

# It's All About Family!



## **Topic #14: Friendship**

From the time we're born, we seek to build friendships with the people around us. We play with our neighbors, have sleep-overs with classmates, hang-out with people who get to know us often better than we know ourselves. But sometimes our focus goes to building relationships that are more than friendships, and this is where we can get ourselves into trouble. Intimate relationships have their place and can be quite beautiful when pursued in the right way, but often we focus too much on building these relationships to the detriment of building healthy friendships, and society doesn't help. Movies show people meeting, falling instantly in love, and going home to sleep together – this is not true and healthy intimacy. Intimacy should be built over time, because it requires deep trust, understanding, and more than just hormones to maintain it. So start with friendship, because when romantic relationships fall apart, especially rushed relationships, friends will be there to help pick up the pieces.

Friendships begin with a feeling of joy at being around someone. If we choose to continue to spend time together, a friendship can begin to develop. Building true friendship requires building trust, which requires honesty and loyalty. In order for a friendship to survive, both people have to be truthful about their intentions and build trust. If one person is seeking something more from the relationship, being dishonest about it can lead to deep injury and permanent damage to both people. In the same way, if personal information is shared between the two, and one goes off and shares that information with someone else, similar injury can occur. Friends have to be able to trust each other.

When a true friendship of trust and loyalty is built, it can help people through hardships and pain like nothing else. Friends keep us accountable for our actions, bring us joy when nothing else can, comfort us, love us, cherish us. A true friend is a blessing like no other. So rather than always trying to find the next romantic relationship and rushing into intimacy, consider building your friendships first, because in the end, friendship is the foundation of a happy life.

## **Challenge #14: Friendship**

***Think about your best friends and evaluate your part in the friendship. Have you been completely honest with them? Would you do anything for them, or when times get tough, will you just let them go? If your friendship is shallow, find ways this week to make it stronger – vow to be honest, vow to be trustworthy, give unconditional love to your friend or friends. If your friendship is strong, find ways this week to make it stronger – show your friend or friends how much they mean to you. Tell them that you value them. Overall, take a break from seeking intimacy, and seek friendship first.***