

# Cultivate Reflection Guide

## Unbreakable: Building Friendships When You Feel Lonely Pastor Matt Brown | September 17-18, 2022

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King Solomon was blessed with the wisdom of God, and from that wisdom he wrote a short book of his greatest advice for his son to live by. Studying Proverbs has given people throughout history the wisdom to navigate a godly, secure, blessed life, and we need that wisdom today, more than ever.

Our Reflection Guide is a tool to help you grow spiritually wise, relationally kind and emotionally healthy. Use it to start a REAL conversation in community or to cultivate God's word into your life through personal bible study. Choose the questions that encourage you to reflect and respond to what we're learning. Pair it with your bible, a journal or any resource that helps you learn. *It's not about getting through the content, but getting the content through you!*

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**Read:** [2 John 1:5 NLT](#)

**Reflect:** As you reflect on the weekend message, what stood out to you? This might be a verse, word or point that encouraged, instructed or even challenged you.

### Respond:

1. As you consider past and present relationships, what has friendship looked like in your life? Has it come easily, is it intentional or have you experienced loneliness or even disinterest in friendship?
2. [Read Proverbs 18:24a](#). Describe what means the most to you in a friendship. How are you "going first" to be the friend you hope others will be to you?
3. Read [Proverbs 18:1](#). Common **barriers to friendship** include social media isolation, unavailability, political divisions and the fear of new, different or scary people.
  - What barriers impact your ability or willingness to pursue friendship with others? Be REAL with yourself – these could be practical barriers OR spiritual/emotional, like pride, envy, insecurity, jealousy, etc.
  - We can't change others, but change can begin with us. What is an intentional step you could take to overcome that barrier in your life? Be specific: I want to stop \_\_\_\_\_ and instead \_\_\_\_\_.
4. Proverbs challenges us with the wisdom that **a good person helps others** to be better, to see the truth even if it hurts, to stand when they've fallen and to celebrate their success. Good friends don't keep score, but are motivated to love and live like Jesus would.
  - In which of these areas are you being a good friend? In which could you do better?
  - Are there any relationships in your life that are void of this kind of wisdom and goodness? Count the cost – what are you gaining vs. what are you giving up by maintaining that friendship?

**Prayer:** Jesus, I thank you for challenging my perspective on friendship this week. As a woman, I can magnify the brokenness of others, focus on their imperfections, or make assumptions that are not based on truth. Instead, Lord, search my heart and help me to become a wise, kind, loving and loyal friend to others. Give me the courage to cultivate healthy friendships with people in pursuit of authenticity with themselves, God and others. Amen.

### Dig Deeper Opportunity

[Read Proverbs 27:6 and 27:9](#). A good person protects their friendships by speaking well about others AND speaking truth to others out of love and a desire to help their friends become the best version of themselves. How does this verse speak to you about the type of friend you are OR about the type of people you keep company with?