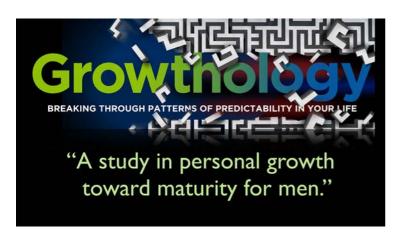
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"Men's friendships are more often based on mutual activities like sports and work rather than what's happening to them psychologically. Women are taught to draw one another out; men are not." —Jacqueline Olds, M.D.

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"Friendship is a risk worth taking because friendship brings rewards worth sharing."

<sup>9</sup>Two are better than one, because they have a good reward for their toil. <sup>10</sup>For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!... <sup>12</sup>And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.

—Ecclesiastes 4:9-10, 12 ESV

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"Five years from now, you will be pretty much the same as you are today except for two things: the books you read and the people close to you." —Charles Jones

Why Healthy Friendships Matter

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

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

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<sup>17</sup>But 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. <sup>18</sup>The 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

# One Word Summaries

Paul Vulnerable Luke Loyal Mark Useful

Tychicus Responsible

Alexander Harmful

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"Best of men are men at best."

# What Healthy Friendships Do

1. 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." —I Corinthians 15:33 ESV

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## What Healthy Friendships Do

- I. 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

# What Healthy Friendships Do

- I. 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

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### 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

### What Healthy Friendships Do

- I. 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

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# How Healthy Friendships Grow

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Mutuality

### How Healthy Friendships Grow

- Mutuality
- Intentionality

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# How Healthy Friendships Grow • Mutuality • Intentionality • Vulnerability • Accountability • Loyalty Growthology



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