



DISCUSSION GUIDE—BEFRIENDING YOURSELF

1. Go around the circle. Everyone share your name and where you are from.

If you can, share an example of a friendship you admire. (It can be real or fictional.) What do you appreciate about that friendship?

2. Jonathan was a selfless friend to David. Who is a selfless, supportive friend to you? What has that friend done that makes you thankful for his/her friendship?
3. Jesus enjoyed spending time with people who were a mess. How would you treat others differently if you didn't focus on how the "cool group" views you when you befriend those who are viewed as a "mess" socially?
4. God calls us to live for Jesus. How would your friendships change if you were to "live for the one who died for you"?
5. Think of how you often speak to yourself. What would it be like if you spoke to yourself the way Jonathan spoke to David?
6. Jesus loved his friends without evaluating them. How would your life change if you were not evaluating yourself so often?
7. In Psalm 42:11, David speaks to himself, "Why, my soul, are you downcast?" In modern English: "What's bothering you right now?" Ask yourself this question and respond like a Christian friend.