



Session 1: Why Men Should Talk About Relationships

"Iron sharpens iron and one man sharpens another." Proverbs 27:17"

MAIN TAKEAWAYS:

- Forging spiritual friendship is an intentional process
- Forging spiritual friendship takes hard work
- Spiritual friendship requires vulnerability and trust
- Spiritual friendship makes us better men
- Spiritual friendship takes commitment
- Initiate action to begin healthy friendship

1. How would you describe the health of your current friendships?
2. Why and how is spiritual friendship so important?
3. What are your challenges in developing spiritual friendships?
4. How do seasons of life impact the need for and challenge of friendship?
5. Take time to evaluate, identify and initiate spiritual friendship in your own life and discuss the impact of that process.