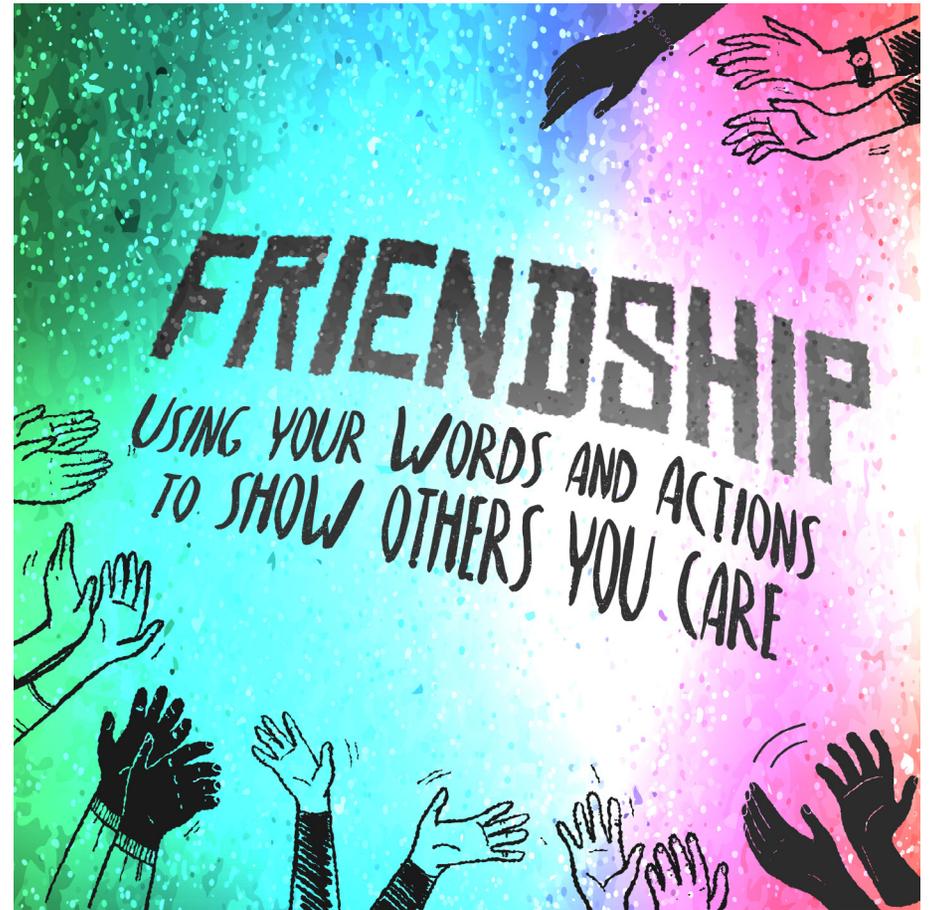


Spend some time thinking about the question below and journal your thoughts or share them with a parent.

WHAT MAKES SOMEONE A GOOD FRIEND?

Lined writing area for journaling.



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Ecclesiastes 4:9-12

As you read Ecclesiastes 4:9-12, underline all of the numbers in the passage. Then go back and circle any number greater than one.

3 > 2 > 1

It's not that being alone is bad—and sure, there are times when working alone or spending time by yourself is important! But when it comes to most of life's challenges, together is better!



Day 3

Ecclesiastes 4:9-12 covers a few different scenarios where having a friend is super important:

- 1) When you fall down
- 2) When you're cold
- 3) When you're feeling overpowered

These scenarios could also be described this way:

- 1) When you're hurting (physically or emotionally)
- 2) When you're in need
- 3) When someone or something is threatening you

Which of those can you relate to? When have you been hurting, or in need of something, or feeling threatened by someone, and a friend jumped in to help? Take a minute to talk to God about it. Then thank God for that friend and ask Him to help you to be a friend like that too.

Day 4

Remember yesterday when you prayed to thank God for a friend who was there for you when you needed them? Now it's time to thank that friend.

Before you do, think through the situation again. Take a minute to remember how you felt, and how those feelings changed when your friend showed up for you. Think about the sacrifice they made: of their time or energy.

Then either write them a thank you note (or email or text), give them a call or video call, or go visit them. No matter how you choose to thank your friend for their help, just make sure they know how much you appreciate their friendship and how it inspires you to be a good friend too.



Day 5

Make a list of the best qualities of a few of your closest friends. Maybe they make you laugh, or they listen when you're having a bad day. List at least five things that make them a good friend to you.

Now, flip the script. Write five things that you think are true of you when it comes to friendship. What would your friends say about you as a friend?

Compare the two lists—do you notice any differences?

- ✓ Have you chosen good friends—people who are kind, encouraging, and loyal?
- ✓ Are you being a good friend to others?
- ✓ Would people say you are selfish or selfless?

If you realize that you haven't been as good of a friend as others have been to you, pick one thing from your friends' list that you can work on this week. On the flipside, if you feel like you've been a good friend but maybe your friends haven't been so kind to you, maybe it's time to reach out and try to make a new friend! (Making new friends doesn't mean giving up on your current ones, but everyone needs someone in their corner who will have their back!)

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

HOW CAN YOU SHOW YOUR FRIENDS THEY'RE IMPORTANT?

Lined writing area for journaling.



Day 1

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SO & SO TOP 3

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read 1 Samuel 20:1-21

In 1 Samuel 20, we find the story of a friendship between two men: David and Jonathan. In the first part of the chapter, the two friends make a plan for saving David's life, as Jonathan's father, the king, wants to kill David.

Read 1 Samuel 20:1-21 out loud, and pretend you are on a stage, delivering the lines with passion. Imagine how the friends must have felt, being scared for David's life, not trusting Saul, and also fearing for their future friendship.

As you read, pay special attention to the words and actions of Jonathan. Talk about a BFF (best friend forever) worth having!

Day 3

Jonathan and David made a agreement of friendship before God. This means they made a promise to God that they would always be kind and loving to each other and to their families.

Today, make your own covenant of friendship before God. But instead of making it with a specific friend, pray a prayer of promise that you will be a good friend to everyone. Here's an example, but feel free to change it up and use your own words, just be sure and pray specifically for a friend or two.

"Dear God, thank You for the example of Jonathan and David's friendship that teaches us so much about what it means to be a good friend. They show us that friends love one another, and I want to be that kind of loving friend too. Today, I promise to love my friends. Please help me put others first and always look out for my friends' best interest. Today, I especially want to pray for my friends (list one or more of your close friends) _____ . Please help me know how to best show them I love and care for them as friends do. In Jesus' Name, I pray, amen."

Day 4

Who is a trusted adult or older friend who you have seen being a good and loving friend to others?

Take a few minutes today to talk to that person about friendship. You can use the questions below to interview them about their friendships.

- 1) Who would you say is your closest friend? What do you love about them?
- 2) Did you have a best friend when you were my age? Who was it? What did you love about them?
- 3) What is one way you like to show love to your friends?
- 4) What is one way your friends have shown you their love?

Thank your friendship interviewee for their time, and ask them to pray for you to be a loving friend.

Day 5

Look back to day three. Which friends did you pray for? Choose one or two of them to honor today:

Now it's time to make sure your friends know how much you love them.

Friendships are as unique as people are, so think about what would show love to your friend, which may or may not be the same thing that would mean a lot to you.

Grab a sheet of paper and write down the answer to as many of these categories/questions as you can for each friend you plan to honor:

- 1) Favorite activities
- 2) Favorite foods
- 3) Favorite treats
- 4) Favorite movie
- 5) Favorite music
- 6) Favorite ways to communicate (in person, text, video chat, etc.)

Now use as many of the answers you wrote above to make a Friendship Ambush that will show your friend how much you love them. For example, you could send them a text with a GIF from one of their favorite movies, and make a plan to meet up for their favorite activity. Or you could make their favorite treat and show up on their doorstep with it as a surprise. Make a playlist of their favorite music and have a dance party over video chat. The possibilities are endless—there are so many ways to show your friend how important they are to you!

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

WHEN HAS SOMEONE ENCOURAGED YOU?

Lined area for journaling responses to the question.



Day 1

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Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1. You liked: _____

2. You learned: _____

3. You'd like to know: _____

Day 2

Read 2 Kings 2:1-15

In the story of Elijah and Elisha, we see a great example of friends encouraging one another, but it's not just the older prophet encouraging the younger. Elisha encourages Elijah as well with four simple words that he says more than once. Find those words and write them here:

Then Elijah encourages Elisha later, first by asking him a question. Write that question here (Hint: see verse nine).

There are a lot of ways to encourage your friends, but these two men hit on two great ones: remind your friends you will always be there for them, and ask them how you can help them!

Day 3

A great way to encourage your friends is to pray for them! (And then tell them you prayed for them!)

Make a list of a few friends below, along with something you can pray for each of them. Think about areas like: health, school, friendships, family, sports. Even if your friend is healthy and has a pretty great life, everyone can use a friend who is praying for their peace, their strength in facing difficult days, their relationships with friends and family.

After you've prayed for your friends, shoot them an email or text, or simply write, "I prayed for you this morning!" on a sticky note and hand it off to them the next time you see them.

Day 4

Today you're going to put on your encouragement hat and encourage others like it's your job! Before you start, write a smiley face on your hand to remind yourself to make others smile all day.

Offer encouragement to every single person you come into contact today.

Think about:

- ✓ Friends
- ✓ Parents
- ✓ Siblings
- ✓ Teachers
- ✓ Bus driver
- ✓ Coaches
- ✓ Community helpers

You can come up with encouragement in real time, or you can take a minute right now to think of something encouraging you can say to each person you know you will see today. You can encourage others in so many ways, like:

- ✓ Giving them a compliment
- ✓ Helping them carry in groceries
- ✓ Writing a short note of encouragement to leave on their desk
- ✓ Anything else that you know will make them smile!

Day 5

When Elijah encouraged Elisha, it was all about how God was going to use him. He told Elisha that he would go on to do great things for God just as Elijah had.

What gifts, talents, and resources do you have that God might want you to use to share His love for others?

Who has encouraged you to use or develop these talents? (Think a parent who pays for lessons or activities, a teacher who teaches and encourages you, etc.)

How has that person's encouragement motivated you to do more, to improve or to keep going in pursuit of doing your best?

Now, go put their encouragement into action. Go to the court and do drills, practice your piano, or write a short story. As you do these things, say a prayer of thankfulness for those who have encouraged you along the way.

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

HOW DO YOU REACT WHEN A FRIEND HURTS YOU?

Lined area for journaling responses to the question.



Day 1

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Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1. You liked: _____

2. You learned: _____

3. You'd like to know: _____

Day 2

Read John 21:1-17

Grab your favorite drawing supplies, and as you read through John 21:1-17, every time an animal is mentioned, draw it. (Hint: There will be a lot of fish.)

When you're done, go back and read verses 15-17. This conversation may seem a little strange to us, but to Peter, it meant one REALLY important thing: Jesus was forgiving him.

At the top of the drawing you just made, write "Friends forgive one another." Hang the drawing somewhere you will see it regularly to remind you of the story of Jesus and Peter and to forgive your friends!

Day 3

Forgiveness isn't easy. In fact, it's pretty hard sometimes. But thankfully Jesus gave us a great example of forgiveness—both with His friendship with Peter, and with us!

Is there someone you need to forgive right now? If so, use this prayer (or use your own words) to ask God for help.

Dear God, thank You for the gift of friendship, and for the example we see from Jesus of how friends forgive. Right now, I'm pretty upset with _____ because _____. But I care about our friendship, and I want to make things right. Please help me forgive _____. Help me to choose our friendship over being right. Thanks, God! In Jesus' name, Amen.

If your friendships are in a good place right now and you don't have anyone you feel you need to forgive right now, then pray this prayer.

Dear God, thank You for the gift of friendship, and for the example we see from Jesus of how friends forgive. I am really thankful for all of my friends. Help me to always remember that You have forgiven me. Help me to always choose friendship over being right. Thanks, God! In Jesus' name, Amen.

Day 4

Remember the prayer you prayed yesterday? If you chose prayer #1, and there was someone you need to forgive, today is the day to make things right. There are a few ways to do this:

- 1) If your friend asked for your forgiveness, just go to them and tell them you have!
- 2) If your friend hasn't asked for forgiveness, you may want to start out by (kindly) explaining how you were hurt by something they said or did. Then explain that you have forgiven them because you care about them, and friends forgive!

If you chose prayer #2, and your friendships are all in a good place, then go find someone you respect and chat for a second about what forgiveness has looked like in their life. Ask them questions like:

- 1) When have you been forgiven by friend? How did being forgiven change your friendship?
- 2) When have you found it hard to forgive a friend? How did you end up choosing forgiveness?

P.S. It may also be that you are the friend who needs to ask for forgiveness. Think about your friendships. Is there anyone who you may have hurt recently? If so, go and talk to your friend and apologize. Friends forgive, so a good friend will forgive you!

Day 5

When a friend hurts you, at first it can be hard to forgive. Even if you know you should forgive, sometimes you may not know how.

Believe it or not, practicing can help! Forgiveness may not come naturally to us, but it is something we can get better at.

Place an empty chair in the middle of the room. Then think back to the last time someone hurt your feelings. Imagine that person is in the chair and is asking for your forgiveness. Have a conversation with that pretend person in the chair. Create an imaginary conversation where your friend asks your forgiveness (be specific) and you choose to forgive them.

It may feel a little silly, but it really does help to imagine ourselves forgiving our friends.

And forgiving our friends paves the way for our relationship to not just continue, but also to grow stronger!