



KEY THOUGHTS

- **Healthy Relationships. Who's in your inner circle?**
 - Best friends.
 - Inner Circle Friends
 - Casual Friends
 - Outer Circle Friends
 - Acquaintances
- Real friends are humble. When humility is a core value in a relationship, you'll be much more likely to be able to stick together with this person through thick and thin.
- Real friends are real. Not much kills a relationship more than a lack of communication about what we think and feel.
- Real friends are committed.
- Real friends are available. Those who will be your closest friends must live close enough that they are available to you without much exception.
- Real friends are helpful.
- A close friend should be someone that can provide wisdom to you when and how you need it.
- Real friends are needy. Emotionally empty go to a friend human contact is powerful.
- A close friendship involves people who can both pour into each other on a regular basis because they know they need each other.
- Are your friends unhealthy needy? Any relationship that drains you faster than it pours into you isn't a friendship; it's a ministry opportunity.
- Boundaries are important.
- Relationship need to be reconciled.
- True reconciliation is powerful.
- Invested in people invest in people.
- Life is about Relationships not accomplishments.
- Make time to love God and Love people.

SCRIPTURES

- James 5:16
- Proverbs 9:9
- Galatians 6:2
- Ecclesiastes 4: 9-12
- Hebrews 10:24-25
- Proverbs 1:5
- Proverbs 27:12
- Matthew 6:14-15
- Matthew 7:25-26

RESOURCES

- John Mark Comer, The Relentless Elimination of Hurry

PRACTICAL AND REFLECTION

- List out your inner circles of friends. (See diagram below).
- Ask yourself how you're being as a friend to others.
- What unhealthy relationships do you need to let go of?
- What relationships in your life do you need to reconcile?