

# Friends



## Accountability

**Memory Verse:** "As iron sharpens iron, so one man sharpens another" (Proverbs 27:17).

**Central Truth:** I can learn from others.

### Discoveries:

- What is accountability?
- Why do I need to be accountable?
- What are the results of accountability?
- Who am I accountable to?
- How do I hold others accountable?
- What have we learned about accountability?

## Attitude

**Memory Verse:** "Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus" (Philippians 2:3–5).

**Central Truth:** I should have the same attitude as Christ.

### Discoveries:

- What is attitude?
- What kind of attitude should I have?
- How can I use God's Word to change my attitude?
- What effect does my attitude have on my actions?
- What effect does my attitude have on others?
- How can I help others have a positive attitude?

## Battle Stations

**Memory Verse:** "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms" (Ephesians 6:12).

**Central Truth:** The Holy Spirit is with us to guide and protect us during spiritual battle.

### Discoveries:

- Why is there a battle?
- How does the Holy Spirit help me in battle?
- What is my role?
- What's my battle plan? (Part 1)
- What's my battle plan? (Part 2)
- What happens when the battle is over?

## Bible

**Memory Verse:** "For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart" (Hebrews 4:12).

**Central Truth:** I should measure my life by the Bible's standards.

### Discoveries:

- What is the Bible? (an overview)
- Where did the Bible come from?
- How can Old Testament stories apply to my life today?
- Why is it important for me to study the Bible? (Part 1)
- Why is it important for me to study the Bible? (Part 2)
- How do I study the Bible?

## Child Care

**Memory Verse:** "Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these'" (Matthew 19:14).

**Central Truth:** Little children are important to Jesus, and He trusts me with them.

### Discoveries:

- What is Jesus' attitude toward children?
- What should my attitude be toward children?
- What are some basic baby-sitting do's and don'ts?
- How should I respond to emergency situations?
- What are some emotional and psychological needs of children at different ages?
- What are some ways I can minister to children?

## Choices

**Memory Verse:** "Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" (Romans 12:1,2).

**Central Truth:** God will help me make right choices.

### Discoveries:

- Why does God care about my choices?
- How do my choices affect me?
- How do my choices affect others?
- How do I make wise choices?
- What if I make bad choices?
- What is the ultimate choice?

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## Commitment to Christ

**Memory Verse:** "So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness" (Colossians 2:6,7).

**Central Truth:** I need to keep growing in my relationship with Jesus.

### Discoveries:

- What must I do to be saved?
- Why is it important for me to continue to grow in my relationship with Jesus?
- How do I continue to grow in Christ?
- What do I need to do to be obedient to Jesus?
- What does commitment to Christ mean?
- What does it mean to submit myself to Christ?

## Creation

**Memory Verse:** "You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being" (Revelation 4:11).

**Central Truth:** All things were created to give God glory and praise.

### Discoveries:

- Creation—how did it really happen?
- Why is creationism important?
- Is evolution a fact?
- Natural selection or divine design?
- How does nature give glory to God?
- What is the purpose of creation?

## Family Life

**Memory Verse:** "Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble" (1 Peter 3:8).

**Central Truth:** God wants me to be a blessing to my family.

### Discoveries:

- Why did God create families?
- What is God's design for families?
- What if my family members are not Christians?
- Where is God when my family has tough times?
- How can I honor my family?
- What does it mean to be part of the family of God?

## Fitness

**Memory Verse:** "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body" (1 Corinthians 6:19,20).

**Central Truth:** I can honor God with my body.

### Discoveries:

- What does it mean to be physically fit?
- Is there any real value in physical fitness?
- How do I find the right fitness program for me?
- What is good nutrition?
- Does it really matter what I eat?
- How can I learn to eat a healthful diet?

## Friends for Life

**Memory Verse:** "Greater love has no one than this, that he lay down his life for his friends" (John 15:13).

**Central Truth:** I need to think of others first.

### Discoveries:

- What are the qualities of a good friend?
- How can I be a good friend?
- How do our friends influence us?
- How do we influence our friends?
- How do we mend broken friendships?
- Who is my best friend?

## The Holy Spirit

**Memory Verse:** "And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions. Even on my servants, both men and women, I will pour out my Spirit in those days" (Joel 2:28,29).

**Central Truth:** God wants to fill me with His Spirit.

### Discoveries:

- Who is the Holy Spirit?
- What is the baptism in the Holy Spirit?
- What will the Holy Spirit do in my life?
- What are the gifts of the Spirit?
- What does it mean to be filled with the Spirit?
- How should my response be to the Holy Spirit?

## Integrity

**Memory Verse:** "Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in one spirit, contending as one man for the faith of the gospel" (Philippians 1:27).

**Central Truth:** I should represent Christ in every situation.

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## Integrity, continued

### Discoveries:

- What is integrity?
- Why do I need integrity?
- What is the result of integrity?
- How do I develop integrity?
- What do I base my integrity on?
- How do I maintain my integrity?

## Life-Controlling Problems

**Memory Verse:** "Those controlled by the sinful nature cannot please God. You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to God" (Romans 8:8,9).

**Central Truth:** I will not allow anything to control me except God.

### Discoveries:

- What are some life-controlling problems?
- What are the effects of life-controlling problems?
- How do I recognize signs and symptoms?
- How do I avoid life-controlling problems?
- How do I overcome life-controlling problems?
- How do I help someone with life-controlling problems?

## Multi-Culturalism

**Memory Verse:** "You are all sons of God through faith in Christ Jesus, for all of you who were baptized into Christ have clothed yourselves with Christ. There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus" (Galatians 3:26–28).

**Central Truth:** God calls me to treat everyone with respect.

### Discoveries:

- What is a "culture"?
- How would you describe your regional culture?
- What cultural rules and rituals do you practice and why?
- What do the terms *stereotyping* and *discrimination* mean? Why are they unacceptable?
- What should our attitude be toward those of different cultures?
- The Jews and the Gentiles...what's the cultural difference?

## Peer Pressure

**Memory Verse:** "Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain" (1 Corinthians 15:58).

**Central Truth:** I will stand strong in Christ.

### Discoveries:

- What is peer pressure?
- Why do I give in to peer pressure?
- How does peer pressure affect me?
- What is positive peer pressure?
- How can I influence others?
- How do I stand against negative peer pressure?

## Personal Evangelism

**Memory Verse:** "I am not ashamed of the gospel, because it is the power of God for the salvation of everyone who believes: first for the Jew, then for the Gentile" (Romans 1:16).

**Central Truth:** My life should be a testimony for God, drawing others to Him.

### Discoveries:

- Why should I care about personal evangelism?
- How do I develop the desire for personal evangelism?
- How do I share the Gospel? (Part 1)
- How do I share the Gospel? (Part 2)
- What about rejection?
- What now? (Discipleship)

## Prayer

**Memory Verse:** "The prayer of a righteous man is powerful and effective" (James 5:16).

**Central Truth:** The prayers of the righteous are effective.

### Discoveries:

- What is prayer?
- Why do we pray?
- How do we pray? (Part 1)
- How do we pray? (Part 2)
- What is intercession?
- What if my prayers aren't answered?

## Pure Heart

**Memory Verse:** "Create in me a pure heart, O God, and renew a steadfast spirit within me" (Psalm 51:10).

**Central Truth:** God wants me to live a life of purity now.

### Discoveries:

- What is purity?
- Why seek purity?
- How do I develop purity?
- How do I maintain purity in my thoughts?
- How do I maintain purity in my actions?
- What if I've already failed?

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## Self-Esteem

**Memory Verse:** "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well" (Psalm 139:13,14).

**Central Truth:** God has a special design for my life.

### Discoveries:

- Why did God make me?
- What is self-esteem?
- Why is it important to have self-esteem?
- How do I learn to have self-esteem?
- Do all people have worth?
- How can I help others develop self-esteem?

## Taming the Tongue

**Memory Verse:** "Out of the same mouth come praise and cursing. My brothers, this should not be" (James 3:10).

**Central Truth:** My words can encourage or destroy.

### Discoveries:

- Are my words powerful?
- How do my words destroy others?
- What do my words say about me?
- How should I use my words?
- What's wrong with gossip?
- What is the greatest use of my words?

## Resolving Conflict

**Memory Verse:** "Do to others as you would have them do to you" (Luke 6:31).

**Central Truth:** I must show Christ's love to others.

### Discoveries:

- What does the word *conflict* mean?
- What does God's Word say about conflict?
- How did Jesus handle conflict?
- What if I'm right?
- What happens if I choose not to forgive?
- What practical things can I do to handle daily conflicts?

## The Sanctity of Life

**Memory Verse:** "I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live" (Deuteronomy 30:19).

**Central Truth:** We must honor the value God has given to our lives.

### Discoveries:

- Why is life sacred?
- What makes me valuable?
- How did Jesus make life special?
- Is everyone special?
- What does my world say about life's value?
- How can I help others value life?

## Self-Discipline

**Memory Verse:** "For the grace of God that brings salvation has appeared to all men. It teaches us to say 'No' to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age" (Titus 2:11,12).

**Central Truth:** God's discipline protects me.

### Discoveries:

- What is discipline?
- Why is discipline important?
- In what areas do I need to discipline my spiritual life?
- How do I discipline my selfish desires?
- What happens if I don't have discipline?
- How do I develop discipline?

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