True Friendship for Teens: Faith, Loyalty, and Support



Discover biblical principles for choosing faithful friends who encourage your faith with loyalty, honesty, and support in this empowering 3-day study.





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Introduction

Friendship is one of the most significant relationships in a teenager's life.

During these formative years, true friends influence not just how we spend our time but also who we become. *Choosing friends who encourage your faith* and support your values is vital to growing spiritually and emotionally. The Bible provides timeless guidance on friendship, showing us what real loyalty, honesty, and encouragement look like.

As a teen, it is easy to seek acceptance from peers, but not all friendships uplift or bring us closer to God. **God's Word** calls us to be wise in our friendships, choosing companions who sharpen us and hold us accountable. This study will help you explore what it means to be a true friend yourself, and how to recognize friends who walk with you in faith.

Over these three days, we will dive into Scriptures that teach about faithfulness, honesty, and support within friendships. You'll be encouraged to reflect deeply on your current relationships and inspired to build friendships that honor God and nurture your spiritual journey. By embracing these biblical principles, you can experience the joy and strength that come from true, lasting Christian friendship. Let's begin this journey to discover the heart of real friendship and how you can live it out as a teen.









Day 1: What Is True Friendship?









Day 1: What Is True Friendship?

Your Verse

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

Supporting Scriptures

- Ecclesiastes 4:9–10 "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."
- John 15:13 "Greater love has no one than this: to lay down one's life for one's friends."







Day 1: " What Is True Friendship?

Devotional: Defining True Friendship with God's Love

True friendship stands the test of time and circumstances. Proverbs 17:17 reminds us that a genuine friend loves consistently, not just when things are easy or fun. They remain loyal and compassionate even during hardships. As teens, it's tempting to focus on popularity or surface-level fun, but God calls us to something deeper. A real friend is like a brother or sister — someone who sticks with us in good times and bad.

Ecclesiastes 4:9-10 shows the power of friendship: friends lift us up when we stumble. This mutual support means we're stronger together, especially as we face challenges that teens encounter like peer pressure, doubts, or personal struggles.

Jesus set the highest standard for friendship in John 15:13 by showing sacrificial love. True friendships involve selflessness, putting a friend's needs above our own comfort or convenience. As you think about your friendships, ask yourself if your friends—and you—reflect this kind of unwavering love and support. This is the foundation of true friendship built on God's love.







Day 1: 🍑 What Is True Friendship?

Reflect and Apply

1.	What characteristics make someone a true friend to you?
2.	How do your closest friends support you during difficult times?
3.	In what ways can you show sacrificial love to your friends today?







Day 1: 🍑 What Is True Friendship?

Journaling Prompts

1.	Write about a time a friend helped you when you needed it most.
2.	List qualities you want to look for in a true friend.
3.	Reflect on how you demonstrate loyalty in your friendships.







Day 1: What Is True Friendship?

Prayer for Today

Dear Lord, thank You for the gift of friendship. Help me to be a true friend who loves consistently and supports others in both good times and bad. Teach me how to choose friends who encourage my faith and reflect Your love. Give me the humility to grow in loyalty and sacrificial love, just as Jesus showed us. May my friendships glorify You and strengthen my walk with You every day. *Guide me in walking with wisdom and kindness*. Amen.

















Your Verse

Ephesians 4:25 - "Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body."

Supporting Scriptures

- Proverbs 27:6 "Wounds from a friend can be trusted, but an enemy multiplies kisses."
- Colossians 3:9 "Do not lie to each other, since you have taken off your old self with its practices."







Devotional: The Power of Honest Communication

Honesty is essential in building trust with our friends. Without truthfulness, friendships become fragile and unfulfilling. Ephesians 4:25 encourages us to put away falsehood and speak truthfully because we belong to the same body in Christ. True friends are honest, even when the truth is hard to hear.

Proverbs 27:6 shows that sometimes a real friend's honest correction might feel like a wound, but ultimately it is trustworthy and helpful. This kind of honesty allows us to grow and avoid harm. It's better than receiving empty compliments or false flattery from those who do not have our best interests at heart.

Colossians 3:9 reminds us that lying doesn't belong in the life of a believer. When we live truthfully and encourage our friends to do the same, we create a safe, authentic environment where faith can flourish. Reflect on whether your friendships are built on honesty and what steps you can take to foster deeper trust through truthful communication. Remember, honesty strengthens bonds and honors God's desire for genuine relationships.







Reflect and Apply

	How comfortable are you with being honest with your friends, even when it's difficult?
2.	Have you experienced honest correction from a friend? How did it impact you?
	What can you do to encourage more truthful communication in your friendships?







Journaling Prompts

1.	Write about a time honesty strengthened a friendship in your life.
2.	Describe how you feel when someone is dishonest with you.
3.	Make a plan for how to approach honesty in your closest friendships.







Prayer for Today

Lord, please help me to be honest and truthful in all my friendships. Teach me to speak with kindness and courage so I can build trust with those around me. Guard my heart against dishonesty and guide me to receive honest feedback with grace. Thank You for being a God of truth and integrity. May my words reflect Your love and strengthen my friendships for Your glory. *Give me wisdom to communicate openly and faithfully.* Amen.

















Day 3: Faith Supporting Each Other's 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

- 1 Thessalonians 5:11 "Therefore encourage one another and build each other up, just as in fact you are doing."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Day 3: Faith Supporting Each Other's Faith

Devotional: Encouraging Growth and Bearing Burdens Together

Supporting one another's faith is a crucial part of friendship for teens.

Hebrews 10:24–25 urges us to actively encourage and motivate each other to keep growing in love and good deeds. This means walking side by side with friends, spurring them on when they struggle and celebrating their victories.

1 Thessalonians 5:11 encourages believers to build each other up continuously. Friendships rooted in faith have a special purpose: to strengthen each other spiritually and emotionally. This support forms a protective net in the sometimes turbulent journey of teenage years.

Galatians 6:2 teaches us to carry each other's burdens, showing that true friends don't just enjoy the good times together but also share struggles and pray for one another. Being there for a friend in need reflects Christ's love and deepens your connection. Consider how you can be a source of encouragement and help in your friends' faith journeys. Together, you can grow stronger in Christ through faithful support and love.







Day 3: 🎖 Supporting Each Other's Faith

Reflect and Apply

1.	How do you currently encourage your friends in their faith?
2.	What burdens might your close friends be carrying that you could help with?
3.	In what ways can you commit to building up your friends spiritually?







Day 3: 🎖 Supporting Each Other's Faith

Journaling Prompts

1.	Write about a time someone encouraged you in your faith.
2.	List practical ways you can support your friends' spiritual growth.
3.	Reflect on areas where you need support and how you can ask for it.







Day 3: Faith Supporting Each Other's Faith

Prayer for Today

Heavenly Father, thank You for the friends You've placed in my life who encourage me to grow in faith. Help me to be a faithful supporter, spurring others on in love and good deeds. Teach me to carry the burdens of my friends and to build them up with kindness and prayer. May our friendships be a reflection of Your grace and a source of strength for all of us. *Fill me with Your love so I can share it generously.* Amen.







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