# Friendship and Faith: Supporting Others in Troubled Times



Explore how the Bible teaches us to be true friends, offering support, love, and faithfulness during life's challenges.





### Table of contents

Introduction	3
Day 1: 🍑 The Heart of True Friendship	4
Day 2: Listening and Encouraging with Grace	10
Day 3: Prayer: Our Strongest Support	16







#### Introduction

**Friendship** is one of God's beautiful gifts to us—a sacred bond that provides comfort, strength, and encouragement, especially in tough times. The Bible describes friendship as a source of support, showing us that true friends stand by us not only in joy but particularly in trials. *Proverbs 17:17* reminds us, "A friend loves at all times, and a brother is born for a time of adversity." This verse illuminates the depth and consistency that carry a relationship beyond surface-level companionship into steadfast love.

In this three-day study, we will dive deeply into Scripture to understand what it means to be a good friend in times of trouble. We'll reflect on how God models perfect friendship and how the Holy Spirit empowers us to embody these qualities—to listen, to encourage, to offer wise counsel, and to pray earnestly for one another.

Through this journey, you'll gain insight into being the kind of friend who mirrors Christ's love and faithfulness—someone who brings light into dark moments, hope amidst despair, and peace amid chaos. Whether you are going through a difficult season or seeking to support a friend in need, this study offers practical and spiritual guidance rooted in God's unchanging Word.

Let us open our hearts and minds, leaning on God's wisdom to build connections that honor Him and uplift those we cherish. True friendship reflects God's eternal care—a blessing for both giver and receiver.

















Day 1: Ծ The Heart of True Friendship

#### Your Verse

Proverbs 17:17 – "A friend loves at all times, and a brother is born for a time of adversity."

#### **Supporting Scriptures**

- John 15:13 "Greater love has no one than this: to lay down one's life for one's friends."
- Ecclesiastes 4:9–10 "Two are better than one... If either of them falls down, one can help the other up."







Day 1: Ծ The Heart of True Friendship

### Devotional: The Essence of Faithful Friendship

True friendship is steadfast, rooted deeply in love that persists through every season. Proverbs 17:17 offers us a profound truth: friends love consistently, not just when it's convenient or joyful, but especially when life becomes difficult. It paints a picture of friendship as a refuge—a faithful anchor during the storms of adversity.

Jesus sets the ultimate example of love in friendship. In John 15:13, He declares that the greatest love is to sacrifice for friends. This sacrificial love calls us to go beyond superficial connections to embody care that sometimes requires vulnerability, time, and selflessness.

Ecclesiastes 4 also speaks clearly about the value of partnership, reminding us that we are better together and that friends have a vital role in catching us when we stumble. Today, reflect on your role as a friend. Are you present and loving at all times, or mostly when things are easy? Being a true friend means showing up in both joy and pain.

Ask God to help you cultivate a heart of faithful love that mirrors His divine friendship.







Day 1: 🍑 The Heart of True Friendship

# Reflect and Apply

1.	How does Proverbs 17:17 challenge my understanding of friendship?
	In what ways can I demonstrate sacrificial love to friends facing difficulties?
	Have I experienced or offered support that elevates a friend during adversity?







Day 1: 🍑 The Heart of True Friendship

## **Journaling Prompts**

1.	Write about a time when a friend stood by you during a difficult season.
2.	List qualities you appreciate most in a true friend.
3.	Reflect on how you can improve your steadfastness in friendship.







Day 1: Ծ The Heart of True Friendship

## Prayer for Today

Heavenly Father, thank You for the gift of friendship and the example of Your unwavering love. Please help me to love my friends consistently, especially when they face trials. Teach me to be a source of strength and comfort, offering my presence and care without hesitation. Fill my heart with patience, empathy, and the willingness to sacrifice for those I cherish. May my friendships honor You and reflect Your faithfulness each day. *In Jesus' name, Amen.*















#### Your Verse

James 1:19 – "Everyone should be quick to listen, slow to speak and slow to become angry."

## **Supporting Scriptures**

- Romans 12:15 "Rejoice with those who rejoice; mourn with those who mourn."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







# Devotional: The Power of Listening to Heal and Encourage

Being a good friend in troubled times demands active and compassionate listening. James 1:19 instructs us to be quick listeners and slow to speak or anger, underscoring the importance of patience and understanding when a friend shares their struggles.

We are called to rejoice with friends in their joys and to share their sorrows, as Romans 12:15 encourages. This balance fosters authentic relationships where friends feel truly known and supported. Sometimes, just being present and listening without rushing to fix or judge is what a friend most needs.

Galatians 6:2 further reminds us that bearing one another's burdens is a vital component of living out Christ's love practically. This may look like offering practical help, praying fervently, or simply walking alongside a friend as they navigate their trials.

Today, practice tuning your heart and mind to listen deeply. Consider ways you can uplift and carry your friend's burdens with grace and humility, reflecting God's care.







# Reflect and Apply

1.	How do I respond when a friend shares a difficult situation with me?
2.	Am I more inclined to listen or to give advice quickly?
3.	What practical ways can I carry my friends' burdens alongside them?







# **Journaling Prompts**

1.	Describe a moment when being heard deeply impacted a friendship.
2.	List any barriers you face when trying to be a good listener.
	Write down a plan for how you will support a friend going through hardship.







## Prayer for Today

**Lord Jesus,** thank You for the gift of listening ears and caring hearts. Help me to be slow to speak and quick to listen, offering my friends patience and kindness. Teach me to rejoice with those who are happy and mourn with those who suffer. Give me wisdom and grace to bear their burdens faithfully, reflecting Your love. May I be a true friend who encourages and uplifts. *In Your precious name, Amen.*

















Day 3: Prayer: Our Strongest Support

#### Your Verse

Philippians 4:6 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

#### **Supporting Scriptures**

- 1 Thessalonians 5:11 "Therefore encourage one another and build each other up."
- Colossians 1:9 "We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives."







Day 3: Prayer: Our Strongest Support

## Devotional: Prayer: Friendship's Unseen Strength

Prayer is the most powerful way to support friends during their hardships.

Philippians 4:6 encourages us not to be anxious but to bring every concern to God through prayer, with thankfulness. When a friend is troubled, offering to pray for and with them invites God's peace and strength into their situation.

Prayer also connects us deeply to God's will and wisdom, as Paul prays in Colossians 1:9. It unites our hearts and invites the Holy Spirit to guide us in how to best support those we love.

Moreover, 1 Thessalonians 5:11 urges us to encourage and build one another up—prayer empowers that encouragement both spiritually and emotionally.

Today, commit to becoming a prayerful friend. Let prayer be your first response in times of trouble, trusting God's faithfulness to provide healing, guidance, and hope.







Day 3: **(**) Prayer: Our Strongest Support

# Reflect and Apply

1.	How often do I pray for friends who are struggling?
2.	In what ways does prayer transform how I support others?
3.	How can I make prayer a regular practice in my friendships?







Day 3: • Prayer: Our Strongest Support

# **Journaling Prompts**

1.	Write a prayer now for a friend currently in trouble.
2.	Describe how prayer has impacted a friendship in your life.
3.	Make a list of prayer requests you can regularly lift up for your friends.







Day 3: **(**) Prayer: Our Strongest Support

## Prayer for Today

**Gracious Father,** thank You that You hear every prayer and invite us to come boldly before You. Help me to depend on prayer as my strongest support for friends in trouble. Give me a heart that seeks You first and prays without ceasing. May my prayers bring comfort, wisdom, and hope to those I love. Fill me with Your Spirit so that I may encourage and build up others through both words and prayer. *In Jesus' name, Amen.*







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