Choosing Friends Who Build You Up



Discover how to identify and nurture friendships that encourage growth, support, and spiritual strength through biblical principles.





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Introduction

Friendships shape our lives. They influence our decisions, our attitudes, and often our spiritual journey. Choosing friends who build you up is essential for living a life that honors God and grows in His love. *In a world filled with distractions and competing voices, finding those who encourage your faith and character is a treasure.*

Throughout the Bible, we see the value God places on trustworthy and uplifting relationships. From David and Jonathan's deep friendship that inspired loyalty and courage, to the early church's emphasis on fellowship, Scripture shows us how God-created relationships can bring joy, accountability, and strength to our walk with Him.

This 7-day study will help you reflect on the characteristics of godly friendships, how to seek them, and how to be one yourself. Remember, friendships built on godly love and truth are not only beneficial but crucial to fulfilling God's purpose for your life.

As you meditate on these passages and devotional thoughts, may you be encouraged to invest in relationships that uplift your heart and honor the Lord.









Day 1: * The Power of Friendship









Day 1: * The Power of Friendship

Your Verse

Proverbs 27:17 - "As iron sharpens iron, so one person sharpens another."

Supporting Scriptures

- Ecclesiastes 4:9 "Two are better than one, because they have a good return for their labor."
- John 15:13 "Greater love has no one than this: to lay down one's life for one's friends."







Day 1: * The Power of Friendship

Devotional: Friendship's Strength: Iron Sharpens Iron

Friendship is powerful and transformative. Proverbs 27:17 reminds us that just as iron sharpens iron, friends sharpen one another. True friendships challenge us to grow, encourage us during struggles, and reflect Christ's love. We were never meant to walk through life alone. Ecclesiastes highlights the importance of companionship, showing that two working together can accomplish much more than one alone.

Jesus himself set the ultimate example of friendship by sacrificial love. John 15:13 calls us to love our friends selflessly. When we choose friends who build us up, we experience growth, strength, and encouragement on our spiritual journey.

As you consider your current friendships, ask yourself: Do my friends sharpen me? Do we motivate each other toward God's best?







Day 1: 🎔 The Power of Friendship

Reflect and Apply

	In what ways have your friends helped you grow spiritually or emotionally?
2.	Do your friendships challenge you to become more like Christ? How?
3.	What qualities do you see in a friend who truly builds you up?







Day 1: 🎔 The Power of Friendship

Journaling Prompts

1.	Write about a time a friend encouraged or inspired you spiritually.
2.	List qualities you want to see in the friends you choose.
3.	Reflect on how you can be a sharpening friend to someone.







Day 1: 🍑 The Power of Friendship

Prayer for Today

Father, thank You for the gift of friendship. Help me to recognize friends who truly sharpen and build me up in love and faith. Guide me to be a friend who encourages and supports others, reflecting Your love in every relationship. Strengthen my heart to nurture godly connections that bring glory to You. Amen.







Day 2: V Guarding Your Heart Through Friends









Day 2: ① Guarding Your Heart Through Friends

Your Verse

Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it."

Supporting Scriptures

- 1 Corinthians 15:33 "Do not be misled: 'Bad company corrupts good character."
- Psalm 1:1 "Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take."







Day 2: ① Guarding Your Heart Through Friends

Devotional: Protecting Your Heart Through Wise Friendships

Our hearts are the wellspring of life. Proverbs 4:23 urges us to protect our hearts carefully because what flows from them shapes our character and actions. One key way to guard your heart is by choosing friends wisely.

Paul warns in 1 Corinthians that bad company corrupts good morals, reminding us that the people we spend time with deeply influence us. Psalm 1 illustrates that those who avoid evil companions walk on a path blessed by God.

Choosing friends who build you up means consciously surrounding yourself with those whose character and values align with godly principles. This protects your heart from harmful influences and encourages you to reflect Christ in your daily life. Be intentional and prayerful about your friendships; they affect every area of your heart and soul.







Day 2: **(**) Guarding Your Heart Through Friends

Reflect and Apply

1.	How do your closest friends influence your thoughts and actions?
	Are there any friendships that have negatively impacted your spiritual walk? Why?
3.	What boundaries might you need to set to guard your heart better?







Day 2: **(**) Guarding Your Heart Through Friends

Journaling Prompts

1.	Describe how guarding your heart affects your friendships.
2.	Write about one friendship you feel is a spiritual blessing.
3.	Plan ways to build boundaries that protect your heart in relationships.







Day 2: ① Guarding Your Heart Through Friends

Prayer for Today

Lord, teach me to guard my heart wisely. Help me to choose friends who influence me in loving, God-honoring ways and to avoid relationships that draw me away from You. Give me discernment to seek companions who strengthen my spirit and encourage holiness. Protect me and keep my heart pure. Amen. \heartsuit \lozenge















Your Verse

Hebrews 10:24 - "And let us consider how we may spur one another on toward love and good deeds."

Supporting Scriptures

- 1 Thessalonians 5:11 "Therefore encourage one another and build each other up, just as in fact you are doing."
- Colossians 3:16 "Encourage one another with psalms, hymns, and songs from the Spirit."







Devotional: Encouragement: Fuel for Spiritual Growth

One hallmark of a godly friendship is encouragement. Hebrews 10:24 calls us to spur one another toward love and good deeds, intentionally motivating each other to grow in faith and kindness.

Paul reminds the Thessalonians to build each other up, reflecting the heart of Christ in their community. Similarly, Colossians teaches that encouragement through worship and mutual support enriches relationships and deepens spiritual growth.

Friends who build you up don't merely pass time together—they inspire positive change and deepen your relationship with God. Look for friends who fan the flame of your faith and urge you toward love and goodness. And strive to be that friend too.







Reflect and Apply

1.	Who in your life encourages you toward love and good deeds?
2.	How do you encourage others in their faith journey?
3.	What small actions can strengthen your friends' spiritual growth?







Journaling Prompts

1.	Write about a time someone encouraged you when you needed it most.
2.	List ways you can encourage your friends this week.
3.	Reflect on how encouragement deepens your friendships.







Prayer for Today

Heavenly Father, thank You for friends who encourage me. Help me to be intentional in spurring others on toward love and good deeds. Fill me with Your Spirit so I may build up those around me and grow together in faith. May my friendships reflect Your grace and truth. Amen. 🗲 🛠 🙏















Your Verse

Proverbs 3:5 - "Trust in the Lord with all your heart and lean not on your own understanding;"

Supporting Scriptures

- Proverbs 17:17 "A friend loves at all times, and a brother is born for a time of adversity."
- John 15:15 "I have called you friends, for everything that I learned from my Father I have made known to you."







Devotional: Trust: The Heart of Lasting Friendships

Trust is the foundation of every strong friendship. Proverbs encourages us to trust fully in the Lord rather than our own understanding, and this trust extends into our relationships.

A true friend loves faithfully through good times and bad, as Proverbs 17:17 declares. In these consistent relationships, trust grows deep, allowing vulnerability and authentic support.

Jesus called His disciples friends, sharing His heart openly with them (John 15:15). This exemplifies the honesty and trust we should seek and cultivate in our friendships. Invest time and openness to build trust with those who uplift you, knowing it reflects the love of Christ.







Reflect and Apply

1.	How do you build and maintain trust with your friends?
2.	Are there barriers preventing deeper trust in your closest relationships?
3.	What does Jesus' example of friendship teach you about trust?







Journaling Prompts

1.	Recall a time when trust in a friend was especially meaningful.
2.	Write about ways to grow trust in a current friendship.
3.	Reflect on how trusting God helps you trust others.







Prayer for Today

Lord, thank You for being the ultimate Friend I can trust. Teach me to build trust in my friendships through honesty and love. Help me to reflect Your faithfulness and make my relationships strong and enduring. Heal any broken trust and guide me to authentic connection. Amen. \heartsuit \diamondsuit \diamondsuit















Your Verse

Ephesians 4:25 - "Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body."

Supporting Scriptures

- Proverbs 12:22 "The Lord detests lying lips, but he delights in people who are trustworthy."
- James 5:16 "Therefore confess your sins to each other and pray for each other so that you may be healed."







Devotional: Honesty and Integrity in Friendships

Integrity and honesty are vital in relationships that build you up. Ephesians 4:25 encourages us to reject falsehood and speak truthfully because we belong to one body in Christ.

God delights in trustworthy people, as Proverbs 12:22 explains, showing that honesty is both pleasing and essential to Him. Friends who are honest provide a safe space for growth and accountability.

James reminds us that confessing our struggles and praying for one another opens the door to healing and deeper connection. Choose friendships where honesty is welcomed and seek to be honest with grace and love.







Reflect and Apply

1.	How honest are you with your friends about your struggles and joys?
2.	Do your friendships invite accountability and openness?
3.	What role does integrity play in strengthening your relationships?
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Journaling Prompts

1.	Write about a time honesty improved a friendship.
2.	Reflect on areas where you might need to be more transparent.
3.	Pray through ways to foster integrity in your friendships.







Prayer for Today

Dear God, help me to walk in honesty and integrity. Guide me to cultivate friendships founded on truth and grace. Give me courage to be honest and compassion to receive honesty lovingly. Heal and strengthen broken relationships through Your truth. Amen. ❖ ☒ ☒ ⚠

















Your Verse

Romans 12:10 – "Be devoted to one another in love. Honor one another above yourselves."

Supporting Scriptures

- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."
- Philippians 2:4 "Not looking to your own interests but each of you to the interests of the others."







Devotional: Devotion and Presence in True Friendship

Being present and devoted to friends is a precious gift. Romans 12:10 instructs us to love loyally and honor one another above ourselves, showing the heart of selfless friendship.

Carrying each other's burdens, as Galatians calls us to, demonstrates deep care and fulfills Christ's law of love. In doing so, we strengthen and uplift one another through life's challenges and joys alike.

Philippians reminds us to look beyond ourselves toward the needs of friends, reflecting Jesus' servant heart. True friendship flourishes when we intentionally invest time, attention, and love to encourage those around us.







Reflect and Apply

1.	How do you show devotion and care to your friends?
2.	Are there friends in your life who need you to carry some burdens?
3.	How can you prioritize others' needs without neglecting your own?







Journaling Prompts

1.	Write about a time you felt supported by a friend's presence.
2.	Plan practical ways to be more present for your friends.
3.	Reflect on balancing self-care and devotion to others.







Prayer for Today

Lord, teach me to love my friends with devotion and selflessness. Help me honor them above myself, carrying their burdens and offering encouragement. May my presence be a source of comfort and strength, reflecting Your love in practical ways. Amen.















Your Verse

Philippians 2:3-4 - "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

Supporting Scriptures

- Proverbs 27:9 "Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice."
- 1 John 4:7 "Dear friends, let us love one another, for love comes from God."







Devotional: Humility and Love Build Lasting Friendships

To build up others, we must first adopt a heart of humility and love.

Philippians 2 challenges us to set aside selfish ambitions and consider others' needs, exemplifying Christ's servant heart.

True friends bring joy and counsel, just as Proverbs describes the delight of heartfelt advice that nurtures and strengthens. This kind of friendship is a blessing and a responsibility.

Above all, love must be our motivation. 1 John reminds us that love originates from God, and when we obey His command to love one another, we become vessels of His grace and encouragement in the lives around us.

Being a friend who builds up requires intentionality, humility, and a heart open to God's love. As you step forward, ask God to help you be this kind of friend every day.







Reflect and Apply

1.	How can you practice humility in your friendships?
2.	In what ways are you intentionally building others up?
3.	How does God's love inspire you to be a better friend?







Journaling Prompts

1.	Write about a friend who exemplifies humility and love.
2.	Set goals for how you will encourage your friends this week.
3.	Reflect on ways to align your friendships more with God's love.







Prayer for Today

Heavenly Father, help me to be a friend who builds others up. Fill my heart with humility and love, so I may value others above myself and serve with a joyful spirit. Use me to reflect Your grace and encouragement in my friendships, honoring You in every relationship. Amen. *



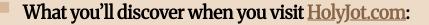




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