

Friendship: The Rest of Being Genuinely Known

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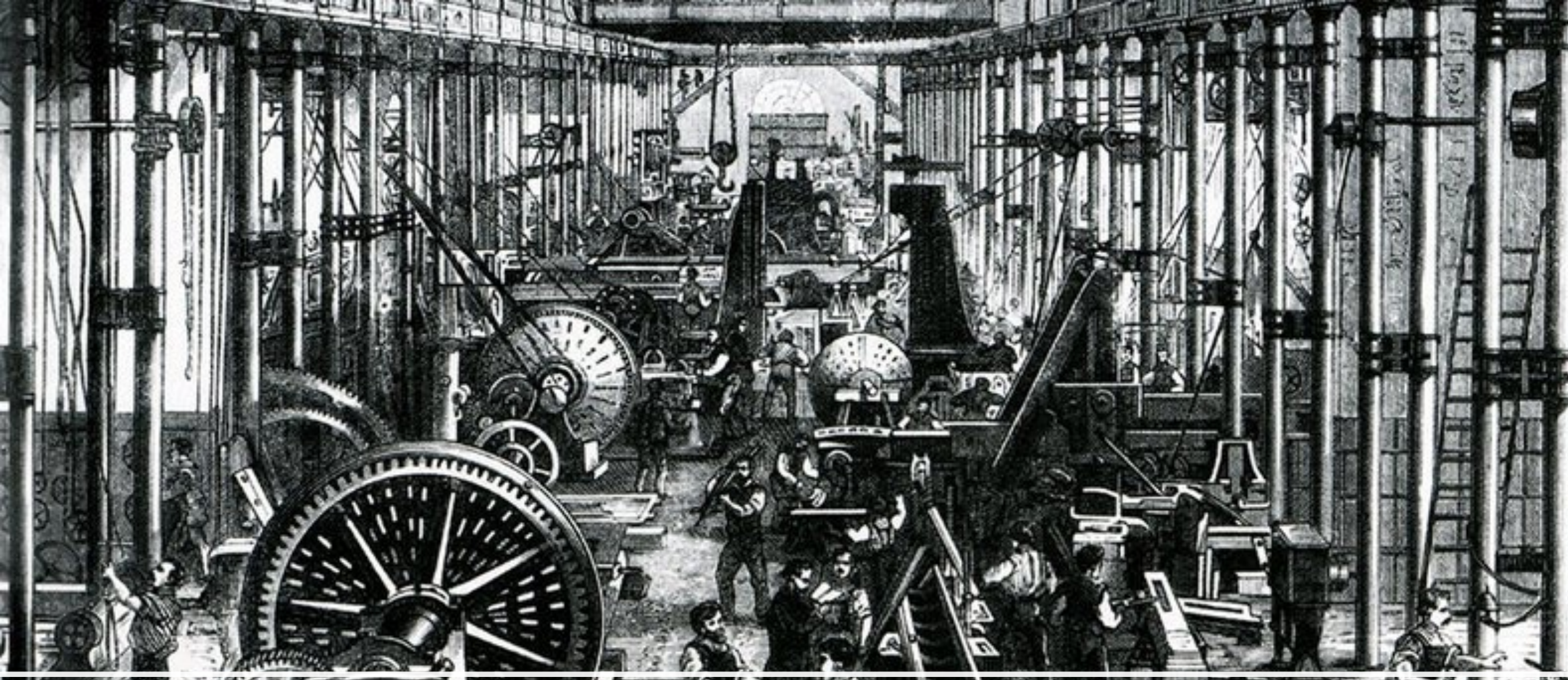


rest

Ice Breaker Question

- How many times have you moved from one city or state to another?
 - Never
 - 1–3 Times
 - 4–7 Times
 - 7–10 Times
 - 11 or More





When Did Counseling Become a “Thing”?



Why Are We Lonely?

- Stress
- Underdeveloped social skills
- Unrealistic expectations of relationships
- Major life changes
- Too Busy
- Shame
- Perpetual stimulation

Loneliness vs. Solitude

Loneliness is marked by feelings of isolation despite wanting social connections.

Solitude is voluntary. People who enjoy spending time by themselves continue to maintain positive social relationships that they can return to when they crave connection.



Lonely at Church

It is far too easy to feel lonely in a crowd, even when that crowd is a congregation.



Complicated vs. Difficult

The remedy for what we're discussing isn't complicated. It's friendship. But just because friendship is simple, that doesn't mean it's easy.

Our goal today is to make the simple-but-difficult achievable.



Rhythm / Outline

7 Questions

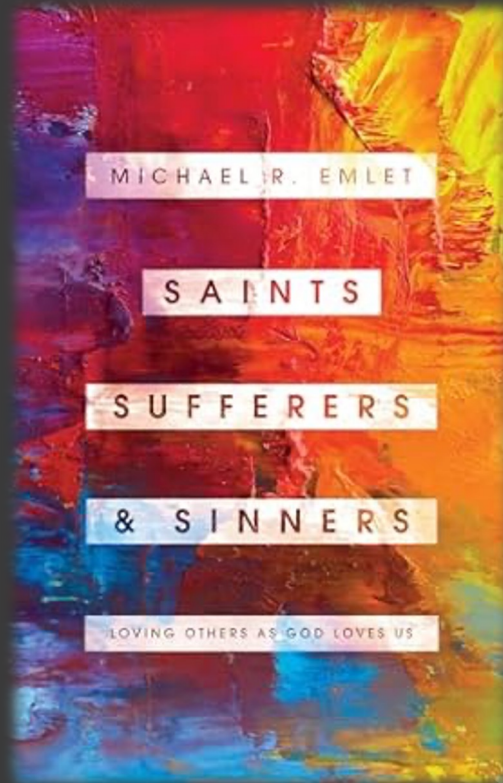
5 Depths

With a Summative
Exercise



Seven Questions

1. What's Your Story?
2. What's Good?
3. What's Hard?
4. What's Bad?
5. What's Fun?
6. What's Stuck?
7. What's Next?



Five Levels: Next?

- **Level One:** Dreams that got you here
- **Level Two:** Dream you're working on
- **Level Three:** Dream that is fading
- **Level Four:** Dream for the next season of life
- **Level Five:** Dream you're afraid to say



Sample Summative Exercises

- **What's Your Story?** Middle school level book review
- **What's Good?** Playing “good gotcha”
- **What's Bad?** The “not that bad” phone call



How many 35s?

Ministry Impulse: idealism

Two Practical Questions

1. Where is a friendship?
2. What's next?

Savor each friendship for what it has to offer and deepen a few.



Friendship Is Mutual

What about 80/20
relationships?

What about the
ministry conundrum of
being Christian
famous?



3 Reflections

One: Which question is most neglected in your pool of friendships? If roots were spokes on a wheel, where is your tire flat?

Two: How many 30+ friendships do you have?

Three: How bi-directional (you know them and they know you) are your friendships? Are you better at being known (vulnerability) or knowing others (curiosity and compassion)?