

**21 DAY
FRIENDSHIP
CHALLENGE**

**1.
THINK ABOUT
YOUR FRIENDS**

Write down some of the things your friends may be experiencing, feeling, or worrying about right now. Consider the highs and lows your friends may need your support through.

**4.
PRAY FOR
GREAT
FRIENDS**

Write a prayer here, asking God to help you find friends who will sharpen your life and make it better. Then, ask God to help you be that kind of friend to others, too.

**6.
IDENTIFY
WHY YOU'RE
FRUSTRATED**

If you're navigating a conflict or issue with a friendship, write down why you're frustrated, hurt, or upset. This isn't about being right or proving a point. It's just about narrowing down what you're feeling and expressing it here for yourself.

8. THINK ABOUT YOUR FRIEND GROUP

Describe it here. How can you be a part of making this a reality?

**2.
LISTEN TO
YOUR FRIENDS**

Write down a few questions you could ask your friends about things that are important to them. Create a plan for how you plan to listen, remember, and encourage your friends through things that are happening in their lives.

**7.
CANCEL THEIR
OFFENSE**

Because God has forgiven you through Jesus, you can pass that on to the friend who has hurt or upset you. Here, write a prayer asking God to help you practice forgiveness toward that person.

**9.
THINK
ABOUT**

the last time your friend shared their feelings. How can you show empathy to their current situation?

**3.
PRAY FOR
YOUR FRIENDS**

Write a short, quick, simple prayer for a friend (or a few friends!) who might need it right now.

**5.
ASK YOURSELF
IMPORTANT
QUESTIONS
ABOUT YOUR
FRIENDS**

Write down a few questions you want to ask yourself to ensure you're choosing the right friends for yourself. Questions like...

DO THEY MAKE WISE DECISIONS?

ARE THEY ALWAYS CAUGHT UP IN DRAMA?

DO THEY SEEM TO CONSTANTLY BE LIVING IN THE FALL-OUT OF BAD DECISION?

DO THEY HAVE YOUR BEST INTERESTS IN MIND?

DO THEY TREAT OTHER PEOPLE WELL?

**10.
LOOK AT**

your friends last social media post or text message. Are there any important details you might have missed?

11. ENCOURAGE YOUR FRIENDS

What is something that only you know about a friend that you can help or encourage them in?

14. ASK ABOUT THEIR FAMILIES

Learn more about your friends and where they come from by getting to know their families or the people they live with.

19. INVITE SOMEONE NEW

There's no better way to make a new friend than by opening your circle up to someone new. So, think about who you can invite into your circle and take a step to reach out to them this week.

15. SET A TIME TO PRAY

Ask a friend how you can be praying for them. Then, set a reminder on your phone to pray for that specifically each day this week.

20. LEAN INTO YOUR SMALL GROUP

What would it look like to make your small group more of a circle of friends? Write down some ways you can build up the friendships with members of your group.

12. SHOW SUPPORT

Ask friends for details about something big coming up in their lives. Then, find a way to support them in whatever it is they share.

16. MAKE IT A MEAL

Reach out to a friend and invite them to a meal with you. While you're there, talk about ways you can pray for and encourage each other.

13. DISCOVER THEIR FAVORITES

Get to know a few of your friends' favorite things. Ask them about anything from their favorite candies and foods to their favorite artist or show.

17. SHARE YOUR OWN REQUESTS

Ask a friend to pray for you, too!

18. BE WITH YOUR FRIENDS

Basically, just hang out! Initiate a way to spend time with your friends doing something you all like to do together.

21. BE A FRIEND

Think about what it means for you to be a friend to others. Write down some ways you want to grow as a friend and consider how you can do that in your friendships this week.