

Raising a Modern-Day Princess
Pam Farrel and Doreen Hanna
Discussion Guide

Introduction

1. Pam and Doreen begin by talking about the innate desire in most women to, at some point, feel like a princess. Do you agree with this perspective? Why or why not? Take a moment and talk about why you chose to read this book.

Chapter 1

1. Pam and Doreen both grew up longing for healthy relationships with their fathers. Is your relationship with your father something that causes mostly sweet memories or painful memories? Growing up, did you long for a different relationship with your dad?
2. Pam talks about realizing that God could be her Abba, Father. He could fill that empty place in her heart. She calls her journey to accepting this her personal rite of passage. Can you think of a time or experience that you would consider your own rite of passage (either crossing over into womanhood or deepening in your faith in God)?
3. In your own opinion, what does it mean to be a princess of God?

Chapter 2

1. Did anything stand out to you when reading about the rites of passage in various cultures? If so, share that with the group.
2. Why do you think a rite of passage journey can be beneficial for a young girl? Doreen pointed out similarities in all of the different rites of passages described. Name two universal elements that were mentioned.
3. Think of the young woman in your life. What do you hope a rite of passage journey and ceremony will do for her?

Chapter 3

1. On page 60, you were given space to list 10 nice things that you remember an adult saying to you when you were growing up. If you didn't take the time to write them down before, go back and fill in those blanks (as many as you

remember). Once you've done that, each member share at least one answer with the group and tell how those words affected you.

2. Pam and Doreen talked about God using words to bless His people. Is there a Scripture verse or passage that has especially blessed you? If so, what is it about that verse that speaks to your heart?
3. In this chapter, many women shared their own unique ways of marking the important days in their daughters' lives (thereby affirming them). Name at least two ideas that appealed to you.
4. Was there a special celebration or moment that made a difference in your life? If so, share that with the group.

Chapter 4

1. This chapter walks us step-by-step through the proposed elements of a rite of passage. Why are covering topics such as *Personality and Affirmation* and *Pursuing Knowledge* beneficial to teen girls? If you could add a topic to the ones in the text, what would it be and why?
2. Take a moment to talk candidly about what teen girls are facing today, and how their experiences might differ from your own growing-up experiences.
3. Pam and Doreen talk about *Defining a Man of Integrity*. If you were to describe a man of integrity to your daughter or the young women in your life, what would you say? Share your realistic "portrait of a prince" with the rest of the group.

(If you haven't gone through the questions on page 96 with your daughter, consider setting a time to have a heart-to-heart with her.)

4. Why is the journey so important to the rite of passage experience? What does the journey provide that isn't found in the ceremony?

Chapter 5

1. Doreen and Pam both shared memories of their mothers, including phrases they, even now, associate with their moms (pages 100, 102). Can you think of a phrase that reminds you of your mom? Share that with the group.
2. We talked about our relationships with our fathers, now let's apply that to our moms. Growing up, did you wish you had a different relationship with your mom? What do you most remember about your mom's influence on your life?

3. According to Pam and Doreen, young girls need to see **Security, Industry, Nobility, and Generosity** in their moms. Which of these (if any) did you see in your own mother? How did she show it?
4. Look back over the four traits mentioned above. Is there one specifically that you feel you need to improve in? If so, admit that to the group. What do you want your daughter to see in you?
5. If asked today, what phrase might your daughter associate with you?

Chapter 6

1. Doreen and Pam both shared memories of mentors in their lives (though they may not have recognized them as mentors at the time). Take time to allow each attendee to describe someone who made an impact on her life.
2. Why are mentors important in the lives of young women? How can mentors benefit even young women who come from healthy, faith-centered homes?
3. Take a moment to consider whether there's a young woman you know (besides your daughter) who needs a mentor in her life. Write down her name and commit to praying for her.
4. Even if you don't want to mentor someone, how can your life influence the young women around you for the better?

Chapter 7

1. In this chapter, Doreen walks us through the rite-of-passage ceremony. What is the purpose of the ceremony?
2. We read about the powerful effect of validating a young woman publicly. Take a moment and describe your daughter (or the young woman in your life) to the others in the group. She probably sees herself as most teen girls do—focusing on the imperfections. But how do you see her?
3. If you haven't taken the time to do the exercise Pam shared on pages 175-176, choose a Scripture verse for your daughter or mentee, write that verse on a 3x5 card, and apply Pam's instructions; and then give the card to your daughter or mentee.

(If you don't have a 3x5 card with you, just write out the verse on the back of this page and transfer it to a card later.)

Chapter 8

1. According to the authors, why is it best for a man to impart the blessing on your daughter? Do you agree with them? Why or why not?
2. In the Mentor Moment of this chapter, Pam gives us some great questions that help parents evaluate whether they are really being “present” in their daughters’ lives. These questions are helpful for moms *and* dads. Review pages 200-201. Are there areas where you need improvement?
3. Were you surprised at how significant blessings were in biblical times? Can you think of any Scripture passages (not mentioned in the chapter) or Bible stories that involve a blessing?
4. In your own words, what does “receiving a blessing” mean?

Chapter 9

1. Now that you’ve finished the book, what chapter did you find most helpful?
2. From the ideas mentioned throughout, are there any traditions you hope to start in your family?
3. Does your daughter have a mentor? If not, who might be someone she could learn from and enjoy being with? Another woman in the church? A college student you admire or respect? A family member who she already has a close relationship with? Take a moment now to think of a few names of women you know who could influence your daughter positively.

(Talk with your daughter about your choices and consider approaching one of these women to see if she might be willing to be more involved in your daughter’s life.)

4. What is something that you would like to change in your relationship with your daughter?
5. What is one of the highlights in your relationship with your daughter at this age?

Authors' Note: For any moms who hope to have their daughters go through a rite of passage experience, the final chapter walks you step-by-step through the planning process, and the appendix offers materials and instructions that can help.

For any moms who'd like to host a Becoming a Modern-Day Princess group or have their daughters go through the Modern-Day Princess curriculum, go to www.moderndayprincess.net for more information and resources to get you started!