or green? Or purple? Do you know that person in there? Whether she looks exactly like you or completely different, she is God's perfect choice for you. And since he is infinitely wise, you *know* he chose well. So let's start talking.

**MOMS:** What are two things you adore about your daughter?

**GIRLS:** What is one thing you love about your mom?

**BOTH:** If you could have any eye color in the world, what would you choose?

The world around us sometimes misses the gift a mother-daughter relationship can be. If you watch much TV, you'll see that moms are often portrayed as clueless and daughters as disrespectful. Girls on those shows usually share their feelings with friends and hide their feelings from their moms. But they are missing out on one of the best presents God has given us. God's designs are always best, and if he wanted you to learn the important truths of life from your friend across the street, he would have said so. But God tells moms (and dads) to do this job.

**Read Deuteronomy 11:18–19**, the passage we talked about earlier, to figure out what the job looks like.

The reason for so much talking is that there is so much to talk about.



**BOTH:** As quickly as you can, list ten topics that moms and daughters could have good conversations about. Go!


Those ten were just the tip of the iceberg. There are hundreds more. But we don't just want to hear our own voices; we want to hear God share his perspective on these topics. After all, he designed us. So make sure you always bring a Bible on our walks. We'll get hopelessly lost without it.

**Turn to Isaiah 40:8** and read what it says about the Bible.


We'll be traipsing through a lot of flowerbeds and weed patches during these walks. Eventually, every budding flower wilts, and every bullying weed shrivels up, but not the Word of God. It will never fade or weaken or die. God's truth stands forever, and on it we want to base our conversations.

Now let's map out the plan. The two of you, grab a snack and find a private place. It could be the kitchen table, a hammock, or a hot air balloon, as long as you're undistracted. That's when the walk begins. You won't physically be walking (unless you want to), but you'll be "walking" through a particular topic, talking to each other, listening to what God has to say, and asking each other questions.


During each walk, we'll go through four areas:

 **1. THE GARDEN.** Our garden section describes God's vision for us. This reminds us of the Garden of Eden—a perfect place for God's perfect plan for Adam and Eve. A place unspoiled by sin.


**GIRLS:** If you could grow one thing in a garden, what would it be?

 **2. THE WEEDS.** In this section, we'll talk about how sin messes everything up. That's what happened when Adam and Eve chose to turn away from God's design and follow their own. The daisies wilted, and thorns and weeds sprang up.

**GIRLS:** Why do you think people hate pulling weeds?

 **3. THE HILL.** The hill we'll be passing is the hill of Calvary. It represents the gospel: the good news of Jesus's death and resurrection. On this hill we'll see the cross where Jesus died to rescue us from the grip of sin and where he gives us power to follow him. Risen to life, he tends our weedy gardens and makes them beautiful again.

**GIRLS:** What is the highest hill you have ever climbed?

 **4. THE FIELD.** We'll end our walk in the field. This is where we take the truths we've learned and go to work. Seeds are planted and fruit grows—we watch the gospel change everything. In the



field, we'll talk about ways to apply what we've learned to our everyday lives.

**GIRLS:** If you had to skip, sprint, or cartwheel across a field, which would you choose?

**MOMS:** What are some topics you wish you would have discussed with your mom when you were young?

**GIRLS:** What are you most looking forward to in these times? Are there any topics you hope we talk about?

**BOTH:** Take turns guessing one another's favorite snack (and girls, don't forget to remind your mom you'll need one for these walks).

