

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journal writing lines for the prompt: "WHO IS A FRIEND YOU CAN TRUST?"



Day 1

After watching, write one thing that:

The So & So Show

1. You liked:

Watch and write down your thoughts!

2. You learned:

You can find each week's episode at: www.popmn.org/kidvid

3. You'd like to know:

Day 2

Read 1 Samuel 20; 2 Samuel 9

As you read 1 Samuel 20, underline all of the places where Jonathan and David are good friends to each other.

Then go back and circle the places where they keep their promises to each other.

Notice anything? The verses you circled and underlined almost all match! Being a good friend means keeping your promise!



Day 3

Keeping your promises sounds pretty simple, but the truth is, sometimes it can be really hard to follow through.

Maybe the situation changes, or maybe you don't feel like doing what you promised. The good news is that you're not alone in trying to keep your promises. God can help you—all you have to do is ask! Read the following prayer out loud, asking God to help you be that kind of friend and find that kind of friend as well!

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**Dear God,** thank You for the story of David and Jonathan that shows me that **friends keep their promises.** I want to have that kind of friend, and I want to be that kind of friend. Please help me to be faithful—that I would do the things I say I will do and keep my promises. In doing so, please help others to see how much I care about them. In Jesus' Name, we pray. **Amen.**

## Day 4

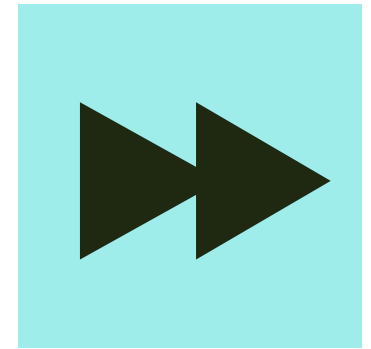
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We all need a friend we can trust—a friend we can tell just about anything and know they won't go spreading the story around to others.

A friend who will tell us they will be there for us, and then when push comes to shove, they actually show up!

Go and find a couple of friends or family members who you admire for their friendships. Ask them this question: **Who is a friend you can trust?** And follow it up with: How do you know you can trust them?

Lastly, encourage them and thank them for being a trustworthy friend—friends who keep promises are worth celebrating.



## Day 5

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Sometimes keeping promises means doing something you said you would do . . . or not doing something you promised you wouldn't.

But sometimes it gets tricky, like if a friend tells you something that you know is causing them pain or could harm someone else. They asked you to promise not to tell anyone. . . so how do you know if it's okay to break a promise?

Sometimes you have to think about the bigger promise you made by being someone's friend. Now, you probably didn't sign a friendship contract or even shake on it, but when you decide to be someone's friend, it's like you're promising to stand by them no matter what. And sometimes being a good friend means keeping your promise to stand by them and do what is best for them, even if it means not keeping their secret in order to keep them safe.

If you're ever not sure which promises you should keep, talk to God about it, and you can also go to the trusted adult you spoke to yesterday and ask their advice.