

# extreme Friends

Starting Sundays on  
September 8th At 9:15am

## Lesson:

This week we reviewed the importance of having good best friends and using God's wisdom when choosing our friends to help be sure they have the same values, principles and beliefs so that we can help each other make good choices and grow closer to God.

Conflict in any relationship is inevitable. We talked about some correct ways to handle conflict in our friendships to help make them stronger and also some incorrect ways that may tear your friendship apart.

The first and most important thing is to not just react emotionally. You need to respond calmly, wisely and with the long-term affects to your relationship in mind without ever placing any blame. If it is something small that you can just let go then let it go as if it never happened but if you can't let it go, it's extremely important to talk directly to your friend about it as soon as possible.

We discussed that blaming the other person for whatever the issue is immediately causes them to get defensive which leads to nothing positive or productive. The other problem with blaming somebody else is that it immediately surrenders all of your power to correct the situation and gives it to them to solve. If you blame your friend for causing you to feel hurt then you have given them all the power to make you feel better. A meaningful calm and wise discussion without blame is the best way to resolve it.

We talked about how unresolved conflict causes long-term damage to a friendship and the longer it stays unresolved the more difficult it becomes to resolve in a positive way.

We discussed ways that we can seek wisdom in handling conflict with our friends such as praying, having others pray for you, speaking to your parents or Church leaders and of course, reading the Bible. Repaying evil with evil or responding to anger with anger will always make the situation worse.

God wants for us to have strong Christian friendships and following God's word to help resolve conflict will make your friendship stronger by increasing trust and honesty as well as creating a better understanding of each other. Friendships built on a shared commitment to God, sharing the same values, principles and beliefs is like building your house on the rock. When the storms of conflict come, the friendship remains solid. But, when friendships are built on the sand instead, conflicts and misunderstandings can quickly wash them away.

Like we mentioned last week, a friend sharpens a friend as Iron sharpens Iron and when iron sharpens iron, the sparks will fly. So expect some sparks to fly in a healthy, strong friendship and seek the wisdom to have it sharpen you and your relationship.

Next week we discuss when and how to say goodbye to a friendship.

## Bible Verse: Matthew 18:15-17

15 "If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. 16 But if they will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses. 17 If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.

## Bible Verse: Hebrews 12:14

14 Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.

## Bible Verse: Romans 12:17-18

17 Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. 18 If it is possible, as far as it depends on you, live at peace with everyone.

## Bible Verse: James 5:16

16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.