

# FRIENDZONE

## Faithful Friends | Discussion Notes

Over this series we're going to cover some key ideas around how we can be better friends and grow a more committed community: commitment, conflict, romance and social media. Perhaps more than our average series, people will be coming to this topic from very different places. It's worth being aware that people in your Hub may be really struggling with loneliness, might be in unhealthy relationships or just feel unhappy in their friendships.

We'd love to keep Hub life as practical as possible, so each week there will be an activity for your Hub to practise throughout the week and then check back in the following week to find out how it went.

Kate started this week's talk by explaining how prevalent loneliness is at the moment and how damaging it is to our health.

- Have you experienced this yourself over the last year or seen it in your friends?
- What effect do you think loneliness has on us?

Kate explained that most people pick friendships based on three things: we choose people who are like us for self-validation, we choose people who benefit our self-interest in some way and we pick people who are in the same context as us.

- Do you think this is true? Do you disagree with any of these?
- In what ways do you think 'Christian friendships' should look different from the rest of the world?

Read through Ruth 1:8-18. Naomi's husband and two sons have died and she is urging her daughters-in-law, Ruth and Orpah, to leave her.

- What can we learn from Naomi and Ruth about what committed friendship looks like?
- What are the challenges in being committed in our friendships?
- What can we do practically to make sure we are committed in our friendships?

Kate's **Big Idea** was that 'the best friendships are built by committing to the benefit of others'.

- Have you experienced this yourself? What does it look like in practice?
- How can we make sure that Hub is a place where we practise and model this principle?

Kate also talked about the risk of 'unequal' relationships, where we commit to people who only look to take out of the relationship.

- How do we make sure that our friendships are healthy?
- How do we deal with friendships that are unhealthy for us?

### ACTIVITY FOR THE WEEK

We want to put into practice the things we talk about. So, in the next week ask God to point out 3 people he wants you make a special effort to commit to. Write these names down putting the names somewhere that you will see them and then pray for these people every day.