

# Grit 'n' Grace

➡ GOOD GIRLS BREAKING BAD RULES ➡

## Digging Deeper Devotional

Episode #46





# Healthy, Happy Friendships

Creating Connections and a Girlfriend Network

## Devotional Verse

Proverbs 12:26a

**"The righteous choose their friends carefully..."**

### *Bad Rule to Break*

I need to find a bestie who meets all my needs.

### *Focus on the Truth*

Choosing a friend network carefully makes for healthy, happy friendships.

**"It was in the worst days of my perfectionism that I was the least wise about my friendships." ~Amy Carroll**

### Digging Deeper

**1. Have you ever done creative and planned excursions with your friends? If so, what are the highlights you might want to try again. If not, brainstorm a list of ideas here:**

---

---

---

---

2. Friendships, like any relationships need to be nurtured. What relationship do I want to intentionally invest in THIS week?

---

---

---

---

3. Do I choose my friends wisely? Are my friends as invested as I am? What's the health of my network?

---

---

---

---

4. What is the difference in my life between being friendly and being friends? How does Jesus do this?

---

---

---

---

5. Who am I called...

to be friendly to?

to be friends with?

to be a ministry opportunity with?

to pray for about our friendship?

## Prayer

My dearest friend Jesus. Please help me to understand friendship in your eyes.  
Amen.

 Join the Grit 'n' Grace Girls Community @GritNGracePodcast

Episode #46 Healthy, Happy Friendships: Creating Connections and a Girlfriend Network

# Notes

