



MOM-TO-MOM ENCOURAGEMENT

Hey Moms,

I am a master manipulator. I can pretty much orchestrate the Pinterest-perfect birthday party for my kids. I can manufacture friendships for them through well-planned playdates, I can dress them to fit in, and I can document it all on social media.

However, that kind of control only lasts for a little while. As my girls hit the preteen ages, it became very apparent that my desire to control their lives wasn't going to be possible or healthy for any of us. They were going to make bad choices. They were going to get hurt. And I was going to have to choose to step back and allow it.

Watching my girls navigate the waters of friendship has been heart-wrenching. I have wanted to march in and point fingers and defend them. I have spoken too soon, and I have gotten over-involved. I hope you will learn from my mistakes and trust God to walk them through these hurts. Instead, focus on teaching your daughter how to love others well and to be the very best friend they can be.

When we teach our girls to love, to be kind, offer grace, and forgive quickly, they automatically become a better friend. When we teach them to be a good friend, there is less drama, and less hurt.

The road still won't be easy, but when you walk next to them, guiding them, encouraging and comforting through hurt instead of paving the way for them, you are helping them learn how to truly love.

Much love,
Courtney DeFeo
Founder of Treasured, [TreasuredGirlz.com](https://www.treasuredgirlz.com)

TREASURED

SESSION 4: FRIENDSHIPS

BOTTOM LINE: Be the friend you want to find.

SCRIPTURE: *"You are God's chosen people. You are holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don't be proud. Be gentle and patient" (Colossians 3:12 NIV).*

TIPS FOR GROUP

- This week as you prepare for group, share stories with your daughter about special friends you've had and what made them special.
- Be encouraging, but don't force your daughter to share. Stay away from words like, "Remember that story you told me about that girl at school? Share that!"
- Friendship is such a fun (and deep) topic. Have fun this week with your daughter as you think about friendships and all that they can be.



WORDS YOUR DAUGHTER NEEDS TO HEAR FROM YOU

It's important to fill your daughter's heart with positive words that will keep her strong when she hears or thinks negative words about herself. Here are some phrases to work into your conversations to help her be a good friend:

- You are a friend worth having.
- You are kind and smart and beautiful and fun.
- If I were in your class, I would play with you (or sit with you) every single day.
- I noticed you being a good friend when you _____.
- I love to see how kind and thoughtful you are.

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SESSION 4: FRIENDSHIPS



SESSION 4 DISCUSSION QUESTIONS

We'll talk about these in the group. Your group leader may not use all of the questions.

1. What's one thing that stuck out to you from this session?
2. From one of your favorite movies or TV shows, give an example of someone who is a good friend.
3. What makes someone a good friend?
4. When is it hard to be a good friend?
5. Give an example of a time to stop being friends with someone.
6. What's the difference between being friendly and being friends?
7. What do you do when someone isn't a good friend to you? For example, when a friend:
 - Says something that hurts your feelings
 - Leaves you out
 - Gets angry with you (sometimes for no reason)
8. What is one thing you can do to become the friend you want to find?

MOM / DAUGHTER CHALLENGE

Choose one or more of these to do after the group.

Spend some quality time with your daughter this week. Here are some ideas to consider for your time together:

- Friendship nostalgia: Tell your daughter a story about your best friend growing up. If possible, show your daughter photos of you and your friend—or break out your old yearbook! Talk about some of the fun things you used to do together. Also share some of the difficult times you had with that friend. End by telling your daughter a few specific ways both of you can be the friend you want to find.

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TREASURED

SESSION 4: FRIENDSHIPS

- Lunch date: Invite your friend out for coffee and dessert with you and your daughter. If they live far away, consider connecting by video. Let her tell stories about you and your friendship from her perspective.
 - Make a new friend: If your daughter struggles with friendships, talk about ways you could both widen your circle of friendship (i.e. invite someone over for dinner, or to do something fun, like a movie). Make a plan together and then support and encourage your daughter, even for small attempts at friendship.
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CONTINUE THE DISCUSSION

Here are some questions to further the discussion at home after Session 4:

- What friends do you enjoy being with the most? What do you enjoy about them?
 - Are there any friends that ever make you feel bad about yourself?
 - When do you think it is okay to stop being friends with someone?
 - Who is a friend you feel like you can relax and be your true self with?
 - What are some qualities you really need in a friend right now?
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ADDITIONAL RESOURCES

For additional resources, visit TreasuredGirly.com or theParentCue.org/resources. Also available to order, the *Treasured Journal* is a fun opportunity for mothers and daughters to deepen their Treasured experience through reflection and discussion. Available at ParentCueStore.org.