



REAL FRIENDS. REAL FAITH. BETTER TOGETHER.

Our Squad Goals lesson explored friendship that goes beyond good vibes. Real friends encourage us, tell us the truth, and help us get back up when life gets hard.

SCRIPTURE SPOTLIGHT

Ecclesiastes 4:9-10 reminds us that two are better than one. When one person falls, another can help them up. Asking for support is not weakness. God created us for connection!

THREE LESSONS TO KEEP

01 / SHOW UP

A check-in, a listening ear, or an encouraging message can make a difference.

02 / SPEAK TRUTH WITH KINDNESS

Good friends care enough to be honest and help us follow God.

03 / HELP EACH OTHER UP

Offer support, forgiveness, and grace when a friend has a rough day.

THE BIG TAKEAWAY

Real friendship shows up, tells the truth, and helps you up when you fall.

LESSON HIGHLIGHTS

Friendship Shoutouts: Name one specific, true, kind thing about a friend. Encouragement matters - say the good things out loud!

Trust Walk Challenge: Relying on someone else's directions connects to a bigger question: Who helps guide you toward God when you cannot see the whole picture?

YOUR CHALLENGE THIS WEEK

Be the friend you want in your life. Send an encouraging message. Check on someone who has been quiet. Pray for a friend by name.

Memory verse: Ecclesiastes 4:9
Start with: "Two are better than one."

COMING NEXT: WORDS THAT BUILD UP

Your words have impact. Let's learn how to use them to encourage!