

THE WAY OF WISDOM

QUALITY FRIENDSHIP

FEBRUARY 18, 2024

Quality friendships—ones with depth, substance, and meaning—have the power to change the direction of our lives, improve every aspect of our health, and reflect the love that God has for us. Do you have anyone like this in your life? If not, it's worth pursuing—because it's that important.

MESSAGE NOTES AND HIGHLIGHTS

- One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother. | Proverbs 18:24.
 - Quality friendships can improve every aspect of life—including a longer lifespan.
 - A quality friend shows up in adversity.
 - A friend loves at all times, and a brother is born for a time of adversity. | Proverbs 17:17
 - “The friend in my adversity I shall always cherish most. I can better trust those who helped to relieve the gloom of my dark hours than those who are so ready to enjoy with me the sunshine of my prosperity.” | Ulysses S. Grant
 - A quality friend is honest and vulnerable.
 - Wounds from a friend can be trusted, but an enemy multiplies kisses. | Proverbs 27:6
 - In a friendship, vulnerability breeds vulnerability, and that creates depth.
 - A quality friend is trustworthy.
 - A perverse person stirs up conflict, and a gossip separates close friends. | Proverbs 16:28
 - Trust is everything.
 - There's no magic solution to making quality friends. There's only a commitment to try and to keep trying because it's that important.
 - To be a quality friend, know your limits. We can only be a quality friend to a small quantity of people.
 - One who has [many] friends soon comes to ruin... | Proverbs 18:24
 - A quality friend makes time. Quality friendship requires an investment of regular time.
 - A quality friend shows up—when it's good and when it's bad.
 - One of the best ways to commit to forming and cultivating these quality friendships is through life groups.
 - Quality friendships can be one of the most powerful reflections of the gospel in our lives.
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DISCUSSION QUESTIONS

1. To you, what's the difference between an acquaintance and a close, “quality” friend?
2. Think of a quality friendship that you have now or that you've had in the past—what is the most important quality that you appreciate(d) about that relationship?
3. Quality friends show up in adversity, are honest and vulnerable, are trustworthy, and make time for each other. Which of these qualities are you best at? Which could you improve?
4. What are some of your current challenges in making or maintaining quality friendships? What's one change you could focus on to help you overcome those challenges?