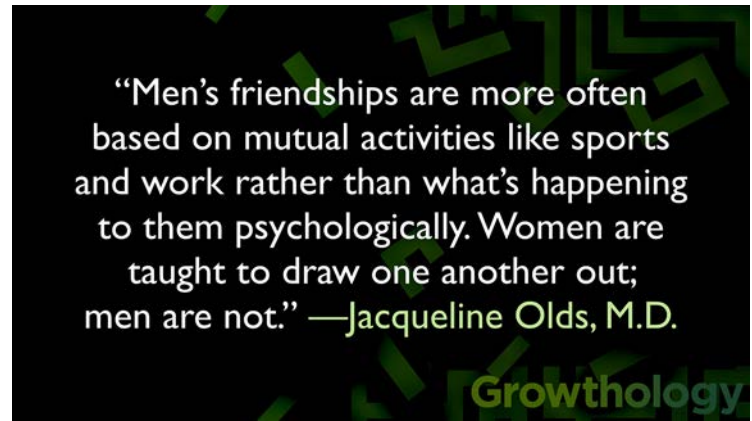


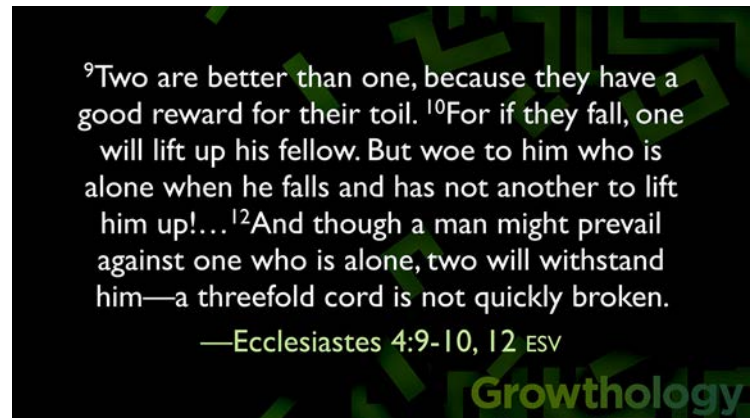
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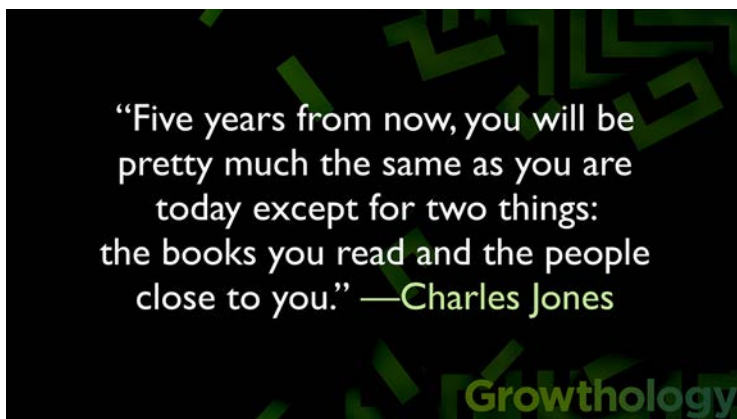
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⁹Do your best to come to me soon. ¹⁰For Demas, in love with this present world, has deserted me and gone to Thessalonica. Crescens has gone to Galatia, Titus to Dalmatia. ¹¹Luke alone is with me. Get Mark and bring him with you, for he is very useful to me for ministry. ¹²Tychicus I have sent to Ephesus. ¹³When you come, bring the cloak that I left with Carpus at Troas, also the books, and above all the parchments.

Growthology

-.007.tiff

¹⁴Alexander the coppersmith did me great harm; the Lord will repay him according to his deeds. ¹⁵Beware of him yourself, for he strongly opposed our message. ¹⁶At my first defense no one came to stand by me, but all deserted me. May it not be charged against them!

Growthology

-.008.tiff

¹⁷But the Lord stood by me and strengthened me, so that through me the message might be fully proclaimed and all the Gentiles might hear it. So I was rescued from the lion's mouth. ¹⁸The Lord will rescue me from every evil deed and bring me safely into His heavenly kingdom. To Him be the glory forever and ever. Amen. —2 Timothy 4:9-18 ESV

Growthology

-.009.tiff

One Word Summaries

Paul	Vulnerable
Luke	Loyal
Mark	Useful
Tychicus	Responsible
Alexander	Harmful

Growthology

-.010.tiff

“Best of men are men at best.”

Growthology

-.011.tiff

What Healthy Friendships Do

I. Good friends make us better.

A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.
—Proverbs 18:24 ESV

Do not be deceived: “Bad company ruins good morals.” —1 Corinthians 15:33 ESV

Growthology

-.012.tiff

What Healthy Friendships Do

1. Good friends make us better.
2. Good friends help us cope.

A friend loves at all times, and a brother is born for adversity. —Proverbs 17:17 ESV

Growthology

-.013.tiff

What Healthy Friendships Do

1. Good friends make us better.
2. Good friends help us cope.
3. Good friends make us smarter.

Oil and perfume make the heart glad, and the sweetness of a friend comes from his earnest counsel... Iron sharpens iron, and one man sharpens another. —Proverbs 27:9, 17 ESV

Growthology

-.014.tiff

What Healthy Friendships Do

1. Good friends make us better.
2. Good friends help us cope.
3. Good friends make us smarter.
4. Good friends keep us honest.

Faithful are the wounds of a friend; profuse are the kisses of an enemy. —Proverbs 27:6 ESV

Growthology

-.015.tiff

What Healthy Friendships Do

1. Good friends make us better.
2. Good friends help us cope.
3. Good friends make us smarter.
4. Good friends keep us honest.
5. Good friends help us manage stress.

A joyful heart is good medicine, but a crushed spirit dries up the bones. —Proverbs 17:22 ESV

Growthology

-.016.tiff

How Healthy Friendships Grow

- Mutuality

Growthology

-.017.tiff

How Healthy Friendships Grow

- Mutuality
- Intentionality

Growthology

-.018.tiff

How Healthy Friendships Grow

- Mutuality
- Intentionality
- Vulnerability

Growthology

-.019.tiff

How Healthy Friendships Grow

- Mutuality
- Intentionality
- Vulnerability
- Accountability

Growthology

-.020.tiff

How Healthy Friendships Grow

- Mutuality
- Intentionality
- Vulnerability
- Accountability
- Loyalty

Growthology

-.021.tiff



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