

# TOOL: Who Has Shaped Your View of Friendship

One hour of significant friendship • Weekly



Friendship is complicated. We experienced moments of pain, loss, joy, and laughter within our relationships. We are shaped by our friendships, and we all have a different sense of what it means to be a good friend. We come into our relationships with different expectations.

The goal of this resource is for us to begin to open ourselves to noticing who or what has shaped our view of friendship, and begin to consider ways we want to shift our view to align more fully with what God has for us in relationships.

## Practice

In this practice, we're going to spend some time exploring how our view of friendship has been formed and how it might shape our interaction with each other and God. To begin, pick three people who you think have shaped your view of friendship.

- Select one of your earliest experiences of friendship. This could be a parent teaching you what friendship was, or an early childhood friend you have.
- Select one of your favorite experiences of friendship.
- Select one of your painful experiences of friendship.

In the top row write down the three relationships you've selected.

|   | Person 3 | Person 2 | Person 3 |
|---|----------|----------|----------|
| With your experience in mind, how do you think this person would have defined 'what makes a good friend'? (This doesn't have to be the right answer, just your experience). |          |          |          |
| What was your view of friendship going into this relationship?  |          |          |          |
| How did this relationship impact how you approach friendship?   |          |          |          |
| What things did you learn that you want to hold onto?   |          |          |          |
| What things did you learn that you want to leave behind?  |          |          |          |

Reflect on what you wrote in the table above. Consider how the things you've learned from your friends line up with God's view on friendship. How do you determine what God wants for friendship? Read through Colossians 3:12-14 to get your wheels turning."

Prayerfully consider what it is that God wants you to glean from these friendships and how you can apply them to your current relationships and especially those you want to grow deeper in.

## Debrief your experience

After practicing with this tool, debrief your experience with your Praxis Group. Below are some questions to process together:

- Check in on life. (Where are you experiencing Christ's presence this week? What burdens are you carrying?)
- What did you learn from this practice?
- Describe your experience with this practice. (What feelings came up, what went well, what got in the way? How has it impacted your relationship with God?)
- What is the next step for you?