

## FORGING RESILIENCE

### INTRO

Tell of a childhood friend or best friend growing up.

### READ

Proverbs 17:17; 18:24; 25:20; 27:9; 27:17; 28:23; Eccl. 4:9-10; John 15:15; 1 Chron. 27:33

### REFLECT/RESPOND

Three common types of interpersonal relationships that are actively thrust upon us depending on our cultural background are: romantic, family, and civic. The bible highlights another that is even more vital to our well-being and that is friendship.

#### Five Elements of Good Friendship

##### 1. Discovery/Affinity

Affinity (definition): a spontaneous or natural liking or sympathy for someone or something.

Friendships are discovered and chosen.

*Qu: What do you look for in a friend?*

*Qu: Have you ever tried to build a friendship with a person you don't have anything in common with?*

##### 2. Diverse in age

Endeavour to have friends that are:

- Younger than you
- The same age as you
- Older than you

*Qu: Why would it be wise to have friends in all three age categories?*

##### 3. Sensitive and vulnerable

**Sensitive:** Being sensitive means you notice things, you care about people's feelings, and you think deeply before you speak. It means taking the time to absorb

#### *Pt 4: Meaningful Relationships*

and process, rather than rushing to speak and give advice.

**Vulnerable:** Being vulnerable in a relationship means allowing yourself to be known fully: your thoughts, feelings, challenges, weaknesses.

*Qu: Would you say your close friends are both sensitive and vulnerable towards you?*

*Qu: Are you sensitive and vulnerable towards your friends?*

##### 4. Loves you enough to tell you the truth

We all have blind spots -i.e., negative ways in which we come across to others.

*Qu: Are you open enough with your close friends to receive their input on your blind spots?*

*Qu: Are you willing to give input to your friends regarding their blind spots?*

##### 5. In it for the long haul

It takes time to find and develop close friendships, especially in a mobile society.

*Qu: Do you consider the importance of the circle of friends you've built when making career and/or geographic moves?*

**Conclusion:** Finding good friends and being a good friend is not easy! Thankfully, Jesus is that friend to us that sticks closer than a brother. Through His help, we too can find and forge great friendships.

### PRAY

For each other to: find good friends, to grow our friendships, and be great friends to others.

Pray for any needs that are present in the group

"...and Hushai the Archite was the king's friend." 1 Chronicles 27:33