

DAILY DEVOTIONAL

Real Friends / Week 2

WEEK 2

GUARD YOUR INNER CIRCLE.

As iron sharpens
iron, so one person
sharpens another.

PROVERBS 27:17 NIV

DAY 1

Chances are, it's been a while since you've sharpened a piece of iron (like never!). Basically, the more you use iron and other metals to do things like chop food and make dinner, the duller those metals become. But when two pieces of metal are rubbed together, they can actually make each other sharper and shinier—almost like new! In the same way, as we go throughout our week at school, in the halls, at practice, and even at home, eventually we can become tired and worn out. Having the right friends in our lives to encourage and support us can make us sharp again. In the moments we're feeling "dull," the right friends can build us up, making us "sharper" for the day ahead. **Who's one person you can reach out to for some encouragement the next time you're feeling exhausted or discouraged?**

**Two are better
than one, because
they have a good
return for their labor.**

ECCLESIASTES 4:9 NIV

DAY 2

Have you ever tried to move something really heavy on your own only to realize you were going to need some extra help? In those moments, "two" are clearly better than "one"—just like today's verse is talking about. And this isn't just true when it comes to rearranging your furniture. Friends can help us share the load in lots of areas. Studying for a test? Two are better than one. Practicing some soccer drills? Two are better than one. Saying "no" to that thing you shouldn't go to on Friday night? Two are better than one. In other words, when someone else joins you in something you need to do or a decision you need to make, it's just easier to make it happen. **Is there an area of your life where you could use the extra help of a friend right now? Today, reach out to a friend and ask for help in that area.** You won't regret it!

Therefore encourage one another and **build each other up**, just as in fact you are doing.

1 THESSALONIANS 5:11 NIV

DAY 3

Isn't it true that sometimes the day-to-day things in life can leave us feeling overwhelmed? Sure, life can throw us big challenges at times, but sometimes just making it through the day is a challenge in and of itself! This isn't just a "you" thing; this is true for your friends, too. We *all* can feel stressed and overwhelmed by everyday life. And when we do, a little encouragement from one friend to another can change the vibe of the entire day. **Today, make it your goal to encourage a friend or two.** There doesn't have to be a big reason; instead, encourage them simply because they are your friend! Just shoot them a text or say something quick as you're passing in the hall. You never know how one sentence of encouragement might change someone's day.

Bad company corrupts **good character.**

1 CORINTHIANS 15:33 NIV

DAY 4

"Character" can be a tricky word to really define, but here's one way to think about it: Character is your *values in action*. For instance, you *value* telling the truth so you *tell the truth*. You know what? You just showed character! Today's verse tells us that there's something in our lives that threatens our character. What is it? "Bad company." Bad friends can make it tougher to put your values into action. If you value making wise choices and you hang with friends who are making unwise choices, it's going to be tougher to make wise choices, right? But the flipside of this verse is also true: Good company reinforces good character. In other words, hanging out with friends who make wise choices make it **EASIER** to make wise choices, too. **Who's one person you need to start hanging out with MORE to reinforce your good character? Text them and make plans to hang out this week!**

And let us consider how we may **spur one another on** toward love and good deeds.

HEBREWS 10:24 NIV

DAY 5

Without realizing it, most of us tend to view our friendships as one-way streets. Our friends are there to make our lives better—to give US people to sit with at lunch, to give US people to go to the game with, to give US people to have fun with on the weekend. But what if our friendships aren't supposed to just go one way? Today's verse encourages us to think about ways we can spur each other on. And while that might sound like a lot of work or effort at first, it really doesn't have to be. Spurring one another on might just mean making sure everyone's included in the group text. Or it might just mean showing up at the game to cheer on a friend. Whatever the case may be, spurring one another on doesn't have to be daunting, weird, or take a lot of effort. It just requires you to be intentional about making your friendships a two-way street! **How can you intentionally spur on the people in your friend group this week?**