

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

WHAT MAKES SOMEONE A GOOD FRIEND?

Journaling lines for the question 'WHAT MAKES SOMEONE A GOOD FRIEND?'



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!)