

FOR **GIRLS** LIKE YOU

GOD'S

GIRL

♥ **AND** ♥

FRIENDSHIP

A Guide to Making
Good Friends and Great Choices



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Hey, girl, it's Alena—a fellow God's Girl.

If you're anything like me, you've probably got a lot of questions. About God, about life, about the world we live in...

There's so much we don't naturally understand, and the truth is, we all need a guide—someone to answer our deepest questions. The best part? We've already got one.

God, our maker who intentionally crafted each of us together, is our greatest guide. He is our help and leader. Without Him, we're like blind sheep just roaming through life.

We've been given all the tools we need to live out this thing we call life. Through God's Word, His Spirit inside of us, and community, we can trust that He is guiding us.

Community is where we come in.

We were created to walk with others. Asking questions and learning from those a few steps ahead of us is essential to the Christian walk. What you are holding in your hand—this guide—will offer some voices, insights, and answers, emphasizing the Word of God and helping you understand.

We can't know everything, but we can know some things! Buckle up for a fun adventure of learning as we go through life.



Introduction

Hey, girl!

This book is all about friendship. God made us for friendship. He made us to be in community—to love and to be loved. Because we are all imperfect, we have to work at our friendships to develop good, godly ones. You might be wondering...

How do I even make a friend?

How do I have good, close friendships?

What does a godly friendship look like?

So many girls have these same questions! You're not alone. In this book, you will learn about qualities that develop good friendships. For each quality, there is a **Soul Scripture** that connects with the quality, as well as a section called **Snapshot** that summarizes it.

To understand a word further, it is helpful to know its opposite meaning, or **Flipside**, which is the next section. In the **Unwind Your Mind** section, you can reflect on the quality in your journal. Journaling is a way to settle these truths deep into your heart by reflecting on them.

Last, in the **What Do I Do?** section, there are questions girls like you have about friendship. You might be able to relate to them. Our team members at For Girls Like You have answered them: Linsey Driskill, Alena Pitts Franklin, and Alena's sisters, Kaitlyn, Camryn, and Olivia.

Our hope and prayer is that through this friendship book, your understanding of healthy, good friendships would grow along with the friendships in your life. We hope you will know that you are deeply loved by God and He has great purposes for you.

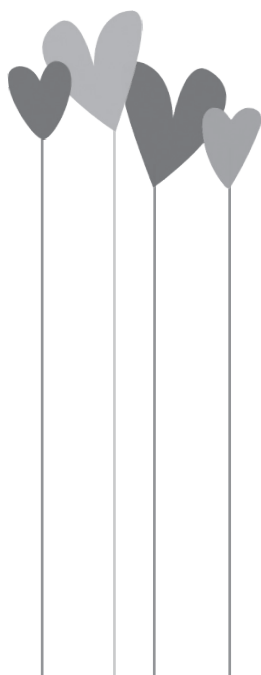




QUALITIES

♥♥ of ♥♥

FRIENDSHIPS



Honesty

Soul Scripture

"A lying tongue hates those it hurts,
and a flattering mouth works ruin."

Proverbs 26:28

Snapshot

When someone is honest, you can trust them. Honesty holds friendships together. In Proverbs 26:28, how does a lying tongue feel about the person it hurts?

- a) A lying tongue loves the person.
- b) A lying tongue hates the person.
- c) A lying tongue likes the person.

The verse also says, "A flattering mouth works _____."

These are strong words, but God is saying that lying and being dishonest hurts people and friendships. When we are honest, we are loving others. Think about it: If someone has lied to you, did you feel loved or hurt?

The second part of Proverbs 26:28 talks about flattery. Flattery is when someone says really nice things even when they don't mean it,

usually because they think it is what people want to hear. An example of flattery is if someone tells a friend that she loves her outfit (even if she really thinks it's ugly) because she wants that person to like her.

Or flattery could be when a person agrees with everything a friend says (even if she thinks it's wrong or she disagrees) because she wants the friend to like her.

Honesty doesn't mean that every time you don't like an outfit or something a friend is doing you have to tell her. But if she asks you, you can be honest with kindness.

For example, how can you be a friend who is both honest and kind when someone tries on a new sweater and you think it's really ugly? Which option would be best?

- a) *Use flattery and tell her the sweater is beautiful on her.*
- b) *Tell her it is the ugliest sweater you have ever seen and it would look better on a rhinoceros.*
- c) *Tell her that you like the other sweaters better on her.*

You can tell the person the truth, but with kindness! So c would definitely be the best answer. If a friend asks you a question, it's okay to have a different opinion—just be respectful.

Flipside

The flipside of honesty is dishonesty. In Luke 19, a dishonest man named Zacchaeus was a tax collector. He cheated, lied, and stole from people, so they couldn't stand him.



Why do you think people didn't want to be friends with Zacchaeus?

- a) *He was short.*
- b) *He was dishonest.*
- c) *His name began with Z.*



Well, one day Jesus was on His way to Jericho. Because of the crowds and since Zacchaeus was short, he climbed a sycamore tree to see Jesus. Jesus told Zacchaeus to come down so He could stay at his house. Jesus knew Zacchaeus needed help. After spending time with Jesus, Zacchaeus changed and chose to be honest. He even gave back four times the amount of money he had stolen!

Jesus said to [Zacchaeus], "Today salvation has come to this house, because this man, too, is a son of Abraham. For the Son of Man came to seek and to save the lost" (Luke 19:9-10).

What do you think helped Zacchaeus become honest?

- a) *He ate some great spaghetti and meatballs for dinner.*
- b) *He was given a lie detector test.*
- c) *He spent time with Jesus.*

We can always come to Jesus and be forgiven and changed—just like Zacchaeus changed and became an honest person. Zacchaeus could finally start having good friendships since he started being honest. And we can too.



Honesty is an important part of good friendships.





Unwind Your Mind

- ★ ? Do you think people liked Zacchaeus after he decided to be honest? Why?

- ? Are you honest in your friendships? If not, how can you be more honest?

What Do I Do?

“How can I be honest with my friend if I think she’s making a bad decision?”

—Caroline

★ Dear Caroline,

★ This can be tough! When you see your friend making a hurtful decision, the easy way out is to be quiet and not say anything. But it ends





up being more difficult to not say anything. Guilt can creep in when we know we should have spoken up.

Proverbs 27:6 says, “Wounds from a friend can be trusted, but an enemy multiplies kisses.”

That means if you approve of everything a friend says and does, even if it’s the wrong thing, you are really acting like an enemy to her. Outwardly, you agree with everything she is doing, but inwardly, you know your friend’s choice is wrong.

If you tell your friend in a loving way that her choice might hurt herself and others, your honesty could create a wound at first, because sometimes the truth hurts. Even so, you are being a true friend because you are looking out for her heart.

Here’s a helpful way to approach the conversation:

1. First, let your friend know that you care about her.
2. Tell her that is why you are being honest with her.
3. Let her know why you think her decision could be hurtful.
4. And then let her know that you are there for her.

Be a friend who cares enough to be honest. We’re rooting you on, Caroline!

Love, For Girls Like You 



"How do I come clean with a friend if I have not been honest?"

—Cate

Dear Cate,

Oh, this is a good one. If you have been dishonest with a friend, you're not alone. We all mess up from time to time. Because you asked this question, great job. You're already on the right track. We know that lying is a sin, and it's not how God wants us to live our lives. Thankfully, He's provided a way out.

Oftentimes, the reason we are dishonest is because we are afraid of what someone might think about us. We aim to please, and our friends' disapproval of us can feel scary and humiliating. However, honesty plays an important role in honoring our friends and our God. Making things right is the only way to preserve friendship.

First, you must confess. You should always confess to God first, knowing that your sin breaks His heart more than anyone else's. Embrace His forgiveness, and then go boldly to your friend to tell the truth. Remember, you can't control her response, but you can control your integrity and commitment to telling the truth. Your friend may need time, and that's okay. Remember that you are forgiven by God and that's what matters. Pray that He will heal your friend's heart and restore your friendship!

Love, Alena 

Trustworthiness

Soul Scripture

"The LORD detests lying lips, but he delights in people who are trustworthy."

Proverbs 12:22

Snapshot

What is a food that you cannot stand—it grosses you out just by smelling it or seeing it, let alone eating it? Sushi might come to mind, or maybe squash casserole, or maybe crickets—a favorite food in some areas of the world!

There's a word that God uses to describe when you have a very strong dislike or hatred for something: *detest*. To *detest* is far worse than to *dislike* a food. In this verse, circle what God detests: "The LORD detests lying lips, but he delights in people who are trustworthy" (Proverbs 12:22).

Why do you think God hates lying?

Lying hurts our relationships. If someone lies to you, you cannot rely or depend on that person. And if you lie to someone, that person will feel they can't rely or depend on you.

But when a friend is trustworthy, she is worthy of trust. You can rely on her and know that she is telling the truth.

What is a food you love? Pizza made from scratch has such a delightful smell and taste! *Delight* is the opposite of *detest*. It means to find great pleasure in or to please greatly.

In Proverbs 12:22, when God uses the word *delight*, He is telling us what He delights in and finds great pleasure in—far beyond the enjoyment we have in foods we love.

In Proverbs 12:22 above, circle the word that describes what God delights in. Then fill in the blank: God “delights in people who are _____.”

Flipside

The opposite of trustworthiness is deceitfulness. Deceitfulness is when someone tricks another person or is misleading. A deceitful person is not trustworthy. Can you think of someone in the Bible who was deceitful? What about in your life?

In Genesis 37, Joseph was living in Canaan with his family. One day his brothers tricked him. They were jealous of all the attention Joseph was getting, so they threw him in a cistern, which is a large tank in the ground. Sadly, the brothers were hoping to get rid of him forever. They also deceived their father, lying to him about what happened.

TRUE or
FALSE?

Because Joseph's brothers lied and were deceitful, things turned out well for them.

Things became a big mess for Joseph's brothers, and they even ran out of food at one point! Meanwhile, Joseph was found and sold into

slavery in Egypt. But the Lord was with Joseph. Pharaoh, the leader of Egypt, had heard good things about Joseph and trusted him.

Joseph was honored because of his trustworthiness and was promoted to a high leadership position in Egypt. He went from being a slave to being a leader because of his trustworthiness. People knew they could depend on Joseph.

The same can happen in your friendships. Being trustworthy will help your friendships grow closer and deeper.

Trustworthiness is an important part of good friendships.

Unwind Your Mind

? Why do you think it would be hard to build a friendship with someone who is deceitful?

? In your friendships, are you a trustworthy person?



What Do I Do?



"Some people want me to hang out with them, but I have seen how they lie, so it doesn't seem like I can trust them. What should I do?"

—Bella

Dear Bella,

We all want to belong and feel a part of a group. So it can be difficult to avoid certain people, since we want to be included.

But who we hang around is a big deal. People start to rub off on us, and we become like the people we're around. So if people are in the habit of lying, we can start to think that a little lie here and a little lie there is okay.

We start normalizing things God detests. God tells us not to lie because it hurts our hearts. Sin hurts us, others, and our relationships. If your friends are lying, soon they will probably be lying to you too. And you might also join in on it.

It can be hard to separate ourselves from friends, but if they're lying and that's not the person you want to be, it's better not to spend time with them.

We are all sinful and fall short sometimes, so if a friend lies and comes clean about it, telling you they are sorry and want to be honest, that is different. We all need grace, and we can spur each other on toward honesty and truth. But if they keep lying, it would be wise to spend some time apart.

Make friends with people who value telling the truth, since God values it.

Love, For Girls Like You 



"How can I show my friend that she can trust me?"

—Braelyn

Dear Braelyn,

Hey, girl. A good friendship is built on trust. We all want our friends to trust us, and the best way to show your friend she can trust you is to live a life that says that!

Some questions to ask yourself would be, "Am I speaking kind words to my friends? Do I stay away from gossip or engage in it? When's the last time I served my friend?"

If you're unsure about the qualities of a good friend, check out how Jesus lived His life. In John 15:12, Jesus commands us to love others as He has loved us. Jesus did not engage in gossip; in fact, He loved all people. He served the outcasts and the lowly. He was kind with His words and also truthful. His actions honored God and others.

In your friendships, Jesus is the perfect example to look to as you learn how to be a good friend. When you treat your friend how Jesus treated others, you will show her that she can trust you.

Love, Camryn 



