

# Let's Be Friends



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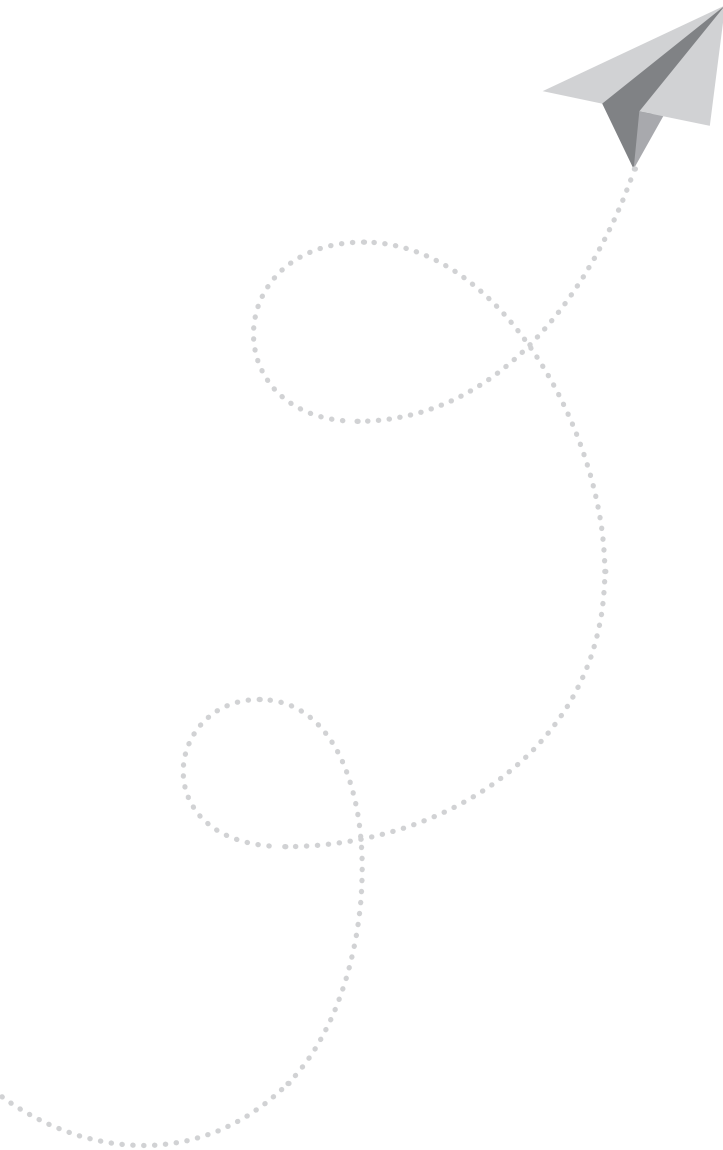


# CONTENTS

Welcome . . . . . 9

## DEVOTIONS

1. Fitting In . . . . .	11
2. Not Comparing . . . . .	15
3. Impressions . . . . .	19
4. Rejection . . . . .	23
5. Rude Friends Aren't Worth It . . . . .	27
6. What Friends Show You About Yourself . . . . .	31
7. Learning to Be Confident . . . . .	35
8. Having the Right Expectations . . . . .	39
9. Staying True to Who You Are . . . . .	43
10. Body Confidence . . . . .	47
11. Using Words When You Get Hurt . . . . .	51
12. Asking Others into Your Friend Group . . . . .	55
13. Earning Trust . . . . .	59
14. Good and Not-So-Good Friends . . . . .	63
15. How to Find Good Friends . . . . .	67
16. When to Walk Away . . . . .	71
17. Honoring Others Who Are Different from You . . . . .	75



18. Not Gossiping About Others . . . . .	79
19. Letting Friends See Your Weaknesses . . . . .	83
20. Sharing the Strengths You See in Others . . . . .	87
21. Why It's Important to Have a Relationship with God . . . . .	91
22. Building a Foundation of Faith . . . . .	95
23. Staying Present in Your Faith . . . . .	99
24. Taking Your Pain to God . . . . .	103
25. Becoming Part of God's Family . . . . .	109
26. Thinking on God's Word . . . . .	115
27. Journaling with God . . . . .	119
28. Pressing On When Life Is Hard . . . . .	123
29. You're a Warrior . . . . .	127
30. Longing for God for a Lifetime . . . . .	131

**BONUS FEATURES**

Friends with Jesus . . . . .	135
My Friend Guide . . . . .	139
Words with Friends . . . . .	141
Recipes for Fun . . . . .	144
Creating Memories and Meaningful Moments . . . . .	150
Questions I Can Ask My Friends . . . . .	153
Words for You . . . . .	155



*Welcome*

**H**ello there! We're so glad that you are seeking to make friends. Do you wish for that one special, best friend? Even a circle of friends that you can share fun moments and memories with? This book is just for you! You are special to God, and He is the best friend you could ever have. He will never disappoint you even when others do.

He wants to use YOU in your friendships to be a positive influence on others. And we want to cheer you on and celebrate what a good friend you are and encourage you as you make new friends.

So hey! You are in the exact place that God wants you to be. He has called you to be a friend who loves others even with their flaws and to know that you are loved just as you are. Even if right now you don't have the best friend you hope to have, we want to share some ways you can seek good friends in your life.

We are a mom, Blythe (who remembers being your age!), and a daughter, Calyn (who gets you!), sharing our hearts with you. We know that it's important for girls to believe that God is our number one go-to when it comes to friendships.

He never changes, even when friends do. God wants you to remember that you carry gifts in your heart to share with others. He gave you those gifts, and He can bring great friends into your life to share your heart, gifts, and time with. You are worth the investment of time a friend spends with you and you with them.

In this book we want you to think about making and keeping strong friendships. We hope you see yourself as someone who is making good choices and great friends. We have provided places throughout this book for you to write your thoughts and prayers for your friends, as well as a space at the end for you to remember what your friends have said about you and find some ways you can create memories together.

You've got so much to give to others! God looks at you with deep joy for his good creation of you. And he wants you to share the hope you have in him with your friends. We invite you to see what God can do in your life through the friends you choose. Friends who inspire and love you rather than bring you down.

The gift of who you are and the gift of friends make life sweeter. And God has made you to share your life with others. So as you turn the pages, we want to say, "Let's be friends!" and encourage you to pass on these thoughts to friends you have now and friends you will have in the future.

*Calyn and Blythe*



## *Fitting In*

**H**ave you ever tried on a pair of jeans and said to yourself, "These don't fit"? Sometimes friendships can feel like this. You want to know that you fit with others. You want to find your place with a friend or group of friends you can grow close with. You want to know that you can have a strong friendship together and that you have common interests. Do you know there is no one who can take your place? You fill a space no one else can!

We go through times when we don't feel like we fit in. You may feel that your friends are going in a certain direction and you're stuck not knowing whether to follow them or go your own way. You wish someone would just tell you what they like about you. You wonder if you have standout qualities.

Do you know how God sees you? He believes you are so special, and he made a really big effort to show you. He looks at you with a Father's love as if to say, "That's my girl. She is my creation, and I've done everything to make sure she knows how loved she is."

Have you thought about how Eve, the first woman God created, had to first learn how much God really loved her? She

didn't have friends right away. She had to see how much God loved her first.

Consider how much God loves you—he created you just as you are and made you to fit right where you are, just like he did for Eve. A friend may not share your love for music. You may feel all alone in pursuing your gifts and talents, but God knows he created you to sing or to play your favorite instrument. A friend might not talk to you on a day she is feeling less than her best. She may be jealous of you. You could take it personally. But God wants you to know how he thinks of you so you don't have to wonder if you fit in. He made you to stand out. He wants you to let your light shine!

There are seven different types of stars in the sky, and they shine differently based on how they are made. They carry different colors depending on their age and life cycle. We are all made differently and have colorful characteristics that make us who we are. God wants you to know that you shine just as you are right now, and he wants you to let others see the beauty you carry so they can recognize God as Creator.

*In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.*

*Matthew 5:16 NIV*

### WORDS FOR YOU

You can be yourself with God. He chose you and wants you to know how valuable you are. He created qualities in you that no one else possesses. If you ever wonder how you fit in the world, you can rest assured that you fit perfectly as who God created you to be.

### WORDS TO SAY OVER MYSELF

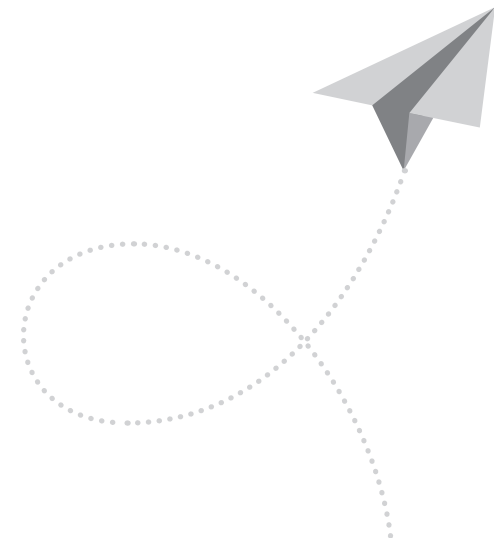
When I don't feel others accept me, I will ask God to help me feel his love, which shines over my life. When I don't know my place with others, I know God is always with me. God brings good things into my life, including friends.

Friends I am praying for:

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Goals I have to be a better friend:

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What I've learned about my friendships:

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What is hard for me about trusting new friends:

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What I appreciate about my current and past friends:

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Let your friends write messages to you here!

**What my friends say about me that I'd like to remember**

**From:** .....


**Things I appreciate about you:**

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**From:** .....


**Things I want you to know:**

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## CALYN'S CHOCOLATE CHIP COOKIES

### *Ingredients*

- 1 cup salted butter, softened or melted (if you use unsalted butter, add a pinch of salt to the recipe)
- ¼ cup sugar
- ¾ cup brown sugar
- 2 eggs
- 1 (1.4 oz.) package sugar free vanilla pudding (secret ingredient!)
- 1 tsp. vanilla extract
- 2¼ cups flour
- 1 tsp. baking soda
- 2 cups semi-sweet chocolate chips

### *Directions*

Preheat the oven to 350°. In a large bowl, combine the butter with both sugars and stir until they are fully mixed. Add your eggs one at a time until each is mixed in. The batter should start to be getting thicker. Stir in the pudding mix and vanilla until everything is well combined. Then mix together the flour and baking soda, and add this to the batter. Once you have a doughlike consistency and there is no flour visible, add your chocolate chips. Scoop the dough into evenly-sized mounds and space them evenly apart on a cookie sheet, about 12 to a sheet. Bake for 8 to 10 minutes and look for browning edges to indicate they are ready to come out. Once the cookies are out of the oven, immediately take them off the baking sheets and put them in a single layer on cooling racks or a plate.

*Makes 18 to 24 cookies*

**W**hen friends get together, sometimes you like to create things you can either eat, wear, or use! Here are some ideas you can make with your friends, or you can make them for your friends and surprise them with a treat! You can vary the recipes and even do a bake sale or have a party using these and other recipes you create together!

## STRAWBERRY BANANA SMOOTHIE

### *Ingredients*

- 1 to 1½ cups milk (any kind of milk is fine)
- 1 to 2 cups frozen strawberries
- 1 banana
- 1 scoop protein powder (use your favorite!)
- 1 T. turbinado sugar (optional)

### *Directions*

Place all of your ingredients into a blender. Blend until everything is fully mixed and looks smooth. Pour it into cups for you and a friend to enjoy. You can double the recipe to make more!

*Serves 2*

I can pray a prayer of blessing over my friendships:



*God, I want friends that will accept me and love me but also love you. I want friends who honor you and consider you when they make decisions in life. I want to pray protection over my heart that I would seek more and deeper friendships that reflect your love. You created all of us to have friends and to love others and treat others well—even if they don't always treat us the way we want to be treated. But I know I'm to look for friendships that put you above anyone else and don't compromise values that you say are good, true, and right. I make a commitment this day to come to you when I'm not sure about a friend, and I commit to ask you to help me when a friend turns the other way and my heart hurts from their actions or words. Thank you for always being loyal to me and showing me what a faithful God, creator, and friend you are and always will be. Amen.*

Signed \_\_\_\_\_

Date \_\_\_\_\_

**BLYTHE AND CALYN DANIEL** are a mother and daughter who love books and have a mission to strengthen relationships with families and friends.



**BLYTHE** is the coauthor of *Mended* and *I Love You, Mom!*, both of which she wrote with her mother, Dr. Helen McIntosh. She worked for Harper Collins Christian Publishing in marketing and publicity, and now enjoys her work as a literary agent. She lives in Colorado with her husband and three teenagers.

**CALYN** is a middle schooler and loves spending time with her friends and family, including older sister, Maris, and twin brother, William, who is also an author. She is a competitive gymnast and enjoys cooking. Calyn believes girls need to know who they are in Christ, how to navigate friend groups—especially when they change—and how to not lose sight of who God has made them to be.