

# Friendship is using your words and actions to show others you care.

## DAY 1

### Read I Thessalonians 5:11

#### Tower Build Take One

Grab some plastic cups and build the tallest tower you can! Take a moment to admire your work and then knock that tower down. Leave those cups where they are, you'll come back to them in just a minute!

When it comes to friendship, God reminds us that it's important to encourage each other, to build each other up! When you are having a bad day, a kind word from a friend can help turn things around. When a friend is discouraged, something you say can help them remember they are valued and loved!

Good friends pay attention and encourage each other! And part of building others up is standing up for them. Sometimes, you might need to defend a friend who is being picked on. You might need to stand up for someone when others are being unkind or when that friend is being ignored!

#### Tower Build Take two

Let's make our tower stand up stronger! Grab some paper. Set two cups on a hard surface side by side, then stack a piece of paper on top. Continue in the same way, adding paper in between the cups to make the tower more stable. Remember, this week to build others up because friends stand up for one another!



## DAY 2

### Read Romans 12:10

#### Multiple Choice Love

Circle the response that shows LOVE in the scenarios below.

Your friend is sitting alone at recess.

- A. You ignore it and keep playing.
- B. You ask what's wrong and then listen when she's ready to talk.
- C. You tell your friend to stop acting so quiet and weird.

Your friend misses the shot and you lose the game.

- A. You say, "It's okay. We'll get 'em next time!"
- B. You say, "What was that? I can't believe you missed such an easy shot!"
- C. You start talking about what a bad player your friend is to the rest of the team.

The questions were easy! When it comes to real life friendships, the choices aren't always so clear. When others are laughing, you might join in. When others are picking on someone, you might feel like staying out of it. But good friends stand up for one another!

Ask God to help you honor others by standing up for friends that need your help this week.

DAY 3

## Read Proverbs 17:17

Do you have loyal friends? A loyal friend is a steady, constant supporter, the kind of friend who is always there, ready to help. A loyal friend stands up for you and loves you at all times.

Do you have friends like that? Would your name make it onto a loyal friends list? If not, what is one thing you could do this week to show a friend that you care about them? How could you stand up for a friend and show that you are loyal?

### AFLAAT!

Find some duct tape, tear off a piece and fold it in half long ways to make a bracelet. Write the letters AFLAAT—the first letters of words in the verse—across the front. If you wear a watch, place your bracelet on the same wrist by wrapping it around your arm and securing it in place with a smaller piece of tape. Each time you look to see what time it is, let your bracelet remind you that a friend loves at all times!

DAY 4

## Read Galatians 6:2

Sometimes, we carry heavy loads that have nothing to do with backpacks or lunchboxes. When Paul wrote about carrying one another's heavy loads, he was talking about failures, temptations, or trials. When we mess up, when we're tempted to make an unwise choice or when we face something hard, it can feel like we're carrying a heavy burden. That's where friends come in! A true friend is one that's willing to stand up and help when those failures, temptations or trials come along.

### Off To School

For the rest of this week, as you pick up your backpack to head out the door, stop and think of one friend who might need your help. As you travel to school, say a prayer for that friend by name. Ask God to help you be a good friend that stands up for others to help make things easier!

Friends stand up  
for one another.

