

Month: September 2026 – Bible Study
Title: You’ve Got a Friend in Me
Scripture: Proverbs 27:9,17; Ecclesiastes 4:9-12
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Bible Study Introduction:

In honor of National Friendship month, we will learn how to make friends as adults and combat loneliness. Making friends in adulthood is not an easy task, but did you know that friendships can enrich our lives and even improve our health? When we lean in and deepen our connections with those around us, we create opportunities to receive the beautiful blessings found in this gift from God. Friendships are stamped into our spiritual DNA and they benefit us spiritually, physically, mentally and emotionally.

Scripture: Proverbs 27:9, 17; Ecclesiastes 4:9-12

“Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice.” ~ Proverbs 27:9

“As iron sharpens iron, so one person sharpens another.” ~ Proverbs 27:17

“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. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” ~ Ecclesiastes 4:9-12

Decorations and Room Set Up:

- Vases or mason jars filled with yellow roses throughout the room and a colorful beaded friendship bracelet wrapped around each vase or mason jar.
- Small frames around the room, displaying program scriptures and poems about friendships.
- At each place setting, provide each of the ladies with an artificial yellow rose with a ribbon.

Six Ways to Make New Friends:

1. ***Go Where the People Are*** – If you want to make new friends, you need to go where the people are like churches, Bible studies, an event at another church, coffee shops, the library, a gym or a job. *What are some other examples?*

2. ***Get Involved*** – Simply going to places is not enough, you also need to get involved and get to know people. *What are some ways you can get to know others better?*
3. ***Reach Out*** – Once you meet people and begin to know them better, it's time to reach out and get intentional. *What are some ways to make this happen?*
4. ***Meet Friends of Friends*** – Put together some fun gatherings where women can bring their friends, and all get to know each other and offer encouragement. *What are some examples?*
5. ***Find Community Online*** – Thanks to technology, people all over the world are more accessible than ever before. *Where are some places to look?*

<https://equippinggodlywomen.com/community/six-ways-to-develop-close-godly-friendships/>