



# LIFEGROUPS

**Series: The Relational Tug of War**  
***How to Develop Healthy Friendships***

**Scripture: Proverbs**

**Date: September 2 & 3, 2017**

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## —[ LET'S START ]—

- Recall your best friend from your childhood. What made things work so well between the two of you? Share your thoughts with the group and be specific if you can.
- Proverbs 18:24 says, "One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother." Who is that person in your life today who will stick closer than a brother? How do you keep up with what is happening in each other's life?

## —[ LET'S TALK ]—

1. Pastor Dale commented that both technology and western society's value on individualism and success are obstacles to cultivating a deep friendship. How do you see that in the people you know? What are your thoughts on a way or ways to get past those obstacles?
2. Quoting both Tim Keller and David Brooks, Pastor Dale points out that we are a reflection of the company we keep. Who is shaping or influencing your life right now? Are those people more about what is in it for them than about *us*? What does that say to you about the relationship?
3. Characteristics of a true friend include: a true friend shows up, a true friend is empathetic, a true friend speaks the truth (even when it is painful), and a true friend speaks the truth from the heart. All of these are important, but which one strikes more of a chord with you? Why?

—[ LET'S ACT ]—

- Endeavor to find godly friends who will encourage and share your values.
- Make a deliberate effort to be the kind of friend you want others to be to you.
- When a friend lets you down, remember what Jesus did when His friends let him down – He loved them to the end.

—[ SERMON REVIEW ]—

- We need true friends – but it is not an easy task to develop those enduring and healthy relationships.
- In a healthy relationship, friends are committed regardless of circumstances. An example is Jonathan and David.
- Surround yourself with people who identify with your core values.
- Traits of a true friend is that they show up, are empathetic, speak the truth even if it is painful and speak the truth from the heart.

—[ NOTES ]—

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