

# What's a Girl To Do?



Discuss around your tables what you can do to make sure your friends are influencing you for good. Each small group can share several ideas with the larger group.



## Pray for your friends.

We can pray about our friendships and for our friends. When we know a friend is having a negative impact on us, we can pray about it. Ask God to give us wisdom. Ask Him to give us the strength to be a good influence on our friend instead.

We can also choose our friends carefully. Knowing that our friends will impact us, we can intentionally choose friends who are the kind of people we'd like to be.



## Ask your parents.

If our parents have concerns about a friendship, ask why. Then really listen. It's pretty easy for us to think our parents don't know what they're talking about. Or believe that if they just knew our friends better, they'd see a different side of them. Ask for specific concerns, then really listening to them – looking to see if they are valid or not – will go a long way.

If you think your parent would feel differently if they only knew your friend, then create opportunities for them to interact. Invite your friend over. Pray about what your parent tells you. It's easy to just want to dismiss it, but often God uses our parents to protect us and gives them eyes to see things we don't see ourselves, even if their words are hard for us to take.

And sometimes when we know a friend is influencing us negatively, we may have to end the friendship. Back it off. Not be best friends or close friends. They may still be a friend, but not one we hang out with all the time. It may be hard. Our friend may misunderstand us. Be mean to us. Say mean things about us. God can give us strength and courage. Friendships come and go, but who we are is lasting. Bad habits can be hard to break. Choices can have permanent impact on our lives.



## Do your friends impact you for good or bad?

Do you allow your friends to impact you too much? Answer the questions in your journal and think about how you feel about your answers.

*Have the girls take this quiz privately.*

Q: Have you ever picked on another person in order to go along with the group?

- Yes
- No
- Not sure

Q: Have you ever done something that made you feel bad about yourself just because others were urging you to do it?

- Yes
- No
- Not sure

Q: Have you ever done something you knew was physically risky or dangerous just because others were urging you to do it?

- Yes
- No
- Not sure

Q: Have you ever done something that seemed harmless at the time only to learn later that it hurt another person and did you then regret what you had done?

- Yes
- No
- Not sure



## Friendships change – and last

Friendships change. Some grow closer. Some grow less close. Some end.

There are friends you meet and will know forever – even if you don't see or talk to each other for months, you'll have a way of picking up right where you left off.

Friendships impact us – changing us for good or for bad. Our friends influence how we think about ourselves, the world, God, other people, life, clothing styles, music – just about everything.

They are an important part of our lives.



Why don't we take a few minutes to pray for our friends? You may have friends who are experiencing challenges or difficulties. If you can't think of any friends with urgent needs, that's OK. Just pray for some of your friends.