

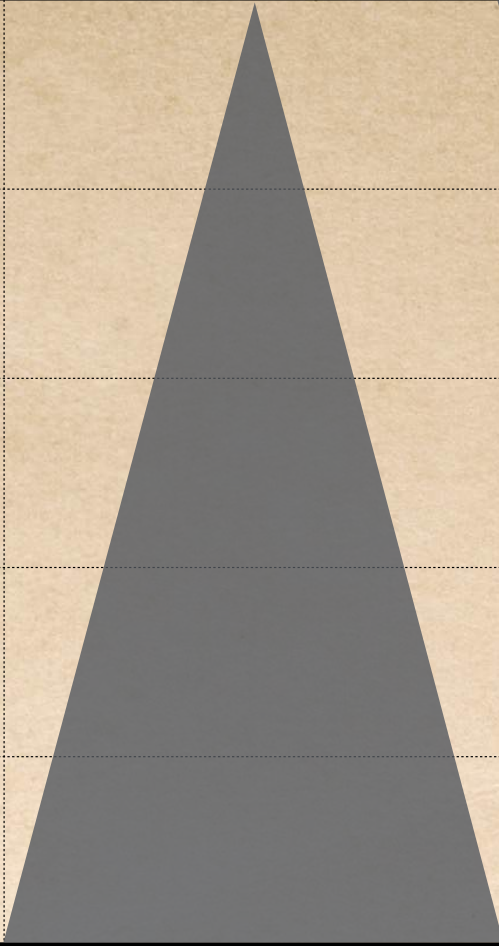
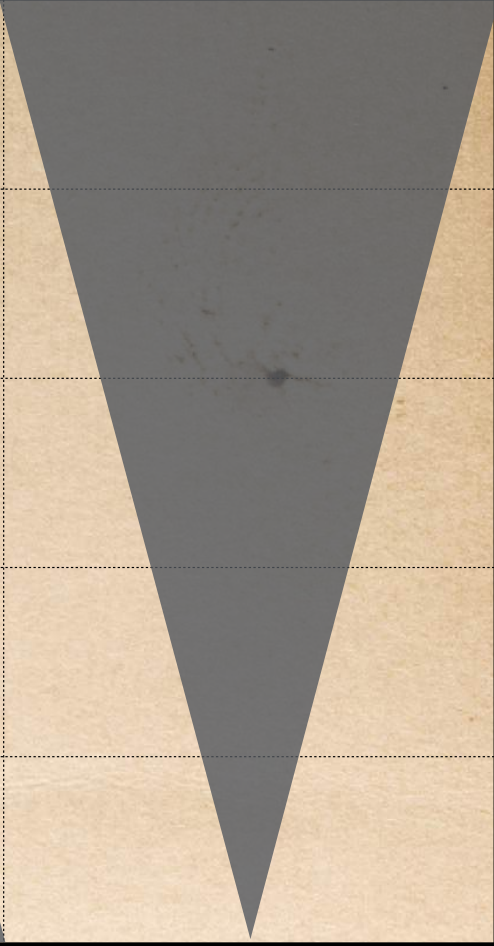
*A Good News*  
**PRACTICAL  
MANUAL**



FOR  
RELATIONAL  
HEALTH  
*with*  
FRIENDS





Communication Levels	Meaning	Degree of Transparency	Number of People
1. Surface	Non Sharing		
2. Fact	Sharing what you know		
3. Opinion	Sharing what you think		
4. Emotion	Sharing what you feel		
5. Transparency	Sharing who you are		



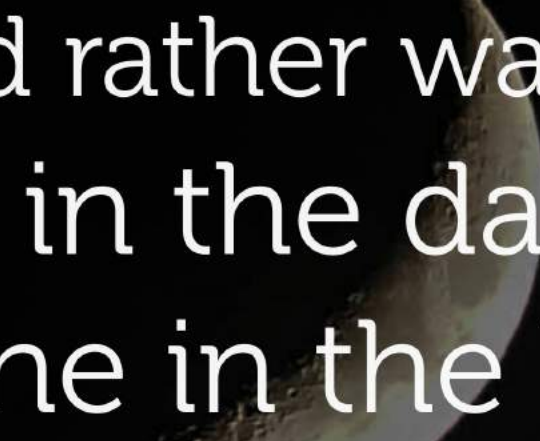
A man of many  
companions may come to  
ruin, but there  
is a friend who sticks  
closer than a brother.

Proverbs 18:24



Friends are the siblings  
God never gave us.

Mencius



I would rather walk with a  
friend in the dark, than  
alone in the light.

Helen Keller

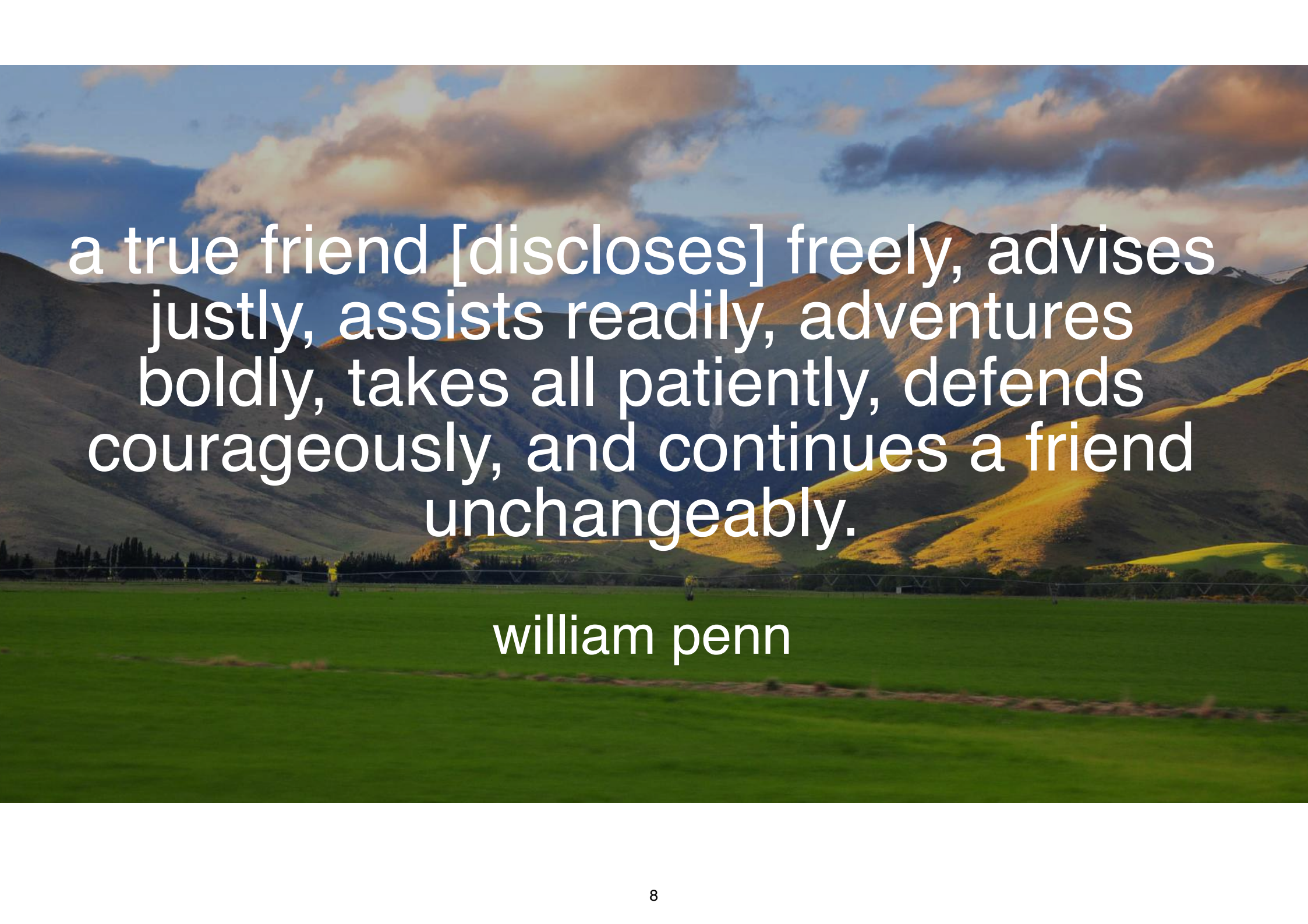




There is nothing on this  
earth more to be prized  
than true friendship.

Thomas Aquinas





a true friend [discloses] freely, advises  
justly, assists readily, adventures  
boldly, takes all patiently, defends  
courageously, and continues a friend  
unchangeably.

william penn



i'll be there for you, because you're  
there for me too.

F·R·I·E·N·D·S





As iron sharpens iron, so  
one person sharpens  
another.

Proverbs 27:17





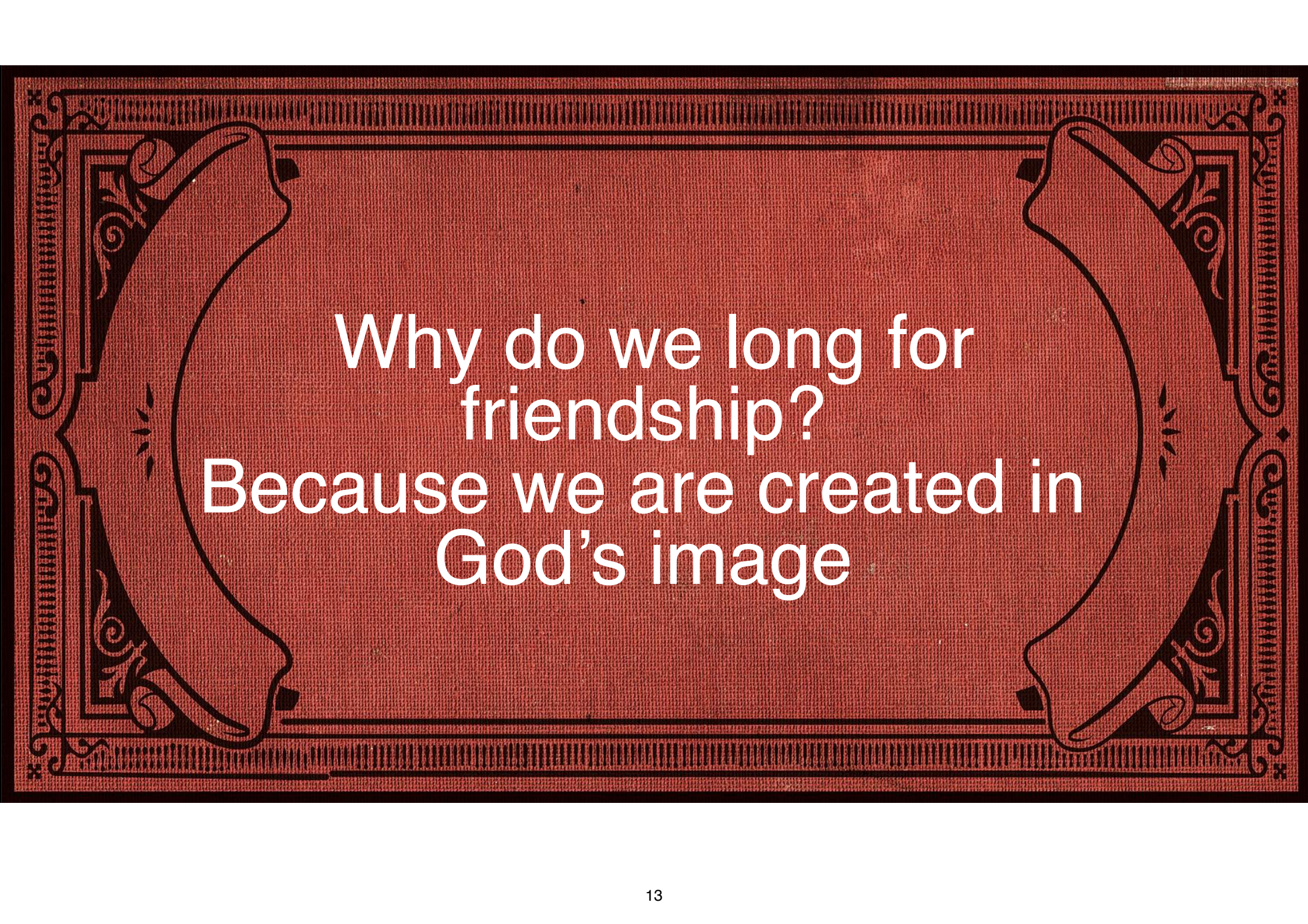
What is friendship?





Why do we long for  
friendship?





Why do we long for  
friendship?  
Because we are created in  
God's image



The Lord God said, “It is  
**not good** for the man to be  
alone...”

Genesis 2:18



Then God said, “Let **us** make  
mankind in **our** image.”

Genesis 1:26



conditional



unconditional






# keys to friendship





commonality





Friendship is born at that moment when  
one person says to another: What!  
You too? I thought I was the only one.

C. S. Lewis

“ quote fancy





love



Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

1 Corinthians 13:4-8





challenging



Let the message of Christ dwell  
among you richly as you teach and  
**admonish one another** with all  
wisdom through psalms, hymns,  
and songs from the Spirit, singing to  
God with gratitude in your hearts.

Colossians 3:16



Faithful are the **wounds** of a friend;  
profuse are the kisses of an enemy.

Proverbs 27:6





“You got a Friend in Me”





encouragement



For God has not destined us for wrath, but to obtain salvation through our Lord Jesus Christ, who died for us so that whether we are awake or asleep we might live with Him. Therefore **encourage one another and build one another up**, just as you are doing.

1 Thessalonians 5:9-11



Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. **Carry each other's burdens**, and in this way you will fulfil the law of Christ.

Galatians 6:1-2



A friend loves at all times, and  
a brother is born for **adversity**.

Proverbs 17:17





time



And let us consider how to stir up  
one another to love and good works,  
**not neglecting to meet together**,  
as is the habit of some,  
but encouraging one another, and all  
the more as you see the Day  
drawing near.

Hebrews 10:24-25





jesus



one another **as I have loved you**.  
Greater love has no one than this, that  
someone **lay down his life for his  
friends**. You are My friends if you do  
what I command you. No longer do I call  
you servants, for the servant does not  
know what his master is doing; **but I have  
called you friends**, for all that I have  
heard from  
My Father I have made known to you.

John 15:12-15



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