

Discussion Ideas



Choose strategies from the list below to facilitate group discussion.

Connecting Activity

Ask each person to answer this question: What qualities do you look for in a good friend?

Discussion Questions

1. In what ways is Malaika a healthy friend to Riziki?
 - *She tells her the truth; encourages; is kind; remains faithful; forgives.*
2. In what ways is Pendo an unhealthy friend to Riziki and Malaika?
 - *She is unkind; pressures them to make unhealthy and unsafe choices.*
3. What lesson does Riziki learn from this experience?
 - *Things wear out, but healthy friendships last as long as you work hard and treat each other right.*
4. What effect does Malaika's kindness have in this story?
 - *Her kindness and friendship to Riziki help her make a good decision.*
5. ► What keeps Riziki and Malaika from going to the place that is not right?
 - *Their consciences tell them it is wrong.*
6. ► What are the characteristics of a healthy friendship?
 - *Not controlling; kind; don't pressure; listen and learn from each other; feel safe.*

Personal Growth Activity

Think about one of your friends. Write your answers to these questions as you think about your relationship with this person. Do you feel safe in this relationship? Is character valued? Do you feel pressure to compromise? Based on your answers, is this friendship healthy or unhealthy for you?

Spiritual Application

Read Proverbs 17:17. Then ask: What does this verse tell you about true friendship? According to this verse, how can you be a good friend?

Prayer Point

Ask God to help group members identify healthy and unhealthy relationships in their lives. Ask God for strength to stand up to pressure to make unhealthy choices. Pray for courage to make and keep healthy friendships.

Encouragement

Remind group members that no relationship is perfect. However, healthy friendships will build health into their own lives. You may want to share (or ask group members to share) about a friend who has helped you grow personally.

Grandma's Wisdom

My precious child, do you have a healthy friendship like Malaika and Riziki? Do you feel safe and loved by your friend? Do you look out for each other and help each other make healthy choices? That is what a real friendship is all about. We all have people in our lives who do not understand what a healthy friendship is, and sometimes those people can drag you down. Choose your friends wisely; and remember, to have a good friend, you must BE a good friend. It takes courage to keep a long and healthy friendship, no matter what happens.

