



Key Objective:

The importance of healthy friendships to keep us on the path and encourage us in our walk with Christ. And that those friendships have to be built intentionally.

Bible Talk:

Authentic Friendships

Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with all your mind.' [38] This is the first and greatest commandment. [39] And the second is like it: 'Love your neighbour as yourself.' **Matthew 22:37-39**

The Bible clearly teaches us to love God and love one another. To be healthy and fruitful we must be rooted deeply in relationship first with God but then also with other God followers.

Three rewards of friendship

1. We go further together than we could do on our own
2. Relationships help us overcome fear
3. They help us become like Jesus

Couch Conversations:

- Ian how have you navigated friendships to help you grow spiritually?
- Esther how important have they been to you
- Beth you are now in your second year at University how did you find the transition and how important was it to build friendships?
- How important has it been to your spiritual walk at University to have like minded friends?
- Have you ever got it wrong
- Steves own example of intentional friends that now play a significant role in his and Esthers lives

Practical Steps:

1. Pray

Pray about 2-3 friendships that you can nurture and strengthen - Don't just pick your peer group, perhaps some who are more mature, godly?

2. Ask

Ask them if you could build regular time to meet - Most people are willing if they understand the purpose of the friendship.

3. Plan

Plan those meetings into the diary - If you don't schedule the meeting it wont happen.

4. Be Honest

Be honest, be vulnerable, ask questions and allow them to ask questions and answer honestly. Spend time praying together.

