



How to get MY life back

Taking Stock of My Friendships

"I have come that they may have life,
and that they may have it more abundantly."
John 10:10 (NKJV)

"There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. 'For whom am I toiling,' he asked, 'and why am I depriving myself of enjoyment?' This too is meaningless—a miserable business! Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!"
Ecclesiastes 4:8-10 (NIV)

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

The four levels of friendship are:

1. Acquaintances
2. Casual friendships
3. Close friendships
4. Intimate friendships

"Greater love has no one than this, that he lay down his life for his friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you."
John 15:13-15 (NIV)

One important aspect of getting our life back is to develop:
Healthy friendships

The best advice for picking friends...Choose wisely.
"Spend time with the wise and you will become wise, but the friends of fools will suffer."
Proverbs 13:20 (NCV)

"Do not make friends with a hot-tempered man, do not associate with one easily angered..." Proverbs 22:24 (NIV)

1. Healthy friendships respect boundaries.

"Some time later Paul said to Barnabas, 'Let us go back and visit the brothers in all the towns where we preached the word of the Lord and see how they are doing.' Barnabas wanted to take John, also called Mark, with them, but Paul did not think it wise to take him, because he had deserted them in Pamphylia and had not continued with them in the work. They had such a sharp disagreement that they parted company. Barnabas took Mark and sailed for Cyprus, but Paul chose Silas and left, commended by the brothers to the grace of the Lord."
Acts 15:36-40 (NIV)

2. Healthy friendships practice good communication.

"The heartfelt counsel of a friend is as sweet as perfume..." Proverbs 27:9 (NLT)
"Reckless words pierce like a sword, but the tongue of the wise brings healing."
Proverbs 12:18 (NIV)

3. Healthy friendships work through difficulties.

"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift."
Matthew 5:23-24 (NIV)

"Overlook an offense and bond a friendship; fasten on to a slight and—good-bye, friend!"
Proverbs 17:9 (The Message)

4. Healthy friendships are mutual.

"Why do you fight and argue with each other? Isn't it because you are full of selfish desires that fight to control your body? You want something you don't have, and you will do anything to get it. You will even kill! But you still cannot get what you want, and you won't get it by fighting and arguing. You should pray for it. Yet even when you do pray, your prayers are not answered, because you pray just for selfish reasons."
James 4:1-3 (CEV)

