



# SISTERHOOD

## *Lounge Room*

From our lounge room to yours!

Episode 2 | Friendship with Others  
Handout Week 2

Can't get enough of episode two of The Sisterhood Lounge Room? Neither can we! Here are a few additional questions, scriptures, and thoughts from the girls as they gathered to discuss friendship with others...enjoy!

“You will always harvest what you plant.”

Galatians 6:7

### **HOW TO MAKE SURE YOUR FRIENDSHIPS FLOURISH**

Nicola shared how our friendships are like a garden. They need tending, weeding, and watering so that they can bear fruit and also provide shade for others.

Sarah reminded us how easy it is to allow insecurity, fear and comparison into our friendships. These things can weaken and undermine friendships, so we must take responsibility to weed out the things that would seek to break relationships rather than build them. We need to be good gardeners.

**Q: What are some of the pitfalls you see in friendships around you? How can we avoid these?**

Understanding who we are in Christ (valued, loved, enough and the list goes on) allows us to live secure and whole. This enables us to approach relationships with security, which helps us to be outward focused rather than self-centred.

**Q: How can you bring your whole and healthy self into your friendships?**





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### **HOW TO BE INTENTIONAL AS A FRIEND**

*“Do to others as you would have them do to you.” – Luke 6:31*

Nicola shared that she had seasons of loneliness. Rather than waiting for an invitation to friendship, she chose to actively extend the invitation herself. This was the start to some of the most incredible friendships, which have spanned the seasons of life.

**Q: Do you find it easy to make new friends?**

**Q: What are some of the ways you could enlarge your circle of friends?**

Kathy said that “friendship is time.” It both takes time to grow friendships as well as your time to prioritise connection. When it is not always possible in person, Kathy mentioned being creative and sending voice notes, and or doing video calls.

**Q: What are some of the creative ways that you can reinvest in your friendships? Share your creative connection ideas with each other!**

Nicola mentioned that God will often use us to bring encouragement, support and love to people in our world. Often the Holy Spirit will prompt us to text or call someone. Let’s not miss these incredible opportunities to be a blessing and potentially be the answer to someone’s prayers. God works not only in us but through us.

**Q: Take a moment to pray. Who is a person God has put on your heart to reach out to and encourage?**

### **FINAL THOUGHT**

“True friendship is uncomplicated. It’s generous, encouraging and never competitive. It’s not easily threatened and leaps to the defence or protection of those to whom it is loyal.”

***The Sisterhood Book, Bobbie Houston***

These are the friendships we should fight for and intentionally build. If we choose to do this, the beauty that awaits us is more incredible than we could imagine.