

Supplies: Paper, pens, pencil crayons, Bibles, white board or poster paper

Objective: For girls to approach their friendships with intentionality and wisdom, rather than only looking for popularity or acceptance.

Viewing Question (5 minutes)

Brainstorm on a white board or poster paper: "What does it mean to be a good friend?"

Begin Video @15:32

Stop @16:54: Small Group Discussion Question (5 minutes)

1. What are some of the key ingredients to building healthy friendships?

19:33 Activation (15-20 minutes)

Discuss this quote by Jim Rohn:

"You are the average of the five people you spend the most time with."

Have each girl write down the 5 people they spend the most time with.

To demonstrate how a negative friendship can pull them down, have one girl stand on a chair in the middle of the room. Then have another girl stand on the floor beside her. Tell them to hold hands. Now ask the girl on the chair to try and pull her friend up onto the chair (they will likely struggle with this). Now ask the girl on the floor to try and pull her friend down (she will fall off easily).

Explain that this can be the effect of a negative friendship.

Now have the girls spend some time alone to pray over their list of 5 friends and ask God if any of these friendships is not life giving, or pulling them down into negative thoughts or behaviours.

Encourage them to work towards spending more of their time with life-giving friends.

23:13 Small Group Discussion (5 minutes)

1. Share about a time a friend reached out to you when you needed it most. How did that impact your life?
2. Have you ever been the one to reach out to someone else? How did that make you feel?

27:00 Application (10 min)

Ask God, "How do you want to be my friend?"

Now write down a description of the kind of friend you want to be.

Declarations (2 min)

Stand together and speak these truths out loud. Have fun with it!

"I am an amazing friend!"

"I am committed to being a good influence on those around me."

"I choose my friends wisely."

"Jesus is the best friend I can have and He'll never let me down."



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