

FOUNDATIONS OF FRIENDSHIP

LESSON 1

Intro. In this series we're going to talk about making quality friendships.

1. One of the greatest achievements in life we can make in life is to build strong friendships
2. All of us need to see the importance of making, keeping, and being a friend
 - a. We're going to look at our **need** for friends
 - b. How to **make** close and quality friendships
 - c. We'll also look at **being** a friend: discovering what true friendship involves

Quote : *"A friend is one who comes in when the world goes out."*

Proverbs 18:24 (NKJV) A man who has friends must himself be friendly, But there is a friend who sticks closer than a brother.

I. OUR _____ FOR FRIENDSHIP

Ecclesiastes 4:9-10 (NKJV)

9 Two are better than one, Because they have a good reward for their labor.

10 For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up.

A. ONE OF THE WORST EPIDEMICS IN THE 21ST CENTURY IS

1. The Christian life provides the greatest opportunities for a sense of belonging, being needed, having and _____
-

2. The single _____ people come to church is friendship

- *Without question the greatest reason people come to Christ and get involved in church is because somebody was a friend to them*

**B. OUR SOCIETY IS BECOMING MORE _____
_____ FROM EACH OTHER**

- *Society is becoming more and more disconnected*
- *And it's not just "society"; many Christians are disconnected from each other as well*

1. Our spiritual, emotional, and physical health requires us be _____

Proverbs 17:17 (NKJV) *A friend loves at all times*, And a brother is born for adversity.

Philippians 2:4 (NKJV) Let each of you look out not only for his own interests, but also for the interests of others.

C. WE WERE _____ TO NEED FRIENDS

1. God created us with a desire to be _____
 - a. **Genesis** is the opening book of the Bible where it describes God creating everything
 - b. *7 times* in chapter 1 it says "*it was good*"
 - c. In chapter 2 it lists the first time in the Bible where God says something wasn't good

Genesis 2:18 (NKJV) And the LORD God said, "***It is not good that man should be alone...***"

- d. We were created from the beginning to need others
- e. Genesis specifically refers to family but it's also true of friendship

Ecclesiastes 4:9-10 (NKJV) Two are better than one, because they have a good reward for their labor.

Proverbs 27:17 As iron sharpens iron, so a man sharpens the countenance of his friend.

2. We need to get used to the idea that we're part of a _____

Ephesians 3:14-15 (NKJV)

14 For this reason I bow my knees to the Father of our Lord Jesus Christ,
15 from whom ***the whole family in heaven and earth is named.***

Acts 17:26 (NKJV) And ***He has made from one blood every nation*** of men to dwell on all the face of the earth, and has determined their preappointed times and the boundaries of their dwellings.

- a. Whether we realize it or not, we're all family
- b. God created us to be interrelated; to develop and cultivate close relationships

- *We were made to be and need friends*

3. Even _____ has recognized this need

quote: *Dr. Lisa F. Beckman, chair of the department of health and social behavior at the Harvard School of Public Health, found that interacting with others lowers a person's overall risk of dying as much as physical exercise does.*

quote: *Dr. Gene D. Cohen- Director of the Center on Aging, Health & Humanities at George Washington University says, "Pay as much attention to building your social portfolio as you do to building your financial portfolio."*

D. WE ALL NEED A LITTLE HELP _____

- 1. Even _____ needed friends
 - a. One of the hardest moments in Jesus' life was in the garden of Gethsemane

Matthew 26:37-38 (NKJV)

37 And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed.

38 Then He said to them, "My soul is exceedingly sorrowful, even to death. Stay here and watch with Me."

- a. The reason they were there is He needed them
- b. He had to come wake them up several times

Matthew 26:40 (NKJV) Then He came to the disciples and found them asleep, and said to Peter, "What? Could you not watch with Me one hour?"

- c. We can almost hear the desperation in His voice
"Couldn't you watch with me for just an hour?"

- *When Jesus was "going through it" He needed His friends around*

2. The _____ talked about how important his friends were

2 Corinthians 7:5-6 (NKJV)

5 For indeed, when we came to Macedonia, our flesh had no rest, but we were troubled on every side. Outside were conflicts, inside were fears.

6 Nevertheless God, who comforts the downcast, comforted us by the coming of Titus.

- a. Paul was saying, "We were going through pure hell but then Titus showed up, and comforted us!"

2 Timothy 4:16-21 (NKJV)

16 At my first defense no one stood with me, but all forsook me. May it not be charged against them.

17 But the Lord stood with me and strengthened me, so that the message might be preached fully through me, and that all the Gentiles might hear. And I was delivered out of the mouth of the lion.

18 And the Lord will deliver me from every evil work and preserve me for His heavenly kingdom. To Him be glory forever and ever. Amen!

19 Greet Prisca and Aquila, and the household of Onesiphorus.

20 Erastus stayed in Corinth, but Trophimus I have left in Miletus sick.

21 Do your utmost to come before winter.

b. Paul at the end of his life is asking for his friend to do his best to show up quick!

- *If we're going to make, keep, and be the kind of friends we need to be we have to understand how important it is*

E. WE NEED TO CULTIVATE THE KIND OF FRIENDS THAT WE CAN GO TO IN _____

Romans 12:15-16 (NKJV)

15 Rejoice with those who rejoice, and weep with those who weep.

16 Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion.

again, Ecclesiastes 4:9-10 (NKJV)

9 Two are better than one, because they have a good reward for their labor.

10 For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up.

1. We need friends to _____

Galatians 6:1-2 (NKJV)

1 Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted.

2 Bear one another's burdens, and so fulfill the law of Christ.

2. We need to be friends to _____

- *One of the most rewarding experiences in life is cultivating close – caring friendships*

PRAYER AND CONFESSION: *Thank You Jesus, for making me a part of Your family. I don't want to live my life isolated from others. Help me to make quality friendships. Teach me to look at the needs of others instead of my own. I want to be the kind of person others can rely on, in Jesus' name. Amen.*

FILL IN THE BLANKS FROM LESSON #1

I. OUR _____(NEED) FOR FRIENDSHIP

A. ONE OF THE WORST EPIDEMICS IN THE 21ST CENTURY IS _____(LONELINESS)

1. The Christian life provides the greatest opportunities for a sense of belonging, being needed, having and _____(being a friend)
2. The single _____(greatest reason) people come to church is friendship

B. OUR SOCIETY IS BECOMING MORE _____(ISOLATED AND DISCONNECTED) FROM EACH OTHER

1. Our spiritual, emotional, and physical health requires us be _____(around others)

C. WE WERE _____(CREATED) TO NEED FRIENDS

1. God created us with a desire to be _____(interrelated)
2. We need to get used to the idea that we're part of a _____(really big family)
3. Even _____(secular society) has recognized this need

D. WE ALL NEED A LITTLE HELP _____(FROM OUR FRIENDS)

1. Even _____(Jesus Himself) needed friends
2. The _____(Apostle Paul) talked about how important his friends were

E. WE NEED TO CULTIVATE THE KIND OF FRIENDS THAT WE CAN GO TO IN ___(GOOD TIMES OR BAD)

1. We need friends to _____(**help us up**)
2. We need to be friends to _____(**help others up**)