

Sisterhood & Friendships

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Build Friendships the way God designed them

Week 1 - We are Friends and Sisters

Week 2 - Sisters See Each Other

Week 3 - Sisters Care for Each Other

Week 4 - Sisters Pursue Christ Together



Sisterhood

**Adapted from Friends & Sisters Bible Study originally published by Lifeway.*

WEEK ONE

SISTERHOOD AND FRIENDSHIPS – SESSION ONE

We Are Friends & Sisters

Key Scripture: John 15:9–17

Memory Verse: John 15:12

Jesus invites us into a relationship with Him, and as we follow Him together, He forms us into a spiritual family. Through authentic friendships, God encourages us, strengthens our faith, and helps us become more like Jesus.

Read as a Group

Friendship is one of God's sweetest gifts.

If you've ever laughed until your stomach hurt with a friend, cried on someone's shoulder during a difficult season, or simply felt encouraged because someone checked in on you at just the right moment, you've experienced a glimpse of God's heart.

God never intended for us to walk through life alone.

From the very beginning, His desire wasn't simply that we would know about Him—it was that we would know Him and walk with Him. As we follow Jesus, He lovingly places people in our lives to encourage us, pray for us, remind us of His promises, and help us keep taking our next step with Him. That's what makes Christian friendship so special. It's more than having people to spend time with. It's about walking alongside one another as we follow Jesus together.

Throughout the Gospels, we see Jesus constantly investing in relationships. He shared meals around the table, celebrated life's joys, comforted hurting hearts, asked thoughtful questions, and faithfully walked with His disciples. Through those relationships, He

showed us that following Him isn't just about learning truth, it's about living it together. The same is true for us today.

Following Jesus is personal, but it was never meant to be private. God grows us through His Word, His Spirit, and His people. As we encourage one another, pray for one another, share life together, and walk through every season together, He transforms us to become more like Jesus.

Our prayer is that these next four weeks become more than just another Small Group. We pray they'll be the beginning of lasting friendships rooted in Jesus where you'll grow in God's Word, experience the work of His Spirit, encourage one another, and discover the joy of following Jesus together.

God's Word

Read John 15:9–17

Setting the Scene

These are some of Jesus' final words to His disciples before going to the cross.

Imagine sitting around the table with Him. Of everything He could have said, Jesus chose to speak about love, friendship, and remaining close to Him.

Then He said something remarkable:

"I no longer call you servants... I have called you friends."

John 15:15

Jesus didn't simply invite His disciples to believe in Him. He invited them into a relationship with Him. And from that relationship flowed the way they loved and cared for one another.

Healthy friendships don't begin by trying harder. They begin by staying close to Jesus.

Discuss Together

Learn

Let's begin by looking at what this passage teaches us about Jesus.

- What do these verses reveal about Jesus' heart for His followers?
 - What does this passage teach us about God's love?
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Listen

Now let's allow God's Word to speak personally to us.

- Why do you think friendships become more challenging as adults?
 - Is it easier for you to encourage others or receive encouragement? Why?
 - How has your relationship with Jesus influenced the way you approach friendships?
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Look Around

Let's think about how we can live this out together.

- What does it mean to be more than friends—to truly be sisters in Christ?
- How can our Small Group become a place where women feel welcomed, known, and encouraged?

Digging Deeper

Read 1 John 4:7–12

John reminds us that love begins with God. We don't have to earn His love. We simply receive it. And as we experience His love, He changes the way we love others. Christian friendship isn't based on convenience or common interests. It's rooted in the love of Christ and expressed through encouragement, grace, forgiveness, and faithfulness.

Dig a Little Deeper

- Why is it important to remember that God loved us first?
 - How does experiencing His love change the way we love others?
 - Where is Jesus inviting you to grow in your relationships this season?
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This Week's Challenge

This week, ask God to place one woman on your heart. Then take one intentional step toward encouraging her.

You might:

- Send an encouraging text.
- Invite her to coffee.
- Pray with her after church.
- Write a handwritten note.
- Invite her to Small Group.
- Ask, "How can I pray for you this week?"

Small acts of kindness often become the beginning of meaningful friendships. Ask God to use you to remind someone that they are seen, loved, and never walking alone.

Memory Verse

"This is my command: Love each other as I have loved you." John 15:12

Take a few moments this week to memorize this verse and ask God to help you live it out in your everyday relationships.

Sit with Jesus

This week, spend a few quiet moments with Jesus.

Listen

Lord, what are you saying to me today?

Respond

What is one step you are inviting me to take this week?

Encourage

Who are you inviting me to encourage or pray for this week?

Pray

Spend a few quiet moments talking with Jesus. Write anything He places on your heart.

A Blessing for Your Week

As you go this week, may you rest in the truth that you are deeply loved by your Heavenly Father. May His Word guide you, His Spirit strengthen you, and His people encourage you. May your friendships reflect the love of Jesus, and may your life point others toward Him. And as you walk with Him this week, may you experience the joy of following Jesus alongside others who will encourage your faith and remind you that you're never walking alone.

WEEK TWO

SISTERHOOD AND FRIENDSHIPS – SESSION TWO

Sisters See Each Other

Key Scripture: Luke 10:38–42

Memory Verse: Romans 12:15

Jesus sees us with love, compassion, and purpose. As we follow Him, He teaches us to slow down, truly see one another, and create friendships where people feel known, valued, and loved.

Read as a Group

Have you ever been surrounded by people but still felt alone?

It's possible to be in a crowded room and wonder if anyone really notices what you're carrying. Sometimes we become so busy with life's responsibilities that we unintentionally miss the people right in front of us, including the people God has placed in our lives to encourage and be encouraged by. One of the things I love most about Jesus is that He never made people feel invisible.

He noticed the woman at the well. (John 4)

He stopped for blind Bartimaeus. (Mark 10:46–52)

He looked up and called Zacchaeus by name. (Luke 19:1–10)

He welcomed children when others pushed them away. (Mark 10:13–16)

He saw people not just for who they were in that moment, but for who God created them to become. Jesus didn't simply meet needs. He made people feel seen.

Imagine if our friendships reflected that same heart. Imagine being the kind of woman who notices when someone is unusually quiet. Who celebrates another person's victories without comparison. Who sits with someone in their grief instead of trying to fix it. Who listens well because people matter.

As we continue this journey together, may God open our eyes to see others the way Jesus sees us—with compassion, grace, and genuine love.

God's Word

Read Luke 10:38–42

Setting the Scene

Jesus is welcomed into the home by two loving sisters, Mary and Martha, who both want to honor Him. Yet while Martha became distracted by everything that needed to be done, Mary chose to simply sit with Jesus. Martha wasn't wrong for serving. Jesus wasn't correcting her heart to serve. He was gently reminding her that His presence mattered more than her performance.

When we learn to slow down and spend time with Jesus, He changes the way we relate to the people around us. People begin to feel more important than our schedules. Relationships become more valuable than checking another task off the list. Presence becomes a gift we intentionally give.

Discuss Together

Learn

Let's begin by looking at what this passage teaches us about Jesus.

- What do you notice about Jesus' interaction with Martha?
- What does this passage reveal about Jesus' heart?

Listen

Let's allow God's Word to speak personally to us.

- What distractions keep you from being fully present with clothes and Jesus?
 - Do you naturally identify more with Mary or Martha? Why?
 - When have you felt truly seen by someone?
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Look Out

Let's think about how we can live this out.

- How can we become women who notice others more intentionally?
 - How can our Small Group become a place where every woman feels seen, safe, and loved?
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Digging Deeper

Read Romans 12:9–18

Paul paints a beautiful picture of authentic Christian community.

Love sincerely.

Honor one another.

Practice hospitality.

Rejoice with those who rejoice.

Mourn with those who mourn.

Live in harmony.

These aren't simply good ideas. There are practical ways we reflect the love of Jesus. When we live this way, people don't just hear about God's love. They experience it.

Dig a Little Deeper

- Which instruction comes naturally for you?
 - Which one challenges you the most?
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This Week's Challenge

This week, ask God to help you notice someone who may feel overlooked.

Slow down.

Listen a little longer.

Ask one more question.

Invite someone to coffee.

Pray with someone before you leave church.

Send a text simply letting someone know you're thinking about them.

Sometimes the greatest gift we can give another person isn't advice.

It's our presence.

Memory Verse

"Rejoice with those who rejoice; mourn with those who mourn." Romans
12:15

Ask God to help you live out this verse by celebrating with others, grieving with others, and walking alongside people with genuine compassion.

Sit with Jesus

This week, spend a few quiet moments with Jesus.

Listen

Lord, what are you showing me about the way you see me?

Respond

How are you inviting me to slow down and be more present this week?

Encourage

Who are you placing on my heart to notice, encourage, or simply spend time with?

Pray

Spend a few quiet moments talking with Jesus. Write anything He places on your heart.

A Blessing for Your Week

As you go this week, may you be reminded that the God who knows you completely also loves you completely. May He help you slow down enough to notice the people He places in your path. May your words bring encouragement, your presence bring peace, and your life reflect the compassion of Jesus. And as you continue following Him, may you discover the joy of helping others feel seen, valued, and deeply loved.

WEEK THREE

SISTERHOOD AND FRIENDSHIPS – SESSION THREE

Sisters Care for Each Other

Key Scripture: Colossians 3:12–17

Memory Verse: Galatians 6:2

Jesus cared for people with compassion, grace, and truth. As we follow Him, He teaches us to care for one another through encouragement, service, forgiveness, prayer, and faithful presence.

Read as a Group

One of the most comforting truths in Scripture is that Jesus cares deeply for us. Throughout His ministry, we see Him stopping for people others overlooked. He comforted those who were grieving, welcomed those who felt forgotten, healed the hurting, and gently restored those who had failed. Jesus didn't simply notice people. He cared for them. And He still does.

There are moments in every season of life when we all need someone to remind us we're not alone. Sometimes that looks like a prayer. Sometimes it's a phone call. Sometimes it's a meal, a hug, a handwritten note, or someone quietly sitting beside us when words aren't enough. Those moments may seem small, but God often uses simple acts of love to reveal His presence in powerful ways.

As women who follow Jesus, we have the privilege of reflecting His heart through the way we care for one another. This week, let's ask Him to show us how we can become women who don't just say we care—but who demonstrate His love in practical, life-giving ways.

God's Word

Read Colossians 3:12–17

Setting the Scene

Paul reminds believers of who they already are in Christ.

They are chosen. Holy. Deeply loved.

Because of that identity, they're invited to "put on" compassion, kindness, humility, gentleness, and patience. Notice the order. Paul doesn't tell us to become these things so God will love us. He reminds us that because we are already loved, we can live differently.

When we understand how deeply Jesus has cared for us, His love naturally begins to overflow into our relationships.

Discuss Together

Learn

Let's begin by looking at what this passage teaches us about Jesus.

- What words or phrases stand out to you most?
- Why do you think Paul begins with our identity before talking about our actions?

Listen

Let's allow God's Word to speak personally.

- Which quality from this passage comes most naturally to you?
- Which one stretches you the most?
- How has Jesus cared for you during a difficult season?

Look Around

Let's think about how we can live this out together.

- How can our Small Group become a place where people feel supported during both joyful and difficult seasons?
 - What does it look like to "bear one another's burdens" in everyday life?
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Digging Deeper

Read Galatians 6:1–10

Paul reminds believers to restore one another gently, carry one another's burdens, and never grow weary in doing good. Christian care isn't only about meeting physical needs. It's about walking with people through every season with humility, patience, and love. When we carry someone else's burden, we're reflecting the heart of Jesus, the One who carried ours.

Dig a Little Deeper

- Why is gentleness so important when helping someone who's struggling?
- How can our group become more intentional about caring for one another outside of our weekly gathering?

This Week's Challenge

Ask God to show you one practical way you can care for someone this week.

Maybe you'll...

- Take someone a meal.
- Send flowers or a handwritten note.
- Offer to watch a friend's children.
- Pray with someone before leaving church.
- Visit someone who's going through a difficult season.
- Simply ask, "How are you really doing?"—and stay long enough to listen.

Sometimes the most powerful ministry isn't found on a platform. It's found in simple acts of love.

Memory Verse

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

Galatians 6:2

As you memorize this verse, ask God to show you whose burden you can help carry this week.

Sit with Jesus

This week, spend a few quiet moments with Jesus.

Listen

Lord, how have You cared for me in this season?

Respond

How are You inviting me to reflect Your care this week?

Encourage

Who are you placing on my heart to serve, encourage, or walk alongside?

Pray

Spend a few quiet moments talking with Jesus. Write anything He places on your heart.

A Blessing for Your Week

May you never forget how deeply you are loved and cared for by Jesus. May His compassion fill your heart, His peace strengthen your soul, and His grace overflow into every relationship. As you walk through this week, may you become His hands and feet—bringing hope to the discouraged, comfort to the hurting, and encouragement to those who need it most. May the people around you experience the love of Jesus because they have experienced you.

WEEK FOUR

SISTERHOOD AND FRIENDSHIPS – SESSION FOUR

Sisters Pursue Christ Together

Key Scripture: Ephesians 4:1–16

Memory Verse: Hebrews 10:24–25

Following Jesus is a lifelong journey, and God uses authentic friendships to strengthen our faith, encourage our growth, and help us become more like Jesus together.

Read as a Group

Every meaningful journey is better when you don't walk alone.

Think about some of the most important moments in your life. Chances are, someone was there beside you, a friend who encouraged you, a family member who prayed for you, or someone who reminded you of God's faithfulness when you needed it most.

That's one of God's beautiful gifts. He never intended for us to simply attend church together. He invites us to walk with one another as we follow Jesus. There will be seasons when your faith feels strong and seasons when you have questions, moments of joy, moments of disappointment, and moments when life feels overwhelming. In every season, God often uses His people to remind us of His presence. Sometimes a friend's encouragement gives us the strength to keep going. Sometimes someone else's faith reminds us to trust God again. And sometimes, simply knowing we're not alone changes everything. As we've spent these last few weeks together, I hope you've discovered that Christian friendship is so much more than having people to spend time with. It's about walking with one another toward Jesus. And the beautiful thing is, this journey doesn't end today. It's only beginning.

God's Word

Read Ephesians 4:1–16

Setting the Scene

Paul paints a picture of what God's family looks like: different people, different gifts, but one purpose, growing together into maturity in Christ. Notice that spiritual growth was never designed to happen in isolation. God intentionally places us within His family so we can encourage, strengthen, and help one another continue growing. Every person has a role. Every person matters. And together, we become more like Jesus.

Discuss Together

Learn

Let's begin by looking at what this passage teaches us.

- What does this passage teach us about God's design for His Church?
 - Why do you think unity is so important?
 - What does Paul say helps believers grow into maturity?
-

Listen

Let's reflect personally.

- How has God used other people to help you grow in your faith?
- How has this Small Group encouraged your walk with Jesus?

Look Out

Let's think about how we can continue living this out.

- How can the friendships we've built continue after this study ends?
 - How can we intentionally welcome new women into our friendships and Small Groups?
 - What would it look like for our group to continue walking together beyond these four weeks?
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Digging Deeper

Read Hebrews 10:23–25

The writer of Hebrews reminds believers not to give up meeting together.

Why? Because we all need encouragement. Faith isn't strengthened by isolation. It's strengthened in community. When we gather together, worship together, pray together, and encourage one another, God uses those moments to build our faith. Christian friendship isn't simply about companionship.

It's one of God's gifts to help us keep following Jesus.

Dig a Little Deeper

- What can make it difficult to stay connected in community? How can we work against this?
- How can you continue investing in friendships that help you follow Jesus?

This Week's Challenge

Don't let this be the end. Reach out to someone from your group this week.

Schedule coffee.

Start a group text.

Pray for one another.

Celebrate birthdays.

Show up during difficult seasons.

Keep opening God's Word together.

Keep encouraging one another.

Friendship grows through intentionality. Don't wait for someone else to take the first step. Be that person.

Memory Verse

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together... but encouraging one another."

Hebrews 10:24–25

Ask God to help you become someone who consistently encourages others to keep following Jesus.

Sit with Jesus

This week, spend a few quiet moments with Jesus.

Listen

Lord, what have You been teaching me through these last four weeks?

Respond

What is one next step you're inviting me to take as I continue following you?

Encourage

Who are you inviting me to continue walking alongside after this study ends?

Pray

Spend a few quiet moments talking with Jesus. Write anything He places on your heart.

A Blessing for Your Week

As you leave this study, may you continue walking closely with Jesus. May His Word remain rooted in your heart and His Spirit faithfully guide your steps. May He surround you with friends who strengthen your faith, encourage your heart, and remind you of His goodness. And may you become that kind of friend for others—someone who loves well, encourages faithfully, and points people toward Jesus.

Remember...You never walk alone.