



"SHE IS CLOTHED WITH
STRENGTH AND DIGNITY."
~PROVERBS 31:25~



Strong Girls Club

Rooted & Strong



A SIMPLE FAITH-BASED RITUAL TO HELP
MOTHERS AND DAUGHTERS RETURN TO
CONNECTION, TRUTH, AND TRUST.

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This ritual can be practiced weekly or any time you need to reconnect. There is no rush. There is no right way. Come as you are.

1. Set the Space

Sit together. Take a deep breath.

“God, help us slow down and be present together.”



2. Remember the Truth

Read aloud:

“I am created by God. I am deeply loved. I am growing strong--inside and out.”



3. Sacred Check-in

Take turns answering:

- I'm grateful for...
- I'm carrying...
- I'm hoping or praying for...

No fixing. Just listening.



4. Speak Blessing

Mother to Daughter:

“I see your strength. I see your kindness. I trust who God is growing you to be.”

5. Close in Prayer

Hold hands or sit quietly.

“God, lead us this week.

Help us walk in confidence, love, and faith. Amen.”

Strong Girls Club • Faith • Connection • Confidence