Jammies & Junk Food

Provide a way for women in ministry to connect and have fun with one another.

Do you remember your first slumber party? You probably had a whole lot of party and very little slumber. This event provides treats, activities, scripture, and conversation that will help ladies build community while discussing the importance of rest and rejuvenation in ministry.
Decorations

Decorations can be as simple or elaborate as you like!

Some ideas might include:

- Bean bag chairs
- Pillows
- Sleeping bags
- Fuzzy slippers
- Boas
- Girly jewelry boxes

Other Things

As guests arrive, be sure to have some women designated to welcome them. Be sure to recognize those who are new, and get them connected right away.

Do you need name tags or a sign-in sheet?

Do you need other information or announcements about your ministry?
Food and Drink Options

Junk Food Junkie

Enjoy all kinds of calorie-filled treats!
- Pizza
- Brownies
- Pretzels
- Chips and Dips
- Cookies
- Rice Krispie Treats

The Candy Bar

Using different jars and canisters, display an assortment of candies like:
- Skittles
- M&Ms
- Gummy Bears
- Reese’s Pieces
- Sour Patch Kids
- Jolly Ranchers
- Mini Candy Bars

Candy can be scooped into small bags to enjoy throughout the night.

Provide a variety of soft drinks, water or lemonade.
**Activities**

**Twist the Night Away**

Tape multiple Twister mats together to make one giant Twister game. Then, “Twist” until you get a winner. You can find inexpensive spa treats at your local Dollar Store for the winner.

**Just Dance**

Using a TV, Wii, 4 controllers, and the included score chart, break into teams and have a “Just Dance” competition. Break into teams of two. Record the scores of each head to head competition between the teams. At the end, total the scores. Have a dance-off between the top two teams. Crown the winners with tiaras.

**Photo Booth**

Find a friend who is handy with a camera. Have a photo area stocked with props (tiaras, boas, pillows for mock-pillow-fights, etc.) Capture the fun of the night!
This “score card” can be used to ensure that each team dances against every other team. To use the “score card,” each team’s scores are tracked in vertical columns and totaled at the bottom. For example, if Team 2 dances against Team 4, find “Team 2” along the top row. Go down to the 4th square and record Team 2’s score. Then find “Team 4” in the top row. Go down to the 2nd square and record Team 4’s score.

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Playlist Options

- Girls Just Want to Have Fun
  - Cyndi Lauper

- It's My Party
  - Leslie Gore

- We Go Together
  - from Grease

- Locomotion
  - Little Eva or Kylie Minogue

- Oh Mickey
  - Toni Basil

- Do You Love Me
  - The Contours

- Footloose
  - Kenny Loggins
Genesis 2:2-3
On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day he rested from all his work of creation.

Leviticus 19:30
Keep my Sabbath days of rest, and show reverence toward my sanctuary. I am the Lord.

Psalm 91:1
Those who live in the shelter of the Most High will find rest in the shadow of the Almighty.

Isaiah 56:2
Blessed are those who honor my Sabbath days of rest and keep themselves from doing wrong.

Matthew 11:28
Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

Acts 2:25-26
I see that the Lord is always with me. I will not be shaken, for he is right beside me. No wonder my heart is glad, and my tongue shouts his praises! My body rests in hope.
Small Group Questions

How do you carve out time for rest and rejuvenation amidst the busyness of life and leadership?

What are some practical ways to renew your energy and get focused again when you're tired?

What burdens are you carrying that you can hand to Jesus, who is offering you rest?
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Put on your PJs for a night you won't soon forget!

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Time:

Place:

RSVP to:
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