# Dealing with Fake Friends: A Teen's Guide to True Relationships



Discover biblical wisdom to identify and overcome fake friendships, building authentic connections grounded in faith and love.





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#### Introduction

Friendships play a huge role in our lives, especially during our teenage years.

These years are full of growth, challenges, and defining moments, and who we surround ourselves with can deeply influence our path. But what happens when a friend isn't truly a friend? When you find yourself surrounded by fake friends—those who may not have your best interests at heart—it's both painful and confusing.

In this 7-day journey, we'll explore God's Word to help you recognize genuine friendship and learn how to navigate the challenges fake friends may bring. Together, we'll uncover biblical examples and practical advice to equip you with strength, wisdom, and discernment. Remember, you are never alone in facing these struggles—God's love is constant, and He desires your relationships to be healthy and life-giving.

Let's embark on this study with an open heart, ready to embrace the truth and encouragement found in Scripture, and position ourselves for meaningful, authentic friendships that glorify God and enrich our lives.









# Day 1: 66 Spotting False Friends









Day 1: Spotting False Friends

#### Your Verse

Proverbs 27:6 – "Wounds from a friend can be trusted, but an enemy multiplies kisses."

#### **Supporting Scriptures**

- Proverbs 14:7 "Stay away from a fool, for you won't find knowledge on their lips."
- Psalm 55:12-14 "If an enemy were insulting me, I could endure it; if a foe were rising against me, I could hide. But it is you, a man like myself, my companion, my close friend..."







Day 1: Spotting False Friends

# Devotional: Learning to Recognize True and False Friends

Recognizing who is truly a friend is the first step in dealing with fake friendships. Proverbs 27:6 teaches that a true friend is honest—even when their words can hurt—because their intention is to help you grow. On the other hand, a fake friend hides their true feelings behind kindness that lacks sincerity.

Psalm 55 reveals the deeper pain when those closest to us betray our trust. The sting of false friendships comes from broken loyalty and dishonesty. It's important to stay aware and wise about the company you keep. Reflect on how your friends make you feel—do they encourage and build you up, or do you feel drained, confused, or doubted after spending time with them?

God wants you to be surrounded by people who genuinely care for you and guide you in love, not those who lead you astray or hurt you beneath a mask.







#### Reflect and Apply

	How can you differentiate between honesty and hurtful criticism from a trusted friend?
	Have you experienced someone pretending to be a friend? How did that affect you?
3.	What qualities do you value most in your friendships, and why?







Day 1: Spotting False Friends

#### **Journaling Prompts**

1.	Write about a time when a friend hurt you unintentionally but honestly.
2.	List qualities you believe a true friend should have.
3.	Describe how you can protect yourself from fake friendships.







Day 1: O Spotting False Friends

#### Prayer for Today

**Lord, thank You for the gift of friendship.** Help me to discern true friends from those who might not have my best interests at heart. Give me wisdom to recognize honesty and courage to walk away from relationships that harm me. Surround me with people who build me up in Your love and truth. Teach me to be a genuine friend to others, reflecting Your grace and faithfulness. *Amen.*  $\bigwedge$   $\bigcirc$ 

















#### Your Verse

Matthew 5:44 – "But I tell you, love your enemies and pray for those who persecute you."

#### **Supporting Scriptures**

- Romans 12:19 "Do not take revenge, my dear friends, but leave room for God's wrath."
- Ephesians 4:31–32 "Get rid of all bitterness, rage and anger... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."







#### Devotional: Choosing Forgiveness Over Bitterness

Betrayal by a friend wounds deeply and can shake our trust in others. When dealing with fake friends who have hurt us, the natural response is often anger or desire for revenge. Yet, Jesus calls us to a higher standard—loving even those who have wronged us.

This is not always easy, but Matthew 5:44 reminds us to pray for those who hurt us. Forgiveness does not mean forgetting or excusing bad behavior but releasing the burden of bitterness that can consume us.

By extending grace, you protect your heart and allow God to work in both your life and the other person's. Holding onto anger weighs you down, but forgiveness sets you free.

Remember, you are not alone—Jesus understands pain from betrayal and offers healing and peace beyond what the world can provide.







#### Reflect and Apply

	What feelings come up when you think about forgiving someone who hurt you?
2.	How can praying for those who hurt you change your perspective?
3.	What steps can you take to heal your heart from betrayal?







#### **Journaling Prompts**

	Write a letter (you don't have to send) to someone who hurt you, expressing how you feel.
2.	List ways you can practice forgiveness in your life, big or small.
3.	Describe a time when forgiving someone brought you peace.







#### Prayer for Today

Merciful Father, help me to forgive those who have hurt me. Teach me to release anger and bitterness, and to offer grace like You have shown me. Strengthen my heart to love even when it's hard, and fill me with Your peace that surpasses understanding. Heal the wounds caused by broken friendships, and guide me in all my relationships. *Amen.* 🔾 🗣 🙏









# Day 3: **(** Guarding Your Heart









Day 3: **(**) Guarding Your Heart

#### Your Verse

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

#### **Supporting Scriptures**

- Jeremiah 17:9 "The heart is deceitful above all things and beyond cure."
- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."







Day 3: **(**) Guarding Your Heart

# Devotional: Protecting Your Inner Self Through Wisdom

Your heart is the core of who you are—your feelings, beliefs, and decisions flow from it. Proverbs 4:23 encourages us to guard it carefully. When it comes to relationships, guarding your heart means being cautious about who you trust and how deeply you let people in.

This doesn't mean building walls or staying lonely, but rather seeking wisdom to maintain healthy boundaries. Jeremiah 17:9 warns us that the heart can deceive, so we need to invite God to be a guard and guide in our emotional life.

One powerful way to protect your heart is by filling it with God's Word. Psalm 119:11 reminds us that hiding Scripture in our hearts strengthens us to resist unhealthy influences and choices.

By guarding your heart through prayer, Scripture, and wise relationships, you create space for joy and peace without being vulnerable to hurt.







Day 3: ① Guarding Your Heart

#### Reflect and Apply

	What are some ways you currently guard your heart, and what could improve?
	How does knowing your heart can be deceitful make you rely more on God?
3.	What role does Scripture play in protecting your emotions and decisions?







Day 3: ① Guarding Your Heart

#### **Journaling Prompts**

1.	Write about a situation where guarding your heart could have helped you.
2.	List verses or truths that help you stay strong emotionally.
3.	Describe ways you can set healthy boundaries with friends.







Day 3: **(**) Guarding Your Heart

#### Prayer for Today

**God, please help me guard my heart wisely.** Teach me to trust You above my feelings and instincts, and fill my heart with Your truth. Protect me from being hurt by those who don't have genuine love for me. Help me establish healthy boundaries and draw closer to You daily. *Amen.* •







# Day 4: 🥬 Finding True Friendship in Christ









Day 4: 🥬 Finding True Friendship in Christ

#### Your Verse

John 15:13 – "Greater love has no one than this: to lay down one's life for one's friends."

#### **Supporting Scriptures**

- Ecclesiastes 4:9 "Two are better than one, because they have a good return for their labor."
- 1 Samuel 18:1 "Jonathan became one in spirit with David, and he loved him as himself."







Day 4: 🥬 Finding True Friendship in Christ

#### Devotional: Jesus: The Ultimate True Friend

True friendship is rare and precious, but God reveals its deepest meaning through Jesus. John 15:13 shows the ultimate love: sacrificial and unwavering. While human friends can fail us, Jesus remains the perfect friend who supports, loves, and never abandons.

Ecclesiastes 4:9 reminds us friendships encourage and uplift us, and 1 Samuel 18:1 beautifully describes the deep bond between David and Jonathan—a friendship marked by loyalty and love.

When you feel lonely or let down by fake friends, turn to Christ, who knows your heart and desires to be your closest and truest friend. Seek friendships that reflect His love and character.

Surrounding yourself with godly friends who care for your spiritual and emotional wellbeing builds strength and joy in your life.







Day 4: 💋 Finding True Friendship in Christ

## Reflect and Apply

	How does knowing Jesus as a friend change your view of loneliness or betrayal?
2.	What qualities of Jesus do you want in your friendships?
3.	How can you seek friends who reflect Christ's love?







Day 4: 💋 Finding True Friendship in Christ

#### **Journaling Prompts**

1.	Write about what it means to have Jesus as your friend.
2.	Describe qualities in a friend that remind you of Jesus.
3.	List ways you can be a better friend to others, following Jesus' example.







Day 4: 💋 Finding True Friendship in Christ

#### Prayer for Today

Lord Jesus, thank You for being the truest friend I could ever have. Help me to understand Your sacrificial love and to find comfort and strength in Your friendship. Teach me to be a friend to others with the same kindness and loyalty You show me. Surround me with godly friends who reflect Your heart. *Amen.*







# Day 5: E Setting Boundaries Courageously









Day 5: E Setting Boundaries Courageously

#### Your Verse

Galatians 6:5 - "Each one should carry their own load."

#### **Supporting Scriptures**

- Matthew 5:37 "Let your 'Yes' be 'Yes,' and your 'No,' 'No.""
- Proverbs 25:17 "Seldom set foot in your neighbor's house— too much of you, and they will hate you."







Day 5: A Setting Boundaries Courageously

#### Devotional: The Power of Saying Yes and No

One vital way to protect yourself from fake friends is learning how to set clear boundaries. This means understanding what you will and won't accept in your relationships. Galatians 6:5 reminds us we are responsible for our own lives, including our emotional wellbeing.

Jesus encourages honest communication in Matthew 5:37—be clear and firm in your words, so others understand your limits. Proverbs 25:17 warns that too much presence or influence can overwhelm people, implying the importance of spacing and respecting personal boundaries.

Setting boundaries is not selfish; it is an act of self-respect and invites healthy friendships to flourish. It takes courage but brings freedom and peace.







Day 5: A Setting Boundaries Courageously

## Reflect and Apply

1.	Where do you struggle with saying no or setting limits?
2.	How can boundaries protect your heart without pushing people away?
	What fears might you have about setting boundaries, and how can God help you overcome them?







Day 5: Setting Boundaries Courageously

#### **Journaling Prompts**

1.	List areas where you need to set better boundaries in friendships.
2.	Write a script of how you can say no respectfully but firmly.
3.	Describe a time when setting a boundary improved a relationship.







Day 5: 📃 Setting Boundaries Courageously

#### Prayer for Today

God, give me courage to set healthy boundaries in my relationships. Help me to say yes and no honestly and lovingly, protecting my heart while respecting others. Teach me to carry my own load with Your strength and wisdom, and to honor the relationships You give me. *Amen.* 







# Day 6: 🎇 Cultivating Genuine Connections









Day 6: 🗱 Cultivating Genuine Connections

#### Your Verse

1 Thessalonians 5:11 – "Therefore encourage one another and build each other up, just as in fact you are doing."

#### **Supporting Scriptures**

- Hebrews 10:24 "And let us consider how we may spur one another on toward love and good deeds."
- Colossians 3:12-14 "Clothe yourselves with compassion, kindness, humility, gentleness and patience... And over all these virtues put on love, which binds them all together in perfect unity."







Day 6: 🗱 Cultivating Genuine Connections

#### Devotional: Building Friendships That Last

Building authentic friendships requires intentionality and a heart to encourage others. 1 Thessalonians 5:11 urges us to uplift one another continually. True friends rejoice in each other's successes, support during struggles, and inspire growth.

Hebrews 10:24 pushes us to think creatively about how to motivate friends toward love and kindness. Colossians 3:12–14 reminds us that qualities like patience, humility, and gentleness need to be actively embraced, with love as the foundation.

Cultivate friendships that reflect these values and be that kind of friend you want to attract. These connections will stand the test of time and distance fake friends who do not seek your best.







Day 6: 🎇 Cultivating Genuine Connections

## Reflect and Apply

1.	What actions can you take to encourage and build up your friends?
2.	How can practicing love and patience transform your relationships?
3.	Are you investing in friendships with the same care that you receive?







Day 6: ♯ Cultivating Genuine Connections

#### **Journaling Prompts**

1.	Write about a friend who has encouraged and built you up.
2.	List ways you can show compassion and kindness to your friends.
3.	Describe how you want your friendships to grow in the future.







Day 6: 💥 Cultivating Genuine Connections

#### Prayer for Today

Father, help me to be a source of encouragement and love to my friends.

Teach me to show compassion, kindness, and patience in all my relationships. Guide me to cultivate genuine connections that honor You and bring joy and growth to my life and others. Make me a friend who reflects Your perfect love. *Amen.* \*\*















#### Your Verse

Jeremiah 29:11 – "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

#### **Supporting Scriptures**

- Psalm 34:18 "The LORD is close to the brokenhearted and saves those who are crushed in spirit."
- Romans 8:28 "And we know that in all things God works for the good of those who love him."







#### Devotional: God's Hope Beyond Hurt

After facing fake friends and the pain that can bring, it's important to remember that God is your ultimate source of hope and restoration. Jeremiah 29:11 assures us that God has good plans designed specifically for you, plans to give you a future filled with hope.

When your heart feels broken or crushed by betrayal, Psalm 34:18 promises God's close presence and comfort. Romans 8:28 reminds us that God can take even painful experiences and use them for good in His perfect timing.

Trusting Him means that your story is not defined by fake friendships, but by His love that restores, renews, and guides your path forward. Lean on God daily, and He will lead you to friendships that honor Him and bless your life.







## Reflect and Apply

1.	How has God used difficult friendships to grow you?
2.	What hope do you find in trusting God's plans for your life?
3.	How can you surrender your pain to God and receive healing?







## **Journaling Prompts**

1.	Write about your hopes for future friendships and how God is part of them.
2.	Describe a time when God comforted you in sadness or betrayal.
3.	List ways you can remind yourself daily of God's promises.







#### **Prayer for Today**

**Lord, thank You for Your plans to prosper me and give me hope.** Help me to trust You when relationships hurt and when the future feels uncertain. Heal my broken heart, and lead me toward friendships that reflect Your love and faithfulness. Remind me daily that You are close to me and working all things for my good. *Amen.* 







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