

Friendship means using your words and actions to show others you care.



Read Ecclesiastes 4:9-10

DAY
1

Build Up

Ask an adult to help you look up 1 Thessalonians 5:11 and for six plastic cups you can write on. Think of some encouraging words that you could say to a friend that would build them up. Ask an adult to write these words on the cups. Once you think of six different things to write, stack the cups in a pyramid shape. This could be three cups on the bottom, two on top of those, one on the very top. This is what it looks like when you use encouraging words, you build someone up! Ask God to help you be the kind of friend that encourages your friends.

DAY
2

Say Thanks

This week, we learned how Elisha and Elijah encouraged each other throughout their journey together. Have you ever thought about how you can do that for one of your friends? Take out a piece of paper and some crayons. You are going to create your very own thank you card. Choose a friend and tell them how much you appreciate him or her for being your friend. What a great way to encourage them and build them up just like we learned this week!

Dear God, Thanks so much for giving me amazing friends. Thank You specifically for _____. I pray that they will feel encouraged and important because of the note that I made for them this week. Amen.

DAY
3

I Choose You!

All this week we have been talking about different ways that we can encourage our friends and show them that they are important to us. Look at the list below and circle all the different ways that are encouraging a friend and building them up. Put an "x" through all of the ways that are not. Choose one of these things that you circled and do it for a friend this week.

Draw a picture for your friend

Ask your friend what they would like to play.

Ignore your friend when they wave to you.

Tell your friend that they aren't good at soccer.

Tell your friend that they are really smart.

Look for ways to encourage your friends.

DAY
4

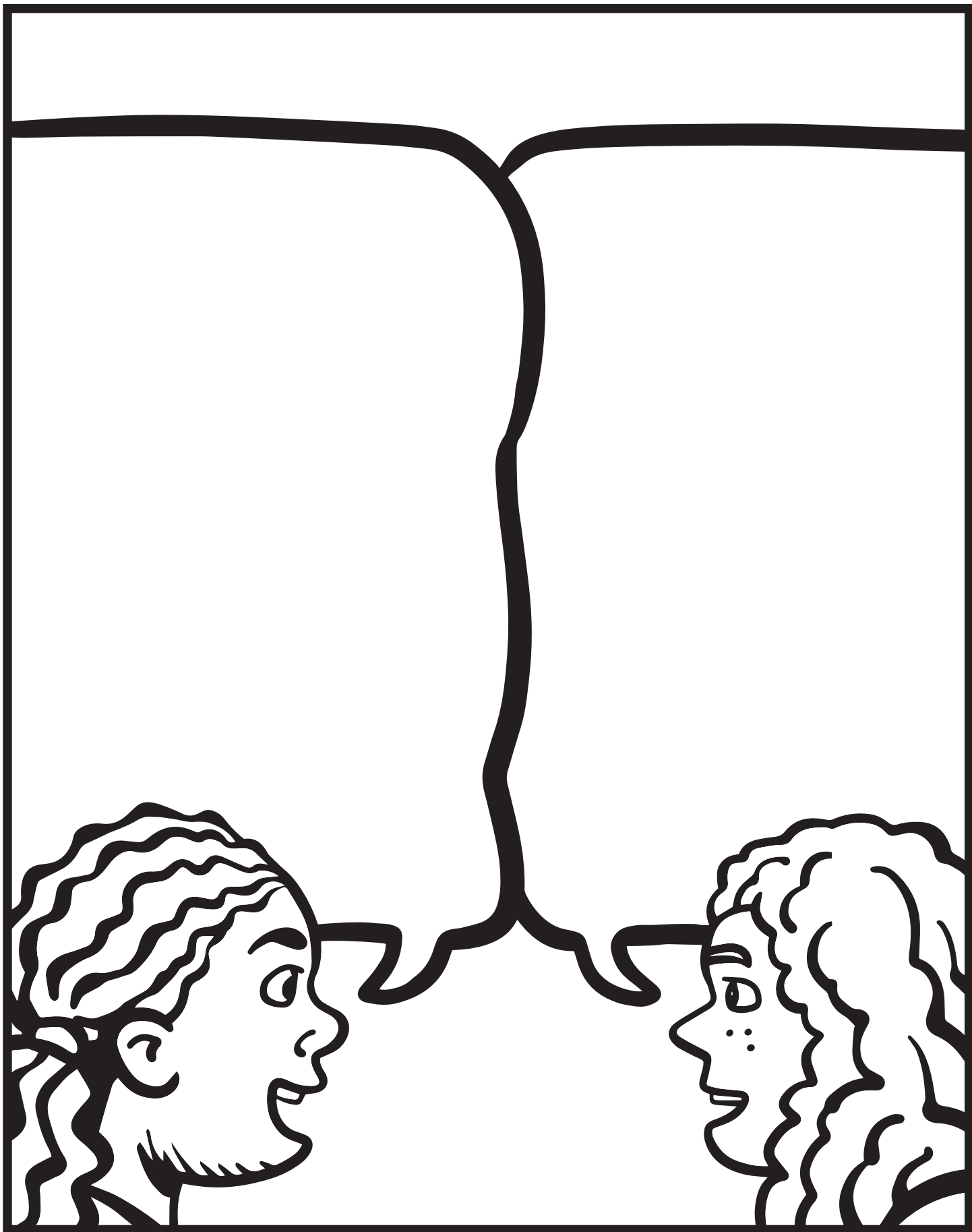
Just Call Me

Ask an adult if you could call a friend and tell them how cool it is to be their friend! Think of a time when the two of you had a great time or laughed really hard at something. Share this or a favorite memory with them. Just let them know that you think they are great!

Know that God loves it when we encourage each other.

Friends encourage one another.

PARENT CUE



Friendship means using your words and actions to show others you care.

WEEK
3
2ND-3RD

DAY 1

Read 1 Thessalonians 5:11

Grab some blocks or a few plastic cups and build the tallest tower you can. Okay, now take a guess as to how long your tower will last before someone knocks it over? An hour? Fifteen minutes? Thirty seconds? What if you were to stand next to it to protect it? Would it last longer if you were there to keep watch?

When it comes to friendships, encouragement is super important. Everyone has bad days, days when they don't feel like they can do anything right. As a friend, you have the opportunity to help someone feel better just by using words that encourage!

But encouragement isn't just about words. Sometimes, just being present, sticking with a friend and letting them know you're there can go a long way too. When someone is sad, just sitting with them, giving a high five or a smile can help too.

Take a look at your tower. Name one friend you would like to encourage this week with your words and actions so that you can build each other up. As you pray today, ask God to help you remember that friends encourage one another.

DAY 2

Read John 15:12

Jesus asks us to love one another just as He has loved us. How did Jesus show love? He served. Remember how He washed the disciple's feet? He helped. Remember how He fed that huge crowd with one boy's lunch? He put others first. Remember how He willingly faced the cross so that we could be forgiven. He encouraged others. Remember how He said that we would face trouble but not to worry because He is in control? (John 16:33)

Jesus is the best friend ever. How could you be a friend like Jesus this week? Give some specific examples by filling in the blanks below.

I can help my friends by _____

I can put my friends first by _____

I can encourage my friends by _____

As you pray today, ask God to help you follow through and be good friend just as Jesus has been a good friend to you.

Friends encourage
one another.

DAY 3

Read Galatians 6:2

When you read today's verse, are you confused? When Paul wrote these words, was he talking about carrying each other's stuff? Actually, "heavy loads" mean failures, temptations, or trials. When someone messes up, or is tempted to make an unwise choice, we should step in and help. Instead of standing off the side or even criticizing, we should encourage our friends and do what we can to make things easier. A good friend is there to encourage and say, "I'm here. How can I help?"

Use the key to fill in the blanks:

3 1 18 18 24 15 14 5 1 14 15 20 8 5

18 19 8 5 1 22 24 12 15 1 4 19

9 6 24 15 21 4 15 24 15 21

23 9 12 12 6 21 12 6 9 12 12 20 8 5

12 1 23 15 6 3 8 18 9 19 20

6:2

7 1 12 1 20 9 1 14 19

Key

1 - A	5 - E	9 - I	13 - M	17 - Q	21 - U
2 - B	6 - F	10 - J	14 - N	18 - R	22 - V
3 - C	7 - G	11 - K	15 - O	19 - S	23 - W
4 - D	8 - H	12 - L	16 - P	20 - T	24 - Y

DAY 4

Read Romans 15:2

When was the last time someone did something that encouraged you? Maybe a friend gave you a pat on the back and said, "It's okay" when you missed the goal in your soccer game. Or your mom sent a note in your lunch saying she was praying for your big math test. Maybe your teacher put a smiley face on your paper with a note saying, "keep up the great work."

There are **LOTS** of ways we can encourage others. Today, to help you put this into practice, think about someone you know that could use some encouragement. Make a card or write a note to that friend to encourage them. Think of a fun way to deliver it to your friend this week. *NOTE: You might need to ask an adult for help with this depending on your plan.*

You don't have to stop with just one note! Pay attention to the friends around you that look like they need encouragement. Make it a habit to say something kind, write a note, or just be present to sit with a friend who is discouraged. Ask God to help you be the kind of friend that encourages others and builds them up.



Spend some time thinking about the question below and journal your thoughts or share them with a parent.

WHEN HAS
SOMEONE
ENCOURAGED
YOU?

4th-5th



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

➡Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church,
feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1. You liked:_____

2. You learned: _____

3. You'd like to know: _____

Day 2

Read 2 Kings 2:1-15

In the story of Elijah and Elisha, we see a great example of friends encouraging one another, but it's not just the older prophet encouraging the younger. Elisha encourages Elijah as well with four simple words that he says more than once. Find those words and write them here:

Then Elijah encourages Elisha later, first by asking him a question. Write that question here (Hint: see verse nine).

There are a lot of ways to encourage your friends, but these two men hit on two great ones: remind your friends you will always be there for them, and ask them how you can help them!

Day 3

A great way to encourage your friends is to pray for them! (And then tell them you prayed for them!)

Make a list of a few friends below, along with something you can pray for each of them. Think about areas like: health, school, friendships, family, sports. Even if your friend is healthy and has a pretty great life, everyone can use a friend who is praying for their peace, their strength in facing difficult days, their relationships with friends and family.

After you've prayed for your friends, shoot them an email or text, or simply write, "I prayed for you this morning!" on a sticky note and hand it off to them the next time you see them.

Day 4

Today you're going to put on your encouragement hat and encourage others like it's your job! Before you start, write a smiley face on your hand to remind yourself to make others smile all day.

Offer encouragement to every single person you come into contact today.

Think about:

- ✓ Friends
- ✓ Parents
- ✓ Siblings
- ✓ Teachers
- ✓ Bus driver
- ✓ Coaches
- ✓ Community helpers

You can come up with encouragement in real time, or you can take a minute right now to think of something encouraging you can say to each person you know you will see today. You can encourage others in so many ways, like:

- ✓ Giving them a compliment
- ✓ Helping them carry in groceries
- ✓ Writing a short note of encouragement to leave on their desk
- ✓ Anything else that you know will make them smile!

Day 5

When Elijah encouraged Elisha, it was all about how God was going to use him. He told Elisha that he would go on to do great things for God just as Elijah had.

What gifts, talents, and resources do you have that God might want you to use to share His love for others?

Who has encouraged you to use or develop these talents? (Think a parent who pays for lessons or activities, a teacher who teaches and encourages you, etc.)

How has that person's encouragement motivated you to do more, to improve or to keep going in pursuit of doing your best?

Now, go put their encouragement into action. Go to the court and do drills, practice your piano, or write a short story. As you do these things, say a prayer of thankfulness for those who have encouraged you along the way.