

BUILDING HEALTHY FRIENDSHIPS
#SermonFriendships
Building Healthy Relationship - Part 1
Dr. Mark Jackson, April 28, 2019

Why You Need Healthy Friendships

- For **SPIRITUAL GROWTH** - Romans 1:12
- For **SUPPORT** - Galatians 6:2
- For **BETTER HEALTH** - James 5:16a
- For **SOCIAL ENJOYMENT** - Genesis 2:18a
- To **REACH YOUR GOALS** - Ecclesiastes 4:9

Matthew 7:12 Whatever you want people to **do for you, do the same for them,** because this summarizes the Law and the Prophets. (ISV)

Five Golden Rules of Friendship

1. INVEST THE TIME

Proverbs 18:24 A man who has friends must himself **be friendly**... (NKJV)

Philippians 2:4 Do not be interested only in your own life, but **be interested in the lives of others.** (NCV)

2. EARN THEIR TRUST

Proverbs 20:6 Many people claim to be loyal. But it is **hard to find someone who really can be trusted.** (ICB)

- By being **RELIABLE**

Proverbs 17:17 A friend loves you **all the time**... (ICB)

- By being **LOYAL**

Proverbs 19:22a **Loyalty** makes a person **attractive**... (NLT)

1 Corinthians 13:7 If you love someone, **you'll be loyal to them** no matter what the cost. You will always believe in them, always expect the best, and always stand your ground in defending them. (LB)

- By **KEEPING CONFIDENCES**

Proverbs 11:13 A gossip tells everything, but **a true friend will keep a secret.** (CEV)

3. LISTEN WITH EMPATHY

James 1:19 Remember this, my dear **friends!** Everyone must be **quick to listen**, but **slow to speak** and **slow to become angry**. (TEV)

Romans 15:2 We must bear the burden of **being considerate of the doubts and fears** of others... (LB)

4. CELEBRATE WINS AND SHARE LOSES

Romans 12:15 **Rejoice** with those who rejoice; **mourn** with those who mourn. (NIV)

1 Corinthians 12:26 If one part of the church body suffers, all the other parts **share its suffering**. If one part is praised, all the others **share in its happiness**. (GW)

5. ACCEPT THEIR FLAWS

Romans 15:7 Therefore, **accept each other** just as Christ has accepted you so that God will be given glory. (NLT)

Proverbs 17:9 **Love forgets mistakes**; nagging about them parts the best of friends. (LB)