

# Friendship Assessment

This tool is for you to consider what your hopes are for the friendships in your life. We'll seek to answer some key questions: What friends do I have? What kind of friend am I?

We hope that this becomes a useful tool to help you discover what friendships you want to have and to move toward them.

HAVING GOOD FRIENDS: Acquaintances, Friendly Connection, Good Friends, Close Friends, Best Friends

## 1

### HAVING GOOD FRIENDS

**ACQUAINTANCES** (think: people you have met in person a few times)

- |   |                                       |
|---|---------------------------------------|
| 1) How many friends do you have on social media?                | N/A – <100 – 100-300 – 300-500 – 500+ |
| 2) Do you tend to count acquaintances as friends?               | Never – Sometimes – Often – Always    |
| 3) Do you tend to pursue acquaintances for deeper relationship? | Never – Sometimes – Often – Always    |
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**FRIENDLY CONNECTIONS** (think: people you have casual conversation with on occasion).

- |   |   |
|---|---|
| 1) How many friendly connections did you make in the last year? | None – 1-5 – 6-10 – 10+   |
| 2) What drew you to those people?                               | Nothing/Accidental – Common Interest<br>Sense of Humor – Other: |
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**GOOD FRIENDS** (think: people you have regular contact with and good conversations together).

- |   |   |
|---|---|
| 1) How many people do you have an ongoing, friendly, in-person relationship with? | None – 1-5 – 6-10 – 10+   |
| 2) Are there any friends who could benefit from you showing up more?              | None – Unsure – Yes, 1 or 2 – Yes, 3+                             |
| 3) What do you think your friends need most from you right now?                   | Unsure – Practical Help – Conversation<br>Fun/Relaxation – Other: |

# Friendship Assessment Cont.

1

## HAVING GOOD FRIENDS CONT.

**CLOSE FRIENDS** (think: people you know in a way that most don't)

- |  |   |
|--|---|
| 1) How many friends do you think a person should aim for?                              | None – 1-5 – 6-10 – 10+   |
| 2) How important is it to have close friends?<br>(0 = not at all, 5 = VERY important)  | 0 – 1 – 2 – 3 – 4 – 5   |
| 3) How much should close friends know about each other?                                | Doesn't matter – Essential Info<br>Most Important Facts – As Much as Possible<br>Other:                   |
| 4) Not including your spouse, how many <i>close</i> friends would you say you have?    |   |
| 5) If married, how much do you rely on your spouse for friendship?                     | Not at all – A little – Some – A Lot<br>She's my Best Friend  |
| 6) What sphere of life are your closest friends associated with? (mark all that apply) | Work – Church – Family – Hobby<br>Circumstances (i.e. friend of wife, father of your kids' friends, etc.) |

FILL IN THE BLANKS....

- |   |       |
|---|-------|
| 7) Who would you reach out to if you were in trouble?         | _____ |
| 8) Who would you reach out to for advice?                     | _____ |
| 9) What friend can you call when you need to vent?            | _____ |
| 10) What kinds of things do you do with your closest friends? | _____ |
| 11) How would you describe your closest friends?              | _____ |

# Friendship Assessment Cont.

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## HAVING GOOD FRIENDS CONT.

**BEST FRIENDS** (think: people who you know best and with who you connect most deeply)

List your Best Friends & how long you've been friends...

1) Do you think best friendships come easily or take lots of effort? (0 = no effort, 5 = lots of effort)

0 - 1 - 2 - 3 - 4 - 5

2) How often do you communicate with your best friends?

Almost never - Rarely - Sometimes - Often  
Every Day

3) How often do you see your best friends?

Almost never - Rarely - Sometimes - Often  
Every Day

## REFLECTION

Overall, how do you feel about how many friends you have?

What are two or three words that would describe your thoughts on the importance of friendship?

If you had 3 wishes you could have come true with regards to friendship, what would they be?

# Friendship Assessment Cont.

## 2

### BEING A GOOD FRIEND

- 1) Do you tend to be open to meeting new people? Never – Sometimes – Usually – Always
- 2) Are you friendly toward people you don't know? Never – Sometimes – Usually – Always
- 3) How are you with small talk? Hate It – Dislike – Ok – Good – Love It!

Taker: Waits for others to initiate, only answers questions, rarely reciprocates, tends to talk about self.

→ T - 1 - 2 - 3 - 4 - G ←

Giver: First to speak up, Curious, Asks Questions, Listens Well, Offers Encouragement

- 4) Do you tend to be a Giver or a Taker in the majority of your exchanges with others?
- 5) How many times in the last year have you gone out of your way for a friend? None – A few Times – Many Times – Regularly
- 6) Who reaches out to you when they are in trouble?
- 
- 7) Who reaches out to you for advice?
- 
- 8) How would your closest friends describe you?
- 
- 9) Have you missed important milestones for any of your closest friends?
- 
- 10) How often do you initiate meetings or conversations with your friends?
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# Friendship Assessment Cont.

## 2

### BEING A GOOD FRIEND CONT.

Never – Sometimes – Usually – Always

11) How often do you accept invitations to meetings or conversations that your friends initiate?

12) How many times have you cancelled on a friend in the last year?

13) Of those, how many times did you make it up to them or reschedule?

14) When was the last time you were in a significant conflict with a friend?

15) What happened?

16) Are there any close friends you're growing distant from?

17) If so, how do you feel about that?

18) Do these need to be rescued or cut loose?

19) What do you think a good next step would be that you could take?

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# The Bible & Friendship



## WHAT DOES SCRIPTURE SAY ABOUT FRIENDSHIP?

In your homework, we hope to get you to roll up your sleeves & do a little digging for yourself in the Bible. There are three categories for you to dig into:

- 1) What does Proverbs say about friendship?
- 2) Who models friendship well in the Bible?
- 3) What does it mean to be a friend of God?

This process helps you to develop a broader connection between passages of Scripture that relate to each other. This can feel frustrating & difficult at times, but the pay-off of deeper insight & knowledge of God & the Scriptures is WORTH IT!

Here are some helpful ideas to aid you in this process...

1) Begin with what you **already know**. Think through what passages of Scripture you know about the given topic/idea & look for those.

2) Use the **provided passages** as a “helping hand” to keep the ball rolling.

3) Consider purchasing a **Study Bible**. These can be helpful resources to digging a little deeper into interpretation & understanding of the text. They also often have a topic index & word definitions that can help provide more clarity. Check with a pastor or trusted, mature Christian friend on a good recommendation.

4) **Online tools** can be helpful, but watch out: they can also short-change your experience. While simple to use & often extremely convenient, online resources can also create weakness in recall, memory, & dependency. You’re less likely to memorize & internalize something if you are constantly relying on the internet to find a solution for you.

However, they can be very helpful; especially for word studies, quick reference checks, etc.

Some recommended resources by our team are:

- ★ Biblegateway.com
- ★ Netbible.org/bible (Lumina)
- ★ Blueletterbible.org
- ★ Logos.com (paid)

### Important Reminder!

We depend upon the Holy Spirit to guide us “into all truth” (John 16:13) & know that in Jesus, we will get understanding (1 John 5:20).

Rely upon Him & trust that the Lord will open the eyes of your heart (Eph. 1:18).

*“You will seek me and find me, when you seek me with all of your heart.”  
(Jer. 29:13)*

# The Bible & Friendship

## 1) What does Proverbs say about friendship?

- 1a) Read Prov. 17:17 & 18:24, what does it say?
- 1b) Find 10 more mentions of “friend” or “friendship” in Proverbs.
- 1c) Choose 5 of these that stand out
- 1d) Reflect: What does this teach you about being a good friend?  
What does this teach you about what to look for in a friend?

1)

2)

3)

4)

5)

## 2) Who models friendship well in the Bible?

- 2a) Look up & Read: Jonathan & David. PASSAGE:
- 2b) Look up & Read: Amnon & Jonadab. PASSAGE:
- 2c) Search for 3 more examples of friendship in the Bible.

1)

2)

3)

- 2d) Reflect: What stands out about these relationships?  
Which of these friendship pairs can you relate to most?

# The Bible & Friendship

## 3) What does it mean to be a friend of God?

3a) Read Psalm 25:14

3b) Look up: Why was Abraham called a “friend of God”?

3c) Who did Jesus call friends (there are at least 2 groups & 2 individuals)?

3d) Read John 15:12-17

3e) Reflect: What does it mean for you to be a friend of God?

What does our relationship with God teach us about being a good friend to others?



# The Bible & Friendship



## WHAT DOES SCRIPTURE SAY ABOUT FRIENDSHIP?

PASSAGE Prov. 17:17      SUMMARY .....

PASSAGE Prov. 18:24      SUMMARY .....

PASSAGE .....      SUMMARY .....

PASSAGE .....      SUMMARY .....

PASSAGE .....      SUMMARY .....

PASSAGE .....      SUMMARY .....



## FRIENDSHIPS MODELED IN THE BIBLE

FRIENDS .....      PASSAGE .....

LESSONS .....      IDEAS .....

FRIENDS .....      PASSAGE .....

LESSONS .....      IDEAS .....

FRIENDS .....      PASSAGE .....

LESSONS .....      IDEAS .....

FRIENDS .....      PASSAGE .....

LESSONS .....      IDEAS .....

FRIENDS .....      PASSAGE .....

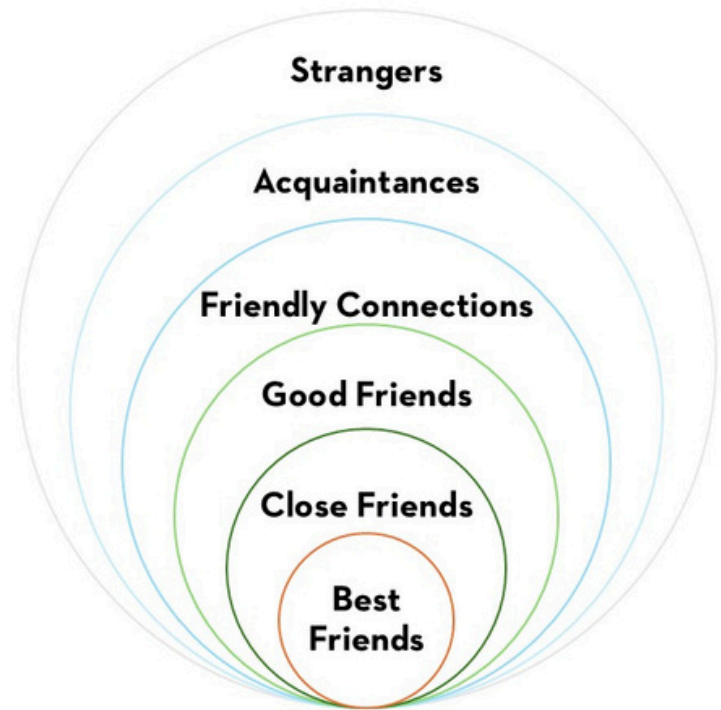
LESSONS .....      IDEAS .....

# Friendship Health



## SIGNS & SYMPTOMS OF GOOD FRIENDSHIP

### Circle of Friends



What are some signs of health in friendship?

What are some “yellow flags” that a friendship may be getting unhealthy?

What are some “red flags” that a friendship is in trouble?

What are some healthy boundaries that can help keep you living with integrity in your relationships with women that are not your spouse?