

**SERMON NOTES: A LIFE LIVED WELL 9 - FRIENDSHIP (Sunday 21 June 2015)**

**SCRIPTURE**

*Proverbs 20:6*

Lots of people claim to be loyal and loving, but where on earth can you find one?

*Proverbs 18:24*

A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.

*Proverbs 27:6*

Faithful are the wounds of a friend, but the kisses of an enemy are lavish and deceitful.

*John 2:25*

...many people trusted in his name when they saw the signs he was doing. Jesus however would not trust himself to them, since he knew them all and because he did not need anyone to testify about man; for he himself knew what was in man.

*John 15:15*

I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

**QUOTES**

"Ever since people first existed, they have been doing all the things we label 'codependent'. They have worried themselves sick about other people. They have tried to help in ways that didn't help. They have said yes when they meant no. They have tried to make other people see things their way. They have bent over backwards avoiding hurting other people's feelings and, in doing so, have hurt themselves. They have been afraid to trust their feelings. They have believed lies and

then felt betrayed. They have wanted to get even and punish others. They give their power to other people, feel rejected when someone says no, and are jealous when their co-dependent receives attention elsewhere..."

*Melody Beattie*

"Your true identity is as a child of God. This is the identity you have to accept. Once you have claimed it and settled in it, you can live in a world that gives you much joy as well as pain. You can receive praise as well as blame because the identity that makes you free is anchored beyond all human praise and blame.

When you don't know your identity as a child of God others have a sudden and often overwhelming power over you. They become part of your identity. You can no longer live without them. But they can not fulfil that divine role. They will disappoint you and you will easily feel abandoned.

Only God can fully dwell in that deepest place in you and give you peace, security and safety. But the danger remains that you will let other people run away with your sacred centre, throwing you into anguish."

*Henri Nouwen*

**ADDITIONAL READING**

The book of Proverbs

Run With the Horses - Eugene Peterson

The Inner Ring - essay by CS Lewis (in Screwtape Proposes a Toast)

Co-dependent No More - Melody Beattie

**REFLECTION QUESTIONS**

+ How can I ensure I am cultivating my relationship with God and my identity in Christ?

- + Which of my relationships are healthy? Which are unhealthy and why?
- + How can you best foster each primary relationship?
- + How can you best adjust negative relationships?
- + Prayerfully consider how God might be inviting you to focus on your key relationships during this season.

**Visual guide to exercise:**

