

TRAITS OF LIFE-GIVING FRIENDSHIPS

_____ 1. Respects individuality

"I am who I am through the grace of God, and God's grace is not in vain." 1 Cor. 15:10

_____ 2. Includes both separateness and oneness

"...that all may be one, as you, Father, are in me, and I in you; I pray that they may be one in us." Jn. 17:21

_____ 3. Affirms and encourages the best qualities in the friend

"I am sure of this much: that he who has begun the good work in you will carry it through to completion." Phil. 1:6

_____ 4. Opens to change and exploration

"If anyone is in Christ, he is a new creation. The old order has passed away. Now all is new." 2 Cor. 5:17

_____ 5. Invites growth in both persons

"I came that they might have life and have it abundantly." Jn. 10:10

_____ 6. Opens to knowing and being known

"I know my sheep, and my sheep know me." Jn. 10:14

_____ 7. Frees both persons to ask for what is wanted or needed

"Ask, and you will receive. Seek, and you will find. Knock and it will be opened to you." Mt. 7:7

_____ 8. Has ability to give, receive and forgive

"Give and it shall be given to you, good measure, pressed down shaken together, running over...." Luke 6:38

"But with you there is forgiveness so that we can, with reverence, serve you." Ps 130:4

_____ 9. Does not attempt to control the friend

"The world itself will be freed from its slavery to corruption and share in the glorious freedom of the children of God." Rom. 8:21

____ 10. Encourages self-sufficiency of friend

*“God will supply all your needs in a way worthy of his magnificent riches in Christ Jesus.”
Phil. 4:19*

____ 11. Accepts limitations of friend

“My grace is sufficient for you, for my power is made perfect in weakness.” 2 Cor. 12:9

____ 12. Willing to make commitment and stick with it

“...it is not to do my will that I have come down from heaven, but to do the will of him who sent me.” Jn. 6:38

____ 13. Welcomes closeness

*“Come to me, all you who are weary and find life burdensome, and I will give you rest.”
Mt. 11:28*

____ 14. Affirms equality of self and other

“Though he was in the form of God, he did not deem equality with God something to be grasped at.” Philippians 2:6

____ 15. Expresses feelings openly

“This is my commandment: love one another as I have loved you. There is no greater love than this: to lay down one’s life for one’s friends.” Jn. 15:12

____ 16. Able to trust and be trustworthy

“May the God of all hope fill you with joy and peace as you trust in him so that you may overflow with hope by the power of the Holy Spirit.” Rom. 15:13

____ 17. Respects, or shares the belief system of the friend

“There does not exist among you Jew or Greek, slave or free, male or female. All are one in Christ Jesus” Gal. 3:28

ON THE LINE IN THE LEFT MARGIN, RANK YOURSELF ON A SCALE OF 1-10, WITH 1 BEING A TRAIT YOU HAVE NOT DEVELOPED, AND 10 BEING A TRAIT YOU USE OFTEN IN YOUR RELATIONSHIPS AND FRIENDSHIPS.

Adapted from Signs of Healthy Love, a pamphlet by Brenda Schaeffer