

# About This Book

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Things seemed much simpler when I was a young girl growing up in the South. It was the early 60s, long before the women’s movement, Oprah, and text messaging. Back then, the women in my circle of influence weren’t concerned about finding their place in the world. They believed that just being born a woman was a privilege!

Most of these amazing women worked outside the home, but it is their work in the kingdom of God that I most admire. Right before my eyes they demonstrated the beauty of friendship.

In those days of my youth I witnessed the God-given joy of *being* a woman and the joy of being *with* women. My mentors taught me that I was twice blessed—once for being born female and again for experiencing the friendship of women.

I was privileged to be among women who were secure in their femininity and believed that being a woman was something to *celebrate*. I witnessed with delight how they confided in and connected with each other, and sometimes collapsed into laughter over the silliest things.

These unique women demonstrated a valuable life lesson to me: *I would need girlfriends*, because life is meant to be *shared*.

Today, I am much older, and life is far more complicated. What I learned as a young girl remains true: women need girlfriends. That is the heart and soul of this book—because friendship is God’s idea.

Over the next seven weeks we will discover that:

- God’s timing is perfect.
- Friendship is God’s idea.
- Friendship is God’s unique gift for us to enjoy.

- Friendship helps us reach others for Christ.
- God has established guidelines for healthy friendships.
- God has called each of us to be an Elizabeth and a Mary of the 21st century.

We will use the acronym F.R.I.E.N.D. to guide us on our way. Each week, you'll be provided four lessons to study throughout the week. Each will give you an opportunity for:

- Sightseeing: investigating God's Word and learning more about the journey;
- Conversations: sharing thoughts and applications;
- Travel Diary: a place for you to take the concepts to heart;
- Traveling Mercies: a guided prayer;
- Snapshot: a short, memorable thought to help you remember the concept.
- Travel Tips with verses recommended for memorization and thoughts to enhance your study.