

RELATIONAL HEALTH

While we may have acquaintances and friends a true friend is different. No matter what is going on, no matter how inconvenient a true friend is always willing to be there for you, both in good times and in bad. Don't ever take this friendship for granted. As true friendship is rare to find!



I learned that a real friendship is not about what you can get, but what you can give. Real friendship is about making sacrifices and investing in people to help them improve their lives. Eric Thomas.

Memory verse: [1 Peter 4:8](#)

Above all, love each other deeply, because love covers a multitude of sins.

Read the Bible passages listed and then fill in the blank to the statement following.

Two kinds of Friends: [Proverbs 27:19](#) and [Proverbs 12:26](#)

- _____ friends are the result of _____
- _____ friends are the result of _____

Five Kinds of People to avoid as close friends:

- _____ friends. [2 Thessalonians 3:6](#)
- _____ friends. [Proverbs 22:24-25](#)
- _____ friends. [1 Corinthians 5:9-11](#)
- _____ friends. [Proverbs 23:6-7](#)
- _____ friends. [2 Corinthians 6:14](#)

Choose close friends who will:

- _____ me mentally. [Proverbs 13:20 & Proverbs 27:17](#)
- _____ me mentally. [Proverbs 17:17 & Galatians 6:2](#)
- _____ me mentally. [1 Thessalonians 5:1 & Hebrews 10:24](#)

How to build healthy friendships:

- Get interested in _____. [Proverbs 18:1 & Philippians 2:4](#)
- Don't be a _____. [Philippians 2:14-15](#)
- Be a _____. [James 1:19 & Proverbs 20:5](#)
- Accept People _____. [Romans 15:7 & Proverbs 17:17](#)
- Help people _____. [Romans 12:10 & Philippians 2:3](#)
- Be _____. [Romans 12:15](#)
- Stick with them _____. [Proverbs 18:24 & Ecclesiastes 4:9-10](#)
- Share _____ with them. [Luke 6:31, Luke 6:31, & John 15:15](#)

Discovery Questions:

- The bible says, “Spur one another on toward love and good deeds” (Hebrews 10:24). We all the need spiritual encouragers to you? What are some ways they encourage you?
- Review the three qualities of a close Friend; People who challenge you mentally, support you emotionally and strengthen you spiritually. Remember, to find that kind of friend, you need to be that kind of friend. Which of these characteristics do you need to develop in your own life?
- Which of Pastor Rick’s eight ways to build healthy friendships is most important to you and why?

Online reference video: <https://www.youtube.com/watch?v=5ErLR-Hc56Q>

The Relationship Principles of Jesus by Tom Holiday.