

# Buddies in Sin – Daily Exercises

*Thoughts and questions for reflection, writing, and prayer to enhance personal growth.*

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## Day 1

Our friends can be great assets in our lives or they can prevent us from growing and bring about serious destruction in our lives. Write about a time in your life when you were influenced by a friend and ended up doing something you regretted.

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## Day 2

Write out what the following verses have to say about our friendships:

**PROVERBS 24:1 (NIV)**

Do not envy wicked men, do not desire their company;

**1 CORINTHIANS 15:33 (NIV)**

Do not be misled: “Bad company corrupts good character.”

**PROVERBS 12:26 (NIV)**

A righteous man is cautious in friendship, but the way of the wicked leads them astray.

**PROVERBS 22:24 (NIV)**

Do not make friends with a hot-tempered man, do not associate with one easily angered,

**PSALM 31:6 (NIV)**

I hate those who cling to worthless idols; I trust in the LORD.

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## Day 3

### Memorize

**PSALM 1:1-2 (NIV)** - Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. 2 But his delight is in the law of the LORD, and on his law he meditates day and night.

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## Day 4

As Christians, we are responsible before God for those we choose as friends. It is easy to become friends with those who are friendly towards us, and who have similar interests, but now we need to guard our hearts and befriend those who love the Lord. There are people we cannot afford to have as friends anymore because we are loyal to Christ now. There is a difference between caring for someone and wanting them to be saved, and allowing them to be a friend that you hang out with and listen to. How does this apply to your friends that you knew from before? Write out the names of your friends and what the dangers of maintaining friendship with them are, based on God’s standards. How will you tell them that you are no longer able to hang out with them, unless they want to go to church or a Bible study with you and other Christians?

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## Day 5

It is often my experience with dealing with graduates that they no longer fit in with their old friends. This requires we exert special effort in developing new friends. Write out some characteristics that you believe are important to God regarding the friends you make. Write out the names of some people in your life that you would benefit spiritually from a friendship with them. Who would be a positive influence in your life? Why would they be a positive influence on you? Now, take action and think of some ways you can further your relationship with them this week.