

Let's Be Friends



Calyn Daniel
Blythe Daniel



HARVEST HOUSE PUBLISHERS
EUGENE, OREGON

Unless otherwise indicated, all Scripture quotations are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Verses marked NIV are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com. The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.®

Verses marked NASB are taken from the (NASB®) New American Standard Bible®, Copyright © 1960, 1971, 1977, 1995, 2020 by The Lockman Foundation. Used by permission. All rights reserved. www.lockman.org.

Published in association with The Blythe Daniel Agency, Inc.,
www.theblythedanielagency.com.


Cover design by Emily Weigel Design

Cover photo © Akbaly (border); 2d collection (BFF bracelet) / Shutterstock

Interior design by Janelle Coury

For bulk, special sales, or ministry purchases, please call 1-800-547-8979.

Email: Customerservice@hhpbbooks.com

 This logo is a federally registered trademark of the Hawkins Children’s LLC. Harvest House Publishers, Inc., is the exclusive licensee of this trademark.

Let’s Be Friends

Copyright © 2023 by Calyn Daniel and Blythe Daniel

Published by Harvest House Publishers

Eugene, Oregon 97408

www.harvesthousepublishers.com

ISBN 978-0-7369-8810-0 (pbk.)

ISBN 978-0-7369-8811-7 (eBook)

Library of Congress Control Number: 2023934553

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, digital, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

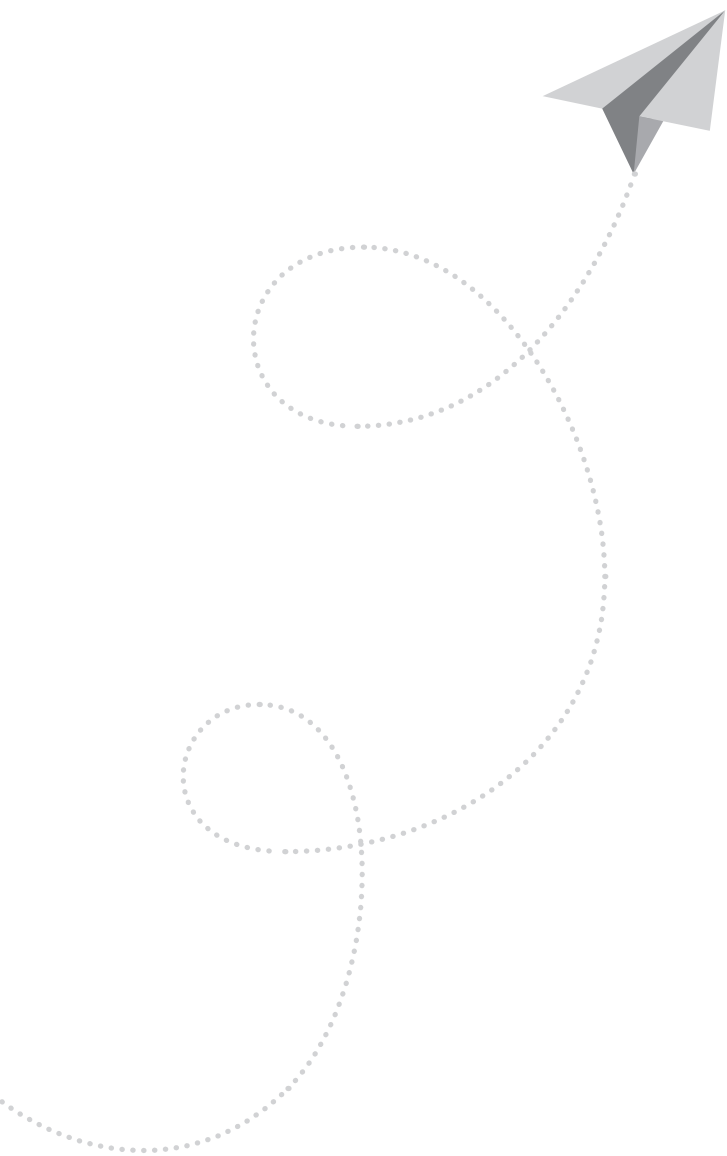
Printed in the United States of America

23 24 25 26 27 28 29 30 31 / BP / 10 9 8 7 6 5 4 3 2 1

This book is dedicated to moms who want their daughters to have best friends, including our mom and Nannie—Helen McIntosh—who has shown us what it looks like to speak affirming words and grow in your friendships as you honor and respect others.



To all the girls who are looking to find friends who will remain true, this book is for you as you seek and become a best friend! May you know your full worth and value and remember that you deserve friends who love and embrace you as you travel this season of life together.





CONTENTS

Welcome 9

DEVOTIONS

1. Fitting In 11

2. Not Comparing 15

3. Impressions 19

4. Rejection 23

5. Rude Friends Aren't Worth It 27

6. What Friends Show You About Yourself 31

7. Learning to Be Confident 35

8. Having the Right Expectations 39

9. Staying True to Who You Are 43

10. Body Confidence 47

11. Using Words When You Get Hurt 51

12. Asking Others into Your Friend Group 55

13. Earning Trust 59

14. Good and Not-So-Good Friends 63

15. How to Find Good Friends 67

16. When to Walk Away 71

17. Honoring Others Who Are
Different from You 75

18. Not Gossiping About Others	79
19. Letting Friends See Your Weaknesses	83
20. Sharing the Strengths You See in Others	87
21. Why It's Important to Have a Relationship with God	91
22. Building a Foundation of Faith	95
23. Staying Present in Your Faith	99
24. Taking Your Pain to God	103
25. Becoming Part of God's Family	109
26. Thinking on God's Word	115
27. Journaling with God	119
28. Pressing On When Life Is Hard	123
29. You're a Warrior	127
30. Longing for God for a Lifetime	131

BONUS FEATURES

Friends with Jesus	135
My Friend Guide	139
Words with Friends	141
Recipes for Fun	144
Creating Memories and Meaningful Moments	150
Questions I Can Ask My Friends	153
Words for You	155



Welcome

Hello there! We're so glad that you are seeking to make friends. Do you wish for that one special, best friend? Even a circle of friends who you can share fun moments and memories with? This book is just for you! You are special to God, and He is the best friend you could ever have. He will never disappoint you even when others do.

He wants to use YOU in your friendships to be a positive influence on others. And we want to cheer you on and celebrate what a good friend you are and encourage you as you make new friends.

So hey! You are in the exact place that God wants you to be. He has called you to be a friend who loves others even with their flaws and to know that you are loved just as you are. Even if right now you don't have the best friend you hope to have, we want to share some ways you can seek good friends in your life.

We are a mom, Blythe (who remembers being your age!), and a daughter, Calyn (who gets you!), sharing our hearts with you. We know that it's important for girls to believe that God is our number one go-to when it comes to friendships.

He never changes, even when friends do. God wants you to remember that you carry gifts in your heart to share with others. He gave you those gifts, and he can bring great friends into your life to share your heart, gifts, and time with. You are worth the investment of time a friend spends with you and you with them.

In this book we want you to think about making and keeping strong friendships. We hope you see yourself as someone who is making good choices and great friends. We have provided places throughout this book for you to write your thoughts and prayers for your friends, as well as a space at the end for you to remember what your friends have said about you and find some ways you can create memories together.

You've got so much to give to others! God looks at you with deep joy for his good creation of you. And he wants you to share the hope you have in him with your friends. We invite you to see what God can do in your life through the friends you choose. Friends who inspire and love you rather than bring you down.

The gift of who you are and the gift of friends make life sweeter. And God has made you to share your life with others. So as you turn the pages, we want to say, "Let's be friends!" and encourage you to pass on these thoughts to friends you have now and friends you will have in the future.

Calyn and Blythe



Fitting In

Have you ever tried on a pair of jeans and said to yourself, “These don’t fit”? Sometimes friendships can feel like this. You want to know that you fit with others. You want to find your place with a friend or group of friends you can grow close with. You want to know that you can have a strong friendship together and that you have common interests. Do you know there is no one who can take your place? You fill a space no one else can!

We go through times when we don’t feel like we fit in. You may feel that your friends are going in a certain direction and you’re stuck not knowing whether to follow them or go your own way. You wish someone would just tell you what they like about you. You wonder if you have standout qualities.

Do you know how God sees you? He believes you are so special, and he made a really big effort to show you. He looks at you with a Father’s love as if to say, “That’s my girl. She is my creation, and I’ve done everything to make sure she knows how loved she is.”

Have you thought about how Eve, the first woman God created, had to first learn how much God really loved her? She

didn't have friends right away. She had to see how much God loved her first.

Consider how much God loves you—he created you just as you are and made you to fit right where you are, just like he did for Eve. A friend may not share your love for music. You may feel all alone in pursuing your gifts and talents, but God knows he created you to sing or to play your favorite instrument. A friend might not talk to you on a day she is feeling less than her best. She may be jealous of you. You could take it personally. But God wants you to know how he thinks of you so you don't have to wonder if you fit in. He made you to stand out. He wants you to let your light shine!

There are seven different types of stars in the sky, and they shine differently based on how they are made. They carry different colors depending on their age and life cycle. We are all made differently and have colorful characteristics that make us who we are. God wants you to know that you shine just as you are right now, and he wants you to let others see the beauty you carry so they can recognize God as Creator.

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Matthew 5:16 NIV

WORDS FOR YOU

You can be yourself with God. He chose you and wants you to know how valuable you are. He created qualities in you that no one else possesses. If you ever wonder how you fit in the world, you can rest assured that you fit perfectly as who God created you to be.

WORDS TO SAY OVER MYSELF

When I don't feel others accept me, I will ask God to help me feel his love, which shines over my life. When I don't know my place with others, I know God is always with me. God brings good things into my life, including friends.

Friends I am praying for:

.....

.....

.....

.....

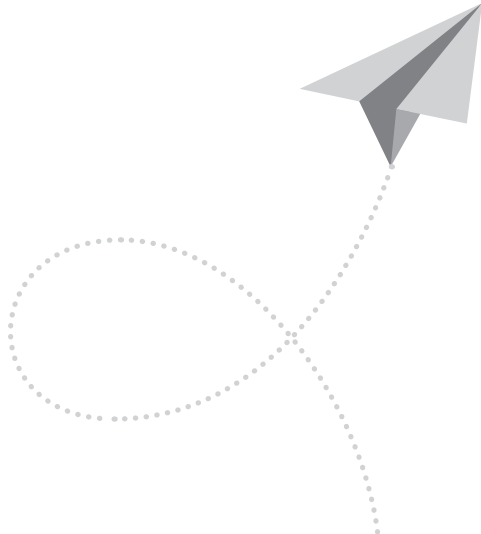
Goals I have to be a better friend:

.....

.....

.....

.....





Not Comparing

Starting when we are young, we look at other girls and start to compare ourselves to them. We see the way our friends act or their clothes or even how they look wearing make-up. When we watch them talk with others, sometimes we wonder, “How can I be like her? She’s so popular.” And when this happens, we think we should be like that person and have their qualities, and our mind starts to question: “Why am I not like her? What is wrong with me?” As these questions worry our minds and settle in our hearts, we start to believe that we don’t measure up. We may say to ourselves, “If only I could look or act in such a way to gain friendships like she has,” and this starts a cycle of discouraging thoughts.

At the end of the day, all that matters is that you are loved by God and you are made in his image. When we look at others, we pay more attention to them than to our own body, mind, or heart. We give more thought to others than what God intended.

The way to prevent these discouraging thoughts is to fill your brain with good thoughts. Don’t compare yourself with other girls. You don’t need to be those girls! You were made

in a special, unique way. And you can do things in a way that some of those girls aren't able to do.

As you take the challenge to not compare yourself to others, you will notice your life is lighter and the weight to be like others is lifted away.

You can tell yourself, "I am special in how God made me look and the abilities he's given me." Since God chose you when he made you, he knows the kind of good fruit you will bear—the positive choices that will help others see God in your life. And when you ask for anything in his name, he promises to give you what you are asking for when it lines up with who he is. You can be sure that he wants you to walk with confidence as you think over what he would want for your life, not what others say you need. Since he made you, he knows what will make you feel complete, lacking nothing. We are made in God's image and we are so fully loved. Because he loves us, we can place a high value on ourselves. If we don't love who we are, we're going against his decision that we are a good creation. You are his daughter, and he knew who you would be even before your parents welcomed you into their lives. He is an amazing creator who knows in advance what he sees for your life. He holds you close and has his eye on you just like it says in the Bible:

You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you.

John 15:16 NIV



*Acknowledge that the Lord is God!
He made us, and we are his.
We are his people, the sheep of his pasture.
Psalm 100:3*

WORDS FOR YOU

Your differences are special because God loves you for who you are. You can help others see who they are, and you can make your own choices without having to look or act like others. You don't have to compare yourself to others and who they are. You can stand firm in cherishing who you are.

My unique gifts:

.....
.....
.....

Choices I can pursue for my life:

.....
.....
.....

How I feel when I make choices that are different from others':

.....
.....
.....

WORDS TO SAY OVER MYSELF

Comparing my life to someone else doesn't help me feel better; it makes me question myself and sometimes feel worse. I know that I don't need to question myself since I contribute something to the world that is different from everyone else around me. I want to focus more on how I stand out in a positive way rather than on what others are like.

