

Choosing Relationships – Daily Exercises

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

Day 1

Think of one person who you are glad you have had as a friend; someone who was a blessing to you in your life. What did you like most about them? How were they a blessing to your life? How do you feel your life was made better by getting to know them? What are some characteristics in their life that you would like to have more of in your life? Write out your thoughts on this.

Day 2

1 CORINTHIANS 15:33 (NIV)

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

Often we have the attitude that we are strong enough that the things that affect others won't affect us. According to this verse, does bad company always corrupt good character? What does it mean by don't be misled? How could you be misled in this area? What if you have strong character? What does the word company imply? Does it mean just talking to someone, or something more?

What are some ways you can guard yourself against making friends with those who would be considered bad company? Write out a list of bad characteristics a friend might have that you think might have a bad influence in your life.

Day 3

Memorize

ECCLESIASTES 4:12 (NIV)

Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Day 4

One very important factor in making good friends is to be a good friend. Are you, right now, the kind of friend you would want as a friend? Look at the list you have written down regarding the characteristics you want in a friend. Now be honest with yourself. How many of these characteristics apply to you? Are there some areas you need to work on in order to become the kind of friend you want?

What are some interests you have that you are passionate about? What about you makes you interesting to others? How is God working in your life, and can you communicate that to someone in a way that is edifying to both of you? Write down some things you can do to become a better friend to others.

Day 5

One practical aspect of building a friendship is being diligent with pursuing them. Often those who are good friends are fairly busy people with a lot on their plate. Don't be too proud to continue pursuing them to get together. Also, become generous. Another important aspect to building friendships is to have something in common. If you don't naturally have something in common, you can find out what some of their interests are and become interested in them. It is important to be the one who initiates these outings and phone conversations, and not to count on others doing this. It is worth it to be the one who plans events, finds out good things to do in your area. Sometimes this just takes some work. Begin looking for social events to invite people to.