



# LIFT OR DRAG?

A TEACH & PLAY LESSON · CHOOSE YOUR CIRCLE · PROVERBS 13:20

"Whoever walks with the wise becomes wise, but the companion of fools will suffer harm." — Proverbs 13:20

The game was loud. This part is just for you. Be honest — no one else reads this.

## 1. My friend circle lately has mostly made me feel... (circle one)

- ✨ LIFTED — encouraged, sharper, closer to God
- 😞 STUCK — same drama, same pressure, going nowhere
- 😞 DRAGGED — pushed toward lies, disrespect, or sin

## 2. One friendship or group-chat habit I'd change if Jesus saw my whole circle:

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## 3. The friends I walk with affect my choices like this:

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## 4. This week I will... (circle)

- ▶ Say no to a friend who wants me to sin or compromise
- ▶ Thank or invest in a friend who lifts me toward God
- ▶ Reach out to someone left out or lonely at school
- ▶ Ask a parent or leader for help with my friend circle

## 5. My prayer, in my own words:

"God — help me choose friends wisely and be the kind of friend You call me to be. Give me courage to say no when a crew drags me down, and eyes to see who needs lifting. Make me a friend of Jesus by doing what Your Word says."

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**Choose your circle on purpose. Lift — don't drag.**