



Choosing the Right Friends: A Teen's Guide



Discover how to choose friends wisely to build strong, uplifting relationships rooted in faith and love for lasting impact.



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Introduction

Choosing the right friends is one of the most important decisions a teen can make. During these formative years, friendships influence your character, your choices, and even your future. The Bible offers timeless wisdom on how to find friends who encourage, challenge, and support you in your walk with God. *Good friends influence your heart and your actions*, so it's important to be intentional about the friendships you nurture.

In this 7-day study, you will explore scripture passages that highlight qualities of godly friendships, how to make wise choices in who you spend time with, and how to be a positive friend yourself. You will also be encouraged to reflect on your current friendships and consider whether they align with your values and purpose. By the end of this plan, you'll have a clearer understanding of how to build relationships that draw you closer to God and help you grow as a teen following Christ.

Remember, God cares deeply about every aspect of your life, including your friendships. He desires friends who inspire faith, kindness, and integrity, and He can guide you to find those friends. As you journal and pray through these devotions, ask God for wisdom and courage to make choices that honor Him. Let's begin this journey toward friendships that build you up and bring joy!





Day 1: The Power of Friends



Your Verse

Proverbs 13:20 – "Walk with the wise and become wise, for a companion of fools suffers harm."

Supporting Scriptures

- *1 Corinthians 15:33 – "Do not be misled: 'Bad company corrupts good character.'"*
- *Ecclesiastes 4:9 – "Two are better than one, because they have a good return for their labor."*



Day 1:  The Power of Friends

Devotional: The Influence of Those You Choose

Friendships shape who we are. Solomon, the wise king, reminds us that walking with wise friends makes us wise, while keeping bad company can lead to harm. As a teen, this means being thoughtful about who you spend your time with because their influence can encourage you toward good choices or pull you into trouble. *It's not just about popularity or fun—it's about your heart and character development.*

Friendships that build you up support your faith and help you grow closer to God. On the other hand, negative influences can slowly steer you away from the path God has for you. Choosing friends wisely means looking beyond surface qualities and seeking those whose attitudes and behaviors reflect God's love and wisdom.

Remember, good friends challenge you to be better, comfort you in hard times, and share your values. What kind of friend are you? Are you choosing environments and people that help you become the person God created you to be? Today, start by praying for guidance to recognize and pursue friendships that reflect God's wisdom.



Day 1:  The Power of Friends

Reflect and Apply

1. Who are the people you spend the most time with, and how do they influence your choices?

2. What characteristics do you see in your friends that reflect God's wisdom?

3. How can you encourage your friends to grow in their faith alongside you?



Day 1:  The Power of Friends

Journaling Prompts

1. List three qualities you want in a friend and why they matter to you.




2. Write about a time when a friend influenced your decision positively or negatively.

3. Reflect on your current friendships: Are there any you need to pray about or reevaluate?



Day 1:  The Power of Friends

Prayer for Today

Dear God, thank You for the gift of friendship. Please help me to see clearly who the right friends are in my life. Give me wisdom to walk with those who encourage me to grow in faith and kindness. Help me to be a good friend to others, reflecting Your love in all I do. Protect me from negative influences and guide my heart toward relationships that honor You. In Jesus' name, Amen.   





Day 2: Speak Life into Friendships



Your Verse

Ephesians 4:29 - "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."

Supporting Scriptures

- *Proverbs 16:24 - "Gracious words are a honeycomb, sweet to the soul and healing to the bones."*
- *Colossians 3:12 - "Therefore, as God's chosen people, clothe yourselves with compassion, kindness, humility, gentleness and patience."*



Devotional: Words That Build or Break Friendships

What we say matters deeply in all relationships, especially with friends. Paul instructs us to speak only words that help build others up—words that encourage, heal, and inspire. For teens navigating friendships, this means choosing kindness and encouragement over gossip, criticism, or harshness. *Our words can either strengthen the bonds of friendship or tear them apart.*

When you speak with compassion and patience, friends feel loved and valued. Gracious words are like honey to the soul—they bring sweetness and healing especially when life is hard. It takes intentionality and the Spirit's help to control our tongues, but doing so fosters friendships that last and reflect Christ's love.

Consider how you usually speak to your friends. Are your words life-giving or sometimes hurtful? Ask God to help you be a friend who uplifts others and brings peace. Remember, the right words can influence the heart and build a community where everyone feels safe and loved.



Reflect and Apply

1. How do your words affect your friends' feelings and confidence?

2. What changes can you make to speak more kindly and encouragingly?

3. How can you show patience and humility in difficult conversations with friends?



Journaling Prompts

1. Write down times when kind words from a friend changed how you felt.

2. Describe a situation where your words helped or hurt a friendship.

3. Set a goal for how you want to improve speaking life into your friendships.



Day 2: 🗣️ Speak Life into Friendships

Prayer for Today

Lord Jesus, teach me to control my tongue and to use words that build up my friends. Help me to speak with kindness, patience, and love even when it's hard. May my speech reflect Your mercy and grace so that my friends feel encouraged and valued. Guide me to be an uplifting friend who points others to You. Amen. 🗣️💬❤️





Day 3: Guard Your Heart with Wisdom



Day 3:  Guard Your Heart with Wisdom

Your Verse

Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."

Supporting Scriptures

- *James 1:5 – "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."*
- *Psalms 1:1-2 – "Blessed is the one who does not walk... with the wicked or is slanderous... but whose delight is in the law of the LORD."*



Devotional: Protecting Your Heart in Friendships

Your heart is the center of your life—it influences your choices, feelings, and actions. Solomon warns us to guard it carefully because everything flows from it. When choosing friends, it's important to seek God's wisdom about who influences your heart. Some friendships can be harmful if they pull you away from God's truth or fill your heart with negative emotions.

Guarding your heart means being careful about what you allow in emotionally and spiritually. Ask God for wisdom in making choices about your friends. The Bible says God gives wisdom generously to those who ask. Take time to evaluate friendships and the activities you share—do they build you up or bring confusion and hurt? True friends encourage your love for God and inspire holiness.

Don't be afraid to say no to friendships or influences that harm your heart. Instead, build relationships rooted in respect, truth, and love. These friendships bring peace, joy, and growth, reflecting God's best for you.



Reflect and Apply

1. How do your current friendships affect your heart and your faith?

2. In what ways can you guard your heart better with God's help?

3. What steps can you take to seek God's wisdom about who to spend time with?



Journaling Prompts

1. Write about a friendship that encouraged your faith and heart.

2. Describe times when guarding your heart protected you from harm.

3. List ways to ask God for wisdom daily about your friends.



Day 3: 🛡️ Guard Your Heart with Wisdom

Prayer for Today

Dear God, thank You that You know my heart and want to protect it. Please help me to guard my heart by choosing friends who encourage me to love and follow You. Give me Your wisdom when I am unsure about relationships and courage to say no when needed. Help me grow in faith and find friendship that honors You. Amen. 🛡️ ❤️ 📖





Day 4: 💛 Building Trust and Loyalty



Your Verse

Proverbs 17:17 - "A friend loves at all times, and a brother is born for a time of adversity."

Supporting Scriptures

- *John 15:13 - "Greater love has no one than this: to lay down one's life for one's friends."*
- *1 Thessalonians 5:11 - "Therefore encourage one another and build each other up."*



Day 4: 🧡 Building Trust and Loyalty

Devotional: Friendship Built on Trust

True friendship is marked by love and loyalty. Proverbs tells us a friend loves at all times—even during difficult seasons. Being a loyal friend means standing by one another, encouraging each other, and showing love when it's not easy. Jesus modeled the greatest friendship by laying down His life for His friends.

Trust is the foundation of these strong friendships. When you trust a friend, you can be your true self without fear of judgment. Likewise, being trustworthy means keeping confidence, following through on promises, and showing care consistently. Loyalty is not just about fun times but about being dependable when life gets challenging.

As a teen, practice building trust by being honest, kind, and faithful to your friends. When you do this, you create a friendship that reflects God's steadfast love and lasts through ups and downs. Ask God to help you grow in loyalty and trustworthiness every day.



Reflect and Apply

1. What does trust mean to you in a friendship?

2. How loyal have you been to your friends, especially during hard times?

3. What steps can you take to build deeper trust with your closest friends?



Journaling Prompts

1. Write about a time when a friend showed loyalty to you.

2. Describe how you can show greater faithfulness to your friends.

3. List qualities that help you trust someone and how to develop them.



Day 4: 🧡 Building Trust and Loyalty

Prayer for Today

Dear Lord, thank You for friends who love and support me. Help me be a loyal and trustworthy friend to others. Teach me to show kindness and faithfulness even when it's hard. May my friendships mirror Your unfailing love and encouragement. Guide me to build bonds that stand strong through every season. Amen. 🧡💖🙏





Day 5: Growing Together in Faith



Your Verse

Hebrews 10:24-25 - "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together... but encouraging one another."

Supporting Scriptures

- *Colossians 3:16 - "Let the message of Christ dwell among you richly as you teach and admonish one another."*
- *Proverbs 27:17 - "As iron sharpens iron, so one person sharpens another."*



Day 5:  Growing Together in Faith

Devotional: Encouraging Spiritual Growth in Friends

Friendships can inspire growth in faith when friends encourage good deeds and love. Hebrews reminds us not to give up meeting together but to motivate one another toward God's purposes. As teens, you can intentionally create friendships that strengthen your spiritual journey.

Growing together means sharing Bible study, praying, and supporting each other through struggles and victories. It means being honest and gentle when friends need correction and celebrating their progress. When you invest in friendships that nurture faith, you are sharpening each other to become more like Christ.

Think about how your friendships help you grow closer to God. Are you spending time with friends who know and love Jesus? Are you encouraging one another in practical ways? Ask God how you can be a better friend who pushes others toward love and good deeds.



Reflect and Apply

1. How do your friends encourage your relationship with God?

2. In what ways do you help your friends grow spiritually?

3. What activities can you do with friends to deepen faith together?



Journaling Prompts

1. Write about a friend who helped your faith grow and how.

2. List ways to encourage your friends to follow Christ daily.

3. Plan a faith-building activity you can do with your friends.



Day 5: 🌱 Growing Together in Faith

Prayer for Today

God, thank You for friendships that help me grow in faith. Please show me how to encourage my friends and be encouraged in return. Help me to spur others on with love and wisdom. May our friendships reflect Your grace and inspire us to live for You. Amen. 🌱 🙏 📖





Day 6: ❤️ Loving Others as Christ Loves



Day 6: ❤️ Loving Others as Christ Loves

Your Verse

John 13:34 – "A new command I give you: Love one another. As I have loved you, so you must love one another."

Supporting Scriptures

- *1 John 4:7 – "Dear friends, let us love one another, for love comes from God."*
- *Romans 12:10 – "Be devoted to one another in love. Honor one another above yourselves."*



Day 6: ❤️ Loving Others as Christ Loves

Devotional: Christlike Love in Friendships

Jesus commands us to love one another as He has loved us—unconditionally, sacrificially, and humbly. This kind of love in friendships is transformative and can overcome misunderstandings, conflicts, and hurts. When you choose friends wisely, you practice loving them deeply and reflecting Christ's heart.

Loving your friends means showing kindness, forgiving quickly, putting their needs before your own, and remaining devoted. This love isn't always easy, especially when friendships get complicated. But God's love gives you strength to love faithfully. It's also a witness to others of your faith in Jesus.

Consider how you can show Christlike love in your friendships today. Ask God to fill your heart with His love so that every interaction with friends reflects His grace and truth. Your ability to love well will bless your friendships and glorify God.



Reflect and Apply

1. How does Jesus' example of love shape your friendships?

2. Where can you practice more devotion and honor in your friendships?

3. How can your loving actions impact others around you?



Day 6: ❤️ Loving Others as Christ Loves

Journaling Prompts

1. Write about a time when you experienced unconditional love from a friend.

2. Describe ways you can show deeper love to your friends.

3. Reflect on how loving friends well reflects your faith in Christ.



Day 6: ❤️ Loving Others as Christ Loves

Prayer for Today

Lord Jesus, thank You for Your perfect love that never fails. Help me to love my friends the way You love me—with patience, kindness, and devotion. Teach me to forgive quickly and to put others first. May my friendships demonstrate Your grace and bring glory to Your name. Amen. ❤️ 🙏 ✨





Day 7: ✨ Be the Friend You Seek



Day 7: ✨ Be the Friend You Seek

Your Verse

Luke 6:31 - "Do to others as you would have them do to you."

Supporting Scriptures

- *Philippians 2:3-4 - "...in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."*
- *Romans 12:10 - "Be devoted to one another in love."*



Day 7: ✨ Be the Friend You Seek

Devotional: Model the Friendship You Desire

The friendships you want begin with the friend you choose to be. Jesus teaches us to do to others what we want done to us—a golden rule that guides all relationships. As a teen, you can build strong friendships by showing respect, humility, and love first. Others are drawn to authenticity and kindness.

Being the friend you seek means listening well, encouraging genuinely, forgiving quickly, and loving sacrificially. It takes courage to lead with love and humility, but God strengthens you to do so. When you act as a godly friend, you inspire others to do the same and create a positive circle of friendship.

Reflect on how you want to be treated and ask what you can do to show that to your friends. Commit to being the kind of friend God calls you to be—one who builds up, not tears down. Your testimony as a faithful friend is a powerful witness of God's love in your life.



Day 7: ✨ Be the Friend You Seek

Reflect and Apply

1. What qualities do you want in a friend, and how can you display them yourself?

2. How can humility and selflessness improve your friendships?

3. What is one action you can take today to be a better friend?



Day 7: ✨ Be the Friend You Seek

Journaling Prompts

1. Write about a way you have been a good friend recently.

2. Identify one area where you want to grow in friendship skills.

3. Plan how to show God's love through your actions toward friends.



Day 7: ✨ Be the Friend You Seek

Prayer for Today

Heavenly Father, help me to be the kind of friend I want to have—humble, loving, and trustworthy. Teach me to put others first and to treat my friends with kindness and respect. May my friendships glorify You through the love I show. Use me to encourage and build others up every day. In Jesus' name, Amen. ✨😊❤️





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