

Outline

**Why You Need Friendships as a Lifeline-Part 1**  
*How to be a Best Friend Forever-3 Part Series*

Are friendships an important part of your life? Research shows that how you conduct your friendships makes a significant difference in the quality of your life. Friendships not only make the good times better; they can literally be a lifeline during tough times. The bible gives many examples of friendships that we can learn from. We should be intentional about our friendships. We should also be aware that there are levels of friendship, and that we need more than just one kind of friend. Dr. Townsend will help you look at this important area, and give you some skills in how to pick friends, especially Best Friends.

Small group discussion questions:

1) What do I desire? What am I missing in my friendships?

2) What is the biggest obstacle to having best friends?

3) How can I become a better friend?