## Finding Strength When Your Best Friend Walks Away



Explore God's guidance and comfort when facing the pain of a best friend walking away, finding hope and renewal in His unfailing love.





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#### Introduction

Friendship is one of life's greatest gifts, especially during our teenage years when relationships shape who we are. But what happens when a best friend walks away? The feelings of hurt, confusion, and loneliness can be overwhelming. Yet, it is precisely in these moments of pain that God's Word offers deep comfort and strength. This 7-day study invites teens to explore what the Bible says about friendship, trust, forgiveness, and hope. Through Scripture and reflection, you'll discover how God remains your unshakeable friend even when human friendships falter.

Jesus understands the sting of loss and rejection, yet He offers a friendship that never ends. As you journey through these days, you will learn how to process your feelings, forgive where possible, protect your heart, and trust God's plan amid seasons of change. You're not alone in this struggle — God is walking beside you every step of the way.

Whether your friend left by choice or circumstance, God is ready to heal your heart and fill you with peace. Let this study help you find reassurance in God's faithful love and guide you in restoring joy and hope in your relationships and life.

















Day 1: 💔 Feeling the Pain of Goodbye

#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- John 16:22 "So with you: Now is your time of grief, but I will see you again and you will rejoice."







Day 1: V Feeling the Pain of Goodbye

#### Devotional: God Comforts the Brokenhearted

When your best friend walks away, the pain can feel unbearable. You might feel abandoned, confused, or even question your worth. It's okay to acknowledge these feelings instead of pushing them aside. *God sees your hurt and wants to comfort you.* Psalm 34:18 reminds us that the Lord is close to the brokenhearted and saves those crushed in spirit. He is not distant or uninterested — He draws near in your pain. Consider that God's presence is your refuge, a safe place where you can cry, rant, and find peace.

Jesus Himself faced rejection and understood loneliness. You are not alone in your hurt. Turn to Him in prayer, allowing yourself to rest in His loving arms. This season may feel dark, but God's healing light will break through. **Hold onto hope for a new beginning and healing for your heart.** 







Day 1: V Feeling the Pain of Goodbye

## Reflect and Apply

1.	How are you feeling right now about the loss of your friendship?
2.	In what ways have you felt God's presence during difficult times before?
3.	What might it look like to bring your pain honestly to God today?







Day 1: V Feeling the Pain of Goodbye

## **Journaling Prompts**

1.	Write down how losing your friend has affected your heart.
2.	List moments where you felt God's comfort before.
3.	Write a prayer expressing your honest feelings to God.







Day 1: 💔 Feeling the Pain of Goodbye

#### Prayer for Today

**Dear Lord,** please draw near to me today as I feel broken and alone. Help me rest in Your presence and trust that You understand my pain deeply. Heal my wounded heart and remind me that I am never truly abandoned because You are always with me. Thank You for Your unwavering love and for being the Friend who never leaves. *Give me peace and strength for today.* Amen.

















Day 2: Protecting Your Heart Wisely

#### 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. Who can understand it?"
- Matthew 6:21 "For where your treasure is, there your heart will be also."







Day 2: Protecting Your Heart Wisely

#### Devotional: Wisely Guard Your Heart and Boundaries

It's tempting to reopen the door to a friendship that hurt us deeply, hoping for things to go back to how they were. But God calls us to guard our hearts carefully. Proverbs 4:23 warns us that everything flows from the heart, so protecting it is essential for our well-being. This doesn't mean shutting down emotions or closing off love, but setting healthy boundaries to keep your heart safe.

Sometimes, walking away from a friendship is necessary if it harms your inner peace or faith. God's desire is for you to flourish, and He equips you with wisdom when making decisions about relationships. Ask Him to reveal what's best for your heart and help you guard it from bitterness or unhealthy attachments.

Remember, guarding your heart creates space for God's love to grow within you and influences the quality of friendships you will build in the future.







Day 2: **(**) Protecting Your Heart Wisely

## Reflect and Apply

1.	What boundaries might you need to protect your heart right now?
2.	How can guarding your heart honor the plans God has for you?
3.	Are there unhealthy attachments or thoughts you need to release?







Day 2: **(**) Protecting Your Heart Wisely

## **Journaling Prompts**

1.	Write about what 'guarding your heart' means to you.
2.	List any boundaries you feel led to set with others.
3.	Pray for wisdom on how to protect your heart moving forward.







Day 2: • Protecting Your Heart Wisely

#### Prayer for Today

**Lord,** thank You for teaching me how to protect my heart. Help me recognize what is good and what could harm me. Give me wisdom to set boundaries that honor You and guard my emotions. May Your love fill the space where hurt once lived. Teach me to trust Your guidance in friendships and beyond. Amen.  $\mathbb{Q}$   $\mathbb{Q}$   $\mathbb{Q}$   $\mathbb{Q}$ 







## Day 3: W Navigating Forgiveness and Freedom









Day 3: W Navigating Forgiveness and Freedom

#### Your Verse

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."

#### **Supporting Scriptures**

- Colossians 3:13 "Bear with each other and forgive one another... Forgive as the Lord forgave you."
- Matthew 6:14 "If you forgive other people when they sin against you, your heavenly Father will also forgive you."







Day 3: W Navigating Forgiveness and Freedom

#### Devotional: Choosing Forgiveness Brings Freedom

Forgiveness can feel impossible when someone you trusted walks away or hurts your heart. But holding onto bitterness only keeps you bound to pain. God calls us to forgive — not always for others, but for our own freedom. Ephesians 4:31–32 encourages us to get rid of anger and be kind and forgiving, just as God has forgiven us through Christ.

Forgiveness doesn't mean forgetting or pretending the hurt didn't happen. It means releasing the grip bitterness has on your heart and choosing healing and peace. When you forgive, you invite God's grace to reshape your feelings and open the door to restoration — whether that restoration happens with your friend or within yourself.

Ask God for the strength to forgive, trusting Him to heal your broken heart and renew your spirit.







Day 3: Dayigating Forgiveness and Freedom

## Reflect and Apply

1.	What emotions come up when you think about forgiving your friend?
2.	How does holding onto bitterness affect your daily life and faith?
3.	In what ways can forgiveness open a path toward healing?







Day 3: Dayigating Forgiveness and Freedom

## **Journaling Prompts**

1.	Write down any resentments or anger you feel toward your friend.
2.	Pray and ask God to help you release these feelings.
3.	Reflect on a time you experienced God's forgiveness and how it changed you.







Day 3: 💬 Navigating Forgiveness and Freedom

#### Prayer for Today

Heavenly Father, help me release any bitterness and anger I carry. Teach me to forgive as You forgive me with grace and mercy. Heal my wounded heart and free me from the chains of resentment. Thank You for Your love that never gives up on me, even when I struggle to forgive. Renew my spirit and bring peace to my soul. In Jesus' name, Amen. 🗲 🙏 😭







## Day 4: Friendship









Day 4: 7 Growing in Godly Friendship

#### Your Verse

Proverbs 27:17 - "As iron sharpens iron, so one person sharpens another."

#### **Supporting Scriptures**

- Ecclesiastes 4:9–10 "Two are better than one... If either falls, the other can help them up."
- 1 Thessalonians 5:11 "Encourage one another and build each other up."







Day 4: 7 Growing in Godly Friendship

#### Devotional: Godly Friends Help Us Grow

Not all friendships last forever, but God's design for friendship is beautiful and life-giving. Proverbs 27:17 shows us that true friends sharpen and help us grow. After the pain of a friend walking away, it can be hard to open your heart again, but God encourages us to seek friendships that build us up spiritually and emotionally.

Look for friends who challenge you in your faith, who love you authentically, and who push you to be your best self. Ecclesiastes reminds us that friends can catch us when we fall, and 1 Thessalonians urges us to encourage and build each other up. Healthy friendships are a gift from God to help us navigate life's ups and downs.

Pray that God will bring new, godly friends into your life and help you become the kind of friend that others need.







Day 4: 🎖 Growing in Godly Friendship

## Reflect and Apply

1.	What qualities do you value most in a friend?
2.	How can you be a good friend to others, even during tough times?
3.	Are you open to forming new friendships that strengthen your faith?







Day 4: 🍞 Growing in Godly Friendship

#### **Journaling Prompts**

1.	List qualities of a godly friend you would like to cultivate.
2.	Write about a time a friend encouraged your faith.
3.	Pray for God to guide you to friendships that sharpen and support you.







Day 4: Friendship

#### Prayer for Today

**Lord,** thank You for the gift of friendship. Help me recognize friends who will sharpen and encourage my faith. Teach me to be a supportive and loving friend in return. Bring new friendships into my life that reflect Your heart and help me grow closer to You. Amen. **2** 💢 💬 🙏







## Day 5: 😂 Finding Peace in God's Plan









Day 5: Tinding Peace in God's Plan

#### 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**

- Romans 8:28 "In all things God works for the good of those who love him."
- Philippians 4:6–7 "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts."







Day 5: W Finding Peace in God's Plan

#### Devotional: Trust God's Good Plan for You

It's hard to understand why some friendships end, especially when it hurts so much. But God assures us that He has a good plan for our lives, even through difficult seasons. Jeremiah 29:11 tells us that God's plans are for hope and a future filled with His blessings.

Romans 8:28 reminds us that God works all things for our good. Even the loss of a friend can become a thread in God's beautiful tapestry, shaping our character, faith, and resilience. When anxiety about the future creeps in, Philippians encourages us to bring our concerns to God in prayer so His peace can guard our hearts.

Trusting God's plan means believing that even the painful parts have purpose and that He will guide you toward healing and joy.







Day 5: 😂 Finding Peace in God's Plan

## Reflect and Apply

1.	How does trusting God's plan change the way you view this loss?
2.	What worries or anxieties can you give to God today?
3.	How can you hold onto hope in the midst of uncertainty?







Day 5: 😂 Finding Peace in God's Plan

#### **Journaling Prompts**

1.	Write about what you hope God will do in your life moving forward.
2.	List any fears or worries you want to surrender to God.
3.	Pray asking God for peace and trust in His plan.







Day 5: Tinding Peace in God's Plan

#### Prayer for Today

Father God, help me trust Your plan even when I don't understand my pain. Calm my anxious heart and fill me with peace beyond understanding. Remind me that You are working all things for my good and that my future is secure in Your hands. Thank You for hope and new beginnings. Amen. 🧩 😂













Day 6: Restoring Joy and Hope









Day 6: 🌈 Restoring Joy and Hope

#### Your Verse

Nehemiah 8:10 - "Do not grieve, for the joy of the Lord is your strength."

#### **Supporting Scriptures**

- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







Day 6: Restoring Joy and Hope

#### Devotional: God's Joy Restores Strength

When grief from a lost friendship weighs heavily, joy may seem far away. But Nehemiah reminds us that the joy of the Lord is our strength. God's joy is not based on circumstances but on His unchanging love and presence. It renews and empowers us.

The psalmist encourages us by acknowledging that while we may weep and grieve, rejoicing will come in the morning. By placing your hope in the Lord, you receive new strength to face each day. Isaiah 40:31 promises renewal and uplift for those who wait on God.

Allow yourself to grieve, but also open your heart to the joy God wants to restore. Your hope and strength are found in Him alone.







Day 6: <a>Restoring Joy and Hope</a>

## Reflect and Apply

1.	What does 'joy of the Lord' mean to you personally?
2.	How can you lean on God's strength during feelings of sadness?
3.	In what ways can hope renew you each day?







Day 6: Restoring Joy and Hope

## **Journaling Prompts**

	Write about moments when you've experienced God's joy despite challenges.
2.	List things that bring you hope and point them toward God.
3.	Pray for renewed strength and joy in your heart.







Day 6: 🌈 Restoring Joy and Hope

#### Prayer for Today

**Dear Jesus,** thank You for being my source of joy and strength. When I feel broken or sad, remind me that Your joy is available to me and that it renews my soul. Help me hold onto hope and trust You to restore my heart day by day. Fill me with peace and happiness that only You can give. Amen.















#### Your Verse

Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing!"

#### **Supporting Scriptures**

- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come: The old has gone, the new is here!"
- Lamentations 3:22–23 "His mercies are new every morning; great is Your faithfulness."







#### Devotional: Step into God's New Things

The ending of a friendship chapter invites us to embrace new beginnings filled with hope and faith. Isaiah encourages us not to dwell on past hurts but to open our eyes to what God is doing now and in the future. He is always at work, creating fresh opportunities and renewed hearts.

In Christ, you are a new creation — freed from past pain and ready to walk forward in faith. Each morning, God's mercies renew, and His faithfulness remains steadfast. This means you can let go of old wounds and step confidently into the new life God is leading you toward.

Trust God's promises and be courageous in welcoming new friendships, experiences, and joy.







## Reflect and Apply

1.	What old hurts do you need to release to embrace God's new plan?
2.	How can you step forward in faith despite past disappointments?
3.	What new beginnings do you feel God calling you toward?







## **Journaling Prompts**

1.	Write about what 'new beginnings' mean to you.
2.	List ways God has been faithful in your life recently.
3.	Pray for courage to trust and embrace God's new plans.







#### **Prayer for Today**

God of New Beginnings, thank You for Your faithfulness and fresh mercies every day. Help me to forget the pain of the past and step boldly into the new things You have for me. Give me courage to trust Your plans and open my heart to healing, joy, and new friendships. I place my future in Your hands. Amen. 💸 🔑 🙏 👄







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