

# What's a Girl To Do?



In your small groups, discuss ways you can deal with conflict in your friendships. Each small group can share several ideas with the larger group.



## **Forgive.**

Don't be shocked or surprised when you face a conflict. It will happen. It's a fact of life. It happens with parents, in friendships, and in marriage.

Fact is that your friends will hurt you. Probably unintentionally. Fact is you will hurt your friends sometimes, too. Learn to forgive.

Forgiving someone doesn't mean that you're going to let them walk all over you and do whatever they want to you. Forgiveness is not becoming a doormat. Forgiveness does release the power the other person has over you. It says, "I'm going to work through this hurt."



## **Talk about it.**

Sit down and talk about what's going on. Hear the other person out. Let each person share their side completely without the other person interrupting or defending themselves or denying what the other one is saying.

Know that even if you didn't mean it the way they took it, this is how they feel. You can't tell them not to feel that way. Our feelings are ours, even if they're not based on reality.

Share your side. Tell them you're sorry that's how they took it. Here's what you really meant. Remind them of how valuable they are to you and that you would never intentionally hurt them.



## **Admit your part.**

If you did something that hurt the other person, apologize. Tell them you're sorry. Don't give excuses. Just say, "I am really sorry I acted like that."

If you can't work it out between the two of you, ask someone else to sit down with you and help. Another friend could help, but often a trusted grown-up can help more.

Don't ever ask another friend to be a messenger.

"Tell her that I didn't mean it."

"Tell her I'm mad at her."

"Tell her I'm sorry."

Do it yourself.



## Really good friends share God.

One of the most powerful ways to make your friendship strong and lasting is to include God.

Pray for your friend. Pray with your friend. There's something amazing about hearing someone else pray for you.

Share what God is doing in your life. Just a simple testimony. It'll encourage your friend. Remind her of what God is able to do and wants to do in her life.

Know that a really good friend helps her friends depend on God and not on her. A really good friend doesn't have to solve all your problems. They can just point you and take you to the One who can.



Choose a partner or two and gather in small groups to pray for one another. If you know each other, you can pray specifically for each other. If you don't know each other, pray for each other's friendships — that God will help you be the friends He desires you to be and that He'll give you wisdom for working through all the conflicts and risks of friendship.