

FRIENDSHIPS/RELATIONSHIPS

8TH GRADE

OBJECTIVE

Help your 8th grader evaluate their friendships and relationships through a biblical lens, understanding how godly relationships influence their identity, choices, and faith journey.

WHAT TO KNOW

Middle schoolers care deeply about belonging. At this age, friends often hold more influence than parents, and your student may seek affirmation and identity through relationships. They're also more aware of romantic dynamics—even if still immature—and how relationships affect reputation, emotion, and behavior. Some friendships can strengthen faith, while others may lead them away from who God created them to be. Helping your student understand what healthy, Christ-centered relationships look like will equip them to build connections that last and protect their values.

TRUTH FROM THE BIBLE

Walk with the wise and become wise, for a companion of fools suffers harm. Proverbs 13:20
The people we surround ourselves with shape who we become—for better or worse.

Do not be misled: "Bad company corrupts good character." 1 Corinthians 15:33
Even strong character can be slowly pulled off course by unhealthy friendships.

Two are better than one, because they have a good return for their labor. If either of them falls down, one can help the other up. Ecclesiastes 4:9–10
God designed relationships to offer support, encouragement, and strength in hard times.

A friend loves at all times, and a brother is born for a time of adversity. Proverbs 17:17
True friends show up with love and loyalty—especially when life gets hard.



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TALK ABOUT IT

- What do you think makes a good friend? How can you tell if a friendship is healthy?
- Are there any friendships that you feel are pulling you away from who you want to be?
- Have you ever had to end a friendship? What made that decision hard or necessary?
- What does it look like to be a godly friend to someone else?
- How do you think your friendships influence the way you see yourself or God?

LIVE IT OUT

Challenge your student to reflect on who they spend the most time with and how those people are influencing their choices and view of God. Encourage them to thank a friend who strengthens their faith and to consider setting a boundary with someone who might be a negative influence. You can also model what healthy relationships look like by talking openly about your own friendships—past and present—and how they've shaped your walk with Christ. Pray with your student about being intentional in their relationships and becoming the kind of friend who encourages and uplifts others. Together, consider memorizing one of the scriptures above and letting it guide the way they choose their closest relationships.

PRAY TOGETHER

Make space this week to pray with your student about the people they're closest to and the kind of friend they want to be.

"God, thank You for the gift of friendships. Help us walk in wisdom and surround ourselves with people who lead us closer to You. Give us courage to build healthy relationships and set boundaries where needed. Help us to be a light in our friendships and to honor You in every relationship we build. Amen."

