# Ending Toxic Friendships in a Godly Way



A 7-day plan guiding teens to end toxic friendships with wisdom, love, and biblical integrity.





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#### Introduction

Friendships shape our lives deeply, especially during our teen years. They influence our thoughts, actions, and even our beliefs. Yet, not every friendship is healthy or godly. Sometimes, friendships become toxic, pulling us away from God's purpose and peace. Deciding to end such relationships can be painful, confusing, and lonely, but God calls us to pursue healthy bonds that uplift and honor Him.

This study plan is tailored specifically for teens navigating the difficult journey of ending toxic friendships in a way that honors God. Over the next seven days, we will explore biblical truths and practical principles to help you discern, act with love, and heal with grace. Whether the toxicity is due to lies, manipulation, harm, or negative influences, God's Word provides the wisdom and comfort needed.

You'll discover how God's love never leaves us alone, even when tough choices are necessary. We will learn to set healthy boundaries, pray for those relationships, and trust God's plans for new, godly friendships. Remember: ending a toxic friendship doesn't mean you lack love — rather, it shows your faithfulness to God and to your own well-being. Let's begin this journey together, relying on God's guidance at every step.  $\bigcirc$   $\bigcirc$ 















#### 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.""
- Psalm 1:1 "Blessed is the one who does not walk in step with the wicked..."







#### Devotional: Spotting Harmful Friendships with Biblical Wisdom

Friendships are meant to build us up, reflect God's love, and guide us toward becoming Christ-like. But how do we know when a friendship is actually harmful? Proverbs 13:20 warns us clearly: the company we keep affects who we are. A toxic friend might manipulate, gossip, or constantly bring negativity — causing harm to your spirit.

Recognizing toxicity is the first and crucial step in any healing journey. It can be confusing because toxic friends often disguise their actions as care or fun. Ask yourself: Do I feel drained, anxious, or lesser after spending time together? Is this friendship pulling me away from God or encouraging sin?

God wants you to be surrounded by those who help you grow in wisdom, love, and faith. Trust His guidance and pay attention to how the relationship impacts your heart and walk with Him.







## Reflect and Apply

1.	What feelings do you experience after spending time with this friend?
2.	How does this friendship influence your relationship with God?
3.	What are some signs you notice that may indicate this friendship is toxic?







#### **Journaling Prompts**

1.	Describe how this friendship makes you feel emotionally and spiritually.
	Write about specific moments where you felt hurt or uneasy in this relationship.
3.	List the qualities of a healthy friendship that you desire instead.







#### Prayer for Today

Dear God, thank You for showing me the difference between healthy and toxic friendships. Help me have clear eyes to see what is hurting me and the courage to make wise choices. Please lead me in Your truth and surround me with those who bring me closer to You. Teach me to love others as You love, even when it means saying no or walking away. Guide my heart towards peace and healing. *Amen.* 











# Day 2: **Q** Seeking God's Wisdom









Day 2: 🖓 Seeking God's Wisdom

#### Your Verse

James 1:5 - "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

#### **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding..."
- Psalm 32:8 "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."







Day 2: O Seeking God's Wisdom

#### Devotional: Pray and Trust God for Wise Decisions

Making the decision to end a friendship, especially one you've shared much with, can be challenging and scary. Thankfully, God promises to give us wisdom when we ask Him. James 1:5 reassures us that God generously provides wisdom to anyone who seeks it sincerely.

This means you don't have to rely on your own understanding alone. By praying and reflecting on God's Word, you open your heart to His guidance and peace. Trusting God will help you act not out of anger or fear, but from love and clarity.

Remember Proverbs 3:5-6 — trusting God wholeheartedly means surrendering your uncertainties and letting Him direct your steps. As you deliberate on how to handle this friendship, invite God to be your counselor and strength.







Day 2: 🖓 Seeking God's Wisdom

## Reflect and Apply

1.	Have you asked God for wisdom about your friendship recently?
2.	How can you better trust God instead of relying on your own feelings?
3.	What does trusting God look like in your decision-making process?







Day 2: 🖓 Seeking God's Wisdom

#### **Journaling Prompts**

1.	Write a prayer asking God for wisdom regarding your friendships.
2.	Describe a time God helped you make a difficult decision.
3.	List ways you can remind yourself to trust God daily.







Day 2: P Seeking God's Wisdom

#### Prayer for Today

**Lord, I ask for Your wisdom and guidance today.** Help me to trust You in this tough situation with my friendship. May Your Spirit calm my heart and direct my thoughts. Show me clearly what steps I should take and give me strength to follow Your will. Help me love others as You do, even in times of difficulty. *In Jesus' name, Amen.* 



















#### Your Verse

Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

#### **Supporting Scriptures**

- Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance..."
- Matthew 5:44 "Love your enemies and pray for those who persecute you."







# Devotional: Show Christlike Love When Ending Friendships

Ending a toxic friendship doesn't mean you have to act harshly or without kindness. The Bible clearly teaches us to respond with love, grace, and forgiveness — even when it's difficult or when we've been hurt.

Ephesians 4:32 calls us to be kind and forgiving, just as Christ has forgiven us. This sets a powerful example for our relationships. When you confront or decide to end a friendship, aim to reflect God's love rather than letting bitterness or anger control your actions.

Forgiveness doesn't require forgetting or reopening your heart to harm, but it frees you from carrying heavy pain. Pray for your friend, and seek peace in your heart. Remember, the way you treat others is a witness to God's transforming power in your life.







## Reflect and Apply

1.	How can you show kindness even while setting boundaries?
2.	What does forgiveness mean to you in this situation?
3.	How might praying for your friend change your perspective?







## **Journaling Prompts**

1.	Write about how you can respond to this friend with grace.
2.	List any resentments you need to forgive and release.
3.	Describe ways to pray for your friend's well-being.







#### Prayer for Today

Father, help me to show kindness and forgiveness despite my hurt. Teach me to act with Your love and grace as I make these difficult choices. Remove any bitterness from my heart and help me pray earnestly for those who have wronged me. May my actions honor You and reflect Your mercy. In Jesus' name, Amen.









# Day 4: V Setting Healthy Boundaries









Day 4: **(**) Setting Healthy Boundaries

#### Your Verse

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

#### **Supporting Scriptures**

- Galatians 6:5 "Each one should carry their own load."
- Matthew 10:16 "Be as shrewd as snakes and as innocent as doves."







Day 4: V Setting Healthy Boundaries

#### Devotional: Protect Your Heart with Clear Boundaries

**Protecting your heart is vital when dealing with toxic friendships.** Proverbs 4:23 urges us to guard our hearts carefully because our life flows from what's in our hearts.

Setting boundaries is an important form of self-care that God supports. Boundaries help maintain your emotional and spiritual health by defining how much you allow others to influence or affect you. This may mean limiting time spent together, refusing to engage in harmful behavior, or clearly communicating your needs.

Jesus encourages us in Matthew 10:16 to be wise and innocent — meaning to be alert and discerning but kind-hearted. Setting boundaries doesn't mean you reject the other person, but instead that you protect yourself in love. Healthy boundaries allow healing and prevent further damage.







Day 4: V Setting Healthy Boundaries

## Reflect and Apply

1.	What boundaries do you currently have or need to set with this friend?
2.	How can boundaries help you heal and grow spiritually?
3.	In what ways can you communicate your boundaries lovingly but firmly?







Day 4: **(**) Setting Healthy Boundaries

## **Journaling Prompts**

1.	Describe specific boundaries you need to establish.
2.	Write down fears or challenges you face in setting boundaries.
3.	Plan practical steps to maintain your boundaries each day.







Day 4: **(**) Setting Healthy Boundaries

#### Prayer for Today

Lord, help me guard my heart and set healthy boundaries. Give me courage to say no when needed and wisdom to protect my soul. Let Your peace fill me as I take steps toward healing. Teach me to balance firmness with kindness, trusting You to guide every decision. Amen.

















#### Your Verse

Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

#### **Supporting Scriptures**

- Romans 12:12 "Be joyful in hope, patient in affliction, faithful in prayer."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength."







#### Devotional: Turn to God for Healing and Strength

Ending a friendship can leave deep wounds and loneliness. During this time, draw near to God who promises to be close to the brokenhearted (Psalm 34:18). Your feelings are valid, and healing takes time.

Prayer is a powerful way to release your pain and invite God's peace into your heart. Romans 12:12 encourages us to be patient in affliction and faithful in prayer. Even when you don't see immediate change, trust God is working — renewing your strength and restoring your soul.

Be gentle with yourself on this journey. Healing is often gradual, but God's presence brings comfort and new hope each day.







# Reflect and Apply

1.	How can you rely on God during this painful time?
2.	What are your honest feelings about losing this friendship?
3.	How might patient prayer change your healing process?







## **Journaling Prompts**

1.	Write a prayer expressing your hurts and hopes.
2.	Describe the ways God has comforted you in the past.
3.	List positive things you want to focus on during healing.







#### Prayer for Today

Dear God, I feel broken and sad, but I come to You for comfort. Thank You for being near when my spirit is crushed. Help me be patient and faithful as I heal. Renew my strength daily and fill my heart with hope. Teach me to trust Your perfect timing and love. Amen.









# Day 6: Fiendships in Christ









Day 6: Fiendships in Christ

#### Your Verse

1 Corinthians 15:33 – "Do not be misled: 'Bad company corrupts good character.'"

#### **Supporting Scriptures**

- Ecclesiastes 4:9–10 "Two are better than one...if either of them falls down, one can help the other up."
- John 15:12 "My command is this: Love each other as I have loved you."







#### Devotional: Find and Grow Godly Friendships

After ending a toxic friendship, it can be tempting to isolate yourself or fear new relationships. Yet God desires for you to experience joy and support through healthy, loving friendships.

Remember 1 Corinthians 15:33 and be cautious about whom you allow close, but also open your heart to those who build you up. Ecclesiastes 4:9–10 reminds us how important companionship is for encouragement and strength.

Seek friends who reflect Christ's love and lift you spiritually. Friendships rooted in God's love are powerful gifts that enrich your faith and life. May you grow in community, serving and loving others as Jesus commands.







# Reflect and Apply

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## **Journaling Prompts**

1.	Write about the kind of friend you want to be.
2.	List ways to meet and connect with godly peers.
3.	Reflect on your past friendships and lessons learned.







#### Prayer for Today

Lord, thank You for promising good friends who help me grow. Help me approach new relationships with an open heart and discernment. Teach me to love others as You love me and to be a friend who reflects Your grace. Guide me to friendships that encourage me in faith and joy. Amen.









# Day 7: 🛠 Moving Forward with Hope and Confidence









Day 7: Noving Forward with Hope and Confidence

#### 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**

- Philippians 4:6-7 "Do not be anxious about anything...the peace of God will guard your hearts and minds..."
- Isaiah 41:10 "Do not fear, for I am with you...I will strengthen you and help you."







Day 7: Moving Forward with Hope and Confidence

#### Devotional: Trust God for a Hopeful Future

As you conclude this journey of ending toxic friendships in a godly way, know that God's promises sustain you. Jeremiah 29:11 reminds us that God has good plans filled with hope for your future, even beyond difficult endings.

Carry this hope and confidence forward, trusting God's peace to guard your heart. Philippians 4:6–7 encourages you to replace worry with prayer, receiving God's unmatched peace. Isaiah 41:10 reminds you that you are never alone — God strengthens and helps you every step.

Moving forward means embracing God's purpose for your life with courage and faith. Your past does not define you; God's grace transforms you and leads you toward abundant life and loving relationships in Him.







Day 7: **%** Moving Forward with Hope and Confidence

# Reflect and Apply

1.	What hopes do you have for your future friendships?
2.	How can God's promises help you overcome fear?
3.	What steps will you take to move forward confidently?







Day 7: 🥎 Moving Forward with Hope and Confidence

## **Journaling Prompts**

1.	Write about your vision for friendships grounded in faith.
2.	List verses or promises to remind you of God's care.
3.	Describe how you plan to stay connected with God daily.







Day 7: Moving Forward with Hope and Confidence

#### Prayer for Today

**Father, thank You for Your good plans and promises.** Help me move forward without fear, trusting Your strength and wisdom. Fill my heart with peace and hope as I embrace the future You have prepared. Keep me close to You and guide my steps in loving, godly relationships. Amen.









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