

COVENANT OVER CULTURE: MIDDLE SCHOOL EDITION

Friends, Feelings & Figuring Out Your Faith

The Friendship Map

A Guide to Your Relationships

Based on Covenant Over Culture: Middle School Edition

covenant.community

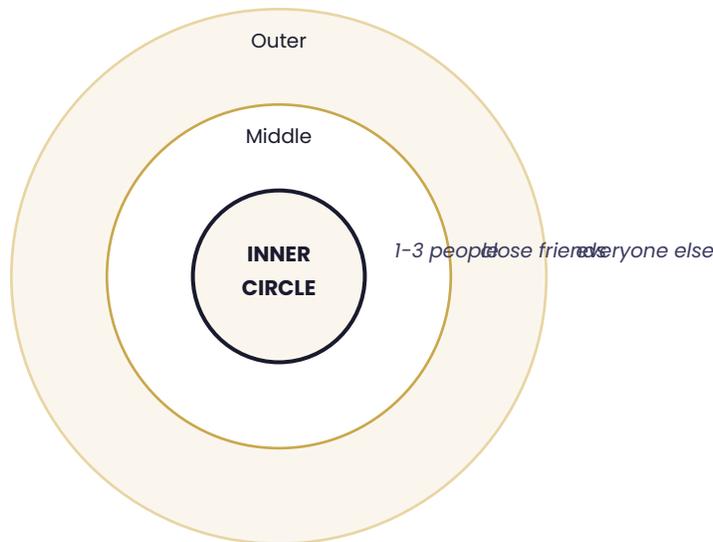
City Hill Ministries · Josh Clark

Middle school friendships are complicated. Some people make you feel more like yourself. Some make you feel smaller. Some feel real; some feel like a performance. This guide helps you slow down, look honestly at your relationships, and figure out how to be a good friend – and how to find ones who are good for you.

PART 1

Draw Your Circles

In the activity from the book, you drew three circles: inner (your closest people), middle (good friends, not close-close), and outer (acquaintances, classmates). Use this page to do it for real.



Write the names of real people in each circle:

INNER CIRCLE (your 1-3 most trusted people)	MIDDLE CIRCLE (good friends)	OUTER CIRCLE (classmates/acquaintances)

WHAT DOES YOUR MAP TELL YOU?

- Who in your outer circle deserves to move closer? Why haven't they yet?

• Is there anyone in your inner circle who consistently makes you feel smaller or worse about yourself?

• What does it mean that Jesus constantly noticed and included the people on the edges?

PART 2

The Friendship Health Check

Pick one friendship and honestly answer these questions. Not every friendship is meant to be a close one – but every friendship should make you feel safe to be yourself.

The friendship I'm thinking about: _____

After spending time with this person, I usually feel...

- More like myself
- Less like myself
- About the same

When I disagree with them, I feel...

- Safe to say so
- Like I have to stay quiet
- Scared of their reaction

When something good happens to me, they...

- Celebrate with me
- Seem annoyed or distant
- Make it about themselves

When something is hard for me, they...

- Listen and care
- Change the subject
- Use it against me later

Do I feel like I have to perform or pretend to keep this friendship?

- No – I can be myself

Sometimes
Most of the time

What does your honest reading of this friendship tell you?

PART 3

Becoming the Friend You're Looking For

From Chapter 6: "One of the bravest friendship moves you can make in middle school is inclusion. The whole system runs on status... Choosing to notice the kid at the edge of the group, to invite them in when it might cost you 'cool points' – that's quiet courage. It's also exactly what Jesus did."

Consistent	They show up the same way every time, not just when it's convenient for them.
Safe	You can tell them something real without worrying they'll use it against you later.
Honest	They tell you the truth kindly – not just what you want to hear.
Steady	They don't make you feel like you have to earn their friendship every day.
Inclusive	They notice the person who gets left out instead of just the popular group.

Which of these am I best at? Which one do I need to grow in?

One specific person I could show more kindness to this week:

PART 4

Prayers for Your Relationships

FOR A FRIENDSHIP THAT'S HURTING YOU

God, this friendship is costing me more than I have to give. I don't know if I need to set a boundary or walk away or just talk to someone wiser. Help me see it clearly. Give me the courage to do the honest thing, not just the easy thing. Amen.

FOR A FRIENDSHIP YOU WANT TO GO DEEPER

God, I want to be a better friend to this person. Help me show up consistently, listen without making it about me, and be the kind of person they can actually trust. Amen.

FOR WHEN YOU FEEL LONELY

God, I feel like I don't have the kind of friendship I really want right now. That's hard to say out loud, but You know it anyway. Help me not build walls while I wait, and help me find at least one safe person to start with. Amen.

FOR SOMEONE YOU'VE HURT

God, I said or did something that hurt someone, and I haven't fixed it yet. Give me the courage to apologize – not just because it's awkward to leave it there, but because it's the right thing. Help me do it. Amen.

“A friend is always loyal, and a brother is born to help in time of need.” – Proverbs 17:17

Free resource from covenant.community · City Hill Ministries