

Broken Friendships

Therefore, as God's chosen ones, holy and dearly loved, put on compassion, kindness, humility, gentleness, and patience. *Colossians 3:12*

Navigating the challenges of teen friendships can be tough, especially when facing the difficulty of losing a friend or feeling the need to step away from a relationship. In these moments, it's crucial to approach the situation with love, understanding, and a gentle spirit. Remind teens of the timeless wisdom found in the Bible encouraging them to love at all times, forgive as they've been forgiven, and to clothe themselves with compassion and kindness. Encourage teens to seek solace in God's love, and remind them that they're not alone in their journey.

➤ conversation starter

The Bible teaches us about the importance of forgiveness and kindness in relationships. How do you feel about incorporating those values as we navigate through this challenging time with your friendship?

I've noticed that things have been tough with your friend lately, and I want you to know that I'm here for you. It's never easy, but sometimes we need to make choices that are best for our well-being. What do you think needs to be your next step with _____?

➤ navigating the conversation:

- **Create an Open Space:** Assure teens that your intention is to understand and support, not to judge or impose solutions.
- **Active Listening:** Encourage teens to share their perspectives and emotions, and ask open-ended questions to delve deeper into their thoughts.
- **Integrate Scripture:** Introduce relevant Bible verses that speak to the challenges of friendship, such as Proverbs 18:24 and 1 Corinthians 15:33.
- **Joint Reflection:** Encourage reflection on the situation by discussing how the Bible's teachings can guide them in making decisions. Collaborate on identifying solutions or strategies.
- **Teach Conflict Resolution:** Share biblical principles on conflict resolution, such as Matthew 18:15. Discuss how open communication can be a constructive way to address issues in friendships.
- **Discuss Healthy Boundaries:** Explore the concept of healthy boundaries in friendships, drawing insights from verses like Proverbs 4:23.
- **Model Empathy:** Model empathy by sharing your experiences with friends and emphasizing the importance of understanding others.
- **Pray Together:** Close the conversation with a joint prayer, asking for guidance, wisdom, and strength in navigating the challenges of friendships. Reassure them that God is present in every aspect of their lives.

