

## TWCC Teaching Series: “Expect More” (Growing Relationally, Gracefully)

### Subject: The Friendship Workout – Part 2

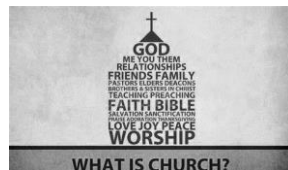
TWCC Teaching Handout – Wednesday, October 30<sup>th</sup>, 2019

Circuit  
Training



#### Read Proverbs 18:24 and John 15:12 - 17

- Maybe you are wondering, How? How can I be a better friend? How can I start sowing some friend seeds? How can I improve my current friendships? If you're feeling like a flabby friend, it's time to hit “*God's Gym*” and work the friendship building workout stations circuit. Let's look at what the Bible says about a friendship workout—guaranteed to define and build your friendship muscles. In order to make this work as a regular part of your life, it is going to require two big paradigm changes. Are you ready? First, it's your \_\_\_\_\_. You will have to shift from the “*Here I am*” perspective to the “*There you are*” approach. That means in all of your *relational dealings*, it's not about you—it's about them. Your focus isn't on how you look, sound or appear, or on what you are going to say, share or do, but rather on the person or people you are with and *how you can enrich their lives* by practically incorporating the “One Another” workout into your relational life. Listen to this encouragement: “*Is there any such thing as Christians cheering each other up? Do you love me enough to want to help me? Does it mean anything to you that we are brothers in the Lord, sharing the same Spirit? Are your hearts tender and sympathetic at all? Then make me truly happy by loving each other and agreeing wholeheartedly with each other, working together with one heart and mind and purpose. Don't be selfish; don't live to make a good impression on others. Be humble, thinking of others as better than yourself. Don't just think about your own affairs, but be interested in others, too, and in what they are doing*” -**Philippians 2:1-4 (TLB)**. Here's another one: “*Let no one seek his own, but each one the other's well-being*” - **1 Corinthians 10:24 (NKJV)**.
- Second, you've got to get \_\_\_\_\_. Here's the designer workout outfit: “*So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it*” (**Colossians 3:12-14, The Message**). Okay, now that our attitudes are changed and we're dressed, let's hit God's gym and work it out.
- Station #1:** \_\_\_\_\_ **One Another** - This is the most important station. (John 13:34 – 35;
- Station #2: Be** \_\_\_\_\_ **to One Another** - **Romans 12:10 (NIV)** – “*Be devoted to one another in love.*”
  - How would you define “devoted”? **Devoted** (*Greek* = fond of, fraternal towards, kindly affectionate of, loving tenderly). {**Devoted** = characterized by loyalty and devotion [Syn – constant, dedicated, devout, faithful, loyal, steadfast, steady, true, true blue]}
- Station #3:** \_\_\_\_\_ **One Another** - **Romans 15:7 (NIV)** - “*Accept one another, then, just as Christ accepted you, in order to bring praise to God*”.
- Station #4:** \_\_\_\_\_ **One Another** - **Romans 15:14 (NIV)** - “*I myself am convinced, my brothers and sisters, that you yourselves are full of goodness, filled with knowledge and competent to instruct one another*”.



BUILDING  
faith family  
and  
friends



- **Station #5:** \_\_\_\_\_ **One Another - Galatians 5:13-14 (NIV)** - “You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. The entire law is fulfilled in keeping this one command: “Love your neighbor as yourself” In what ways can we serve one another? Serving others is love in action. **1 Peter 4:10 (NIV)** – “Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms”. What gifts and talents has God graced you with and how are you using them to serve others?
- **Station #6:** \_\_\_\_\_ **with One Another (Read Ephesians 4:1-2 (NKJV))**. What do you think it means to “bear” with others?

  - ***NUGGET:** The word “bearing” in the King James Bible is the word “forbearing,” and according to Strong’s Concordance this means “to hold oneself up against.” Figuratively it means to put up with. It’s also translated to mean “bear with, endure and suffer.”*
- **Station #7: Be** \_\_\_\_\_ **with One Another - 1 Peter 5:14 (AMPC)** - “Salute one another with a kiss of love [the symbol of mutual affection]...” God wants us to greet one another with brotherly love in an authentic and affectionate way. (**Read 1 Thessalonians 2:8 (NKJV)**). Having affection for others will lead us to impart what two things? (1) The \_\_\_\_\_ of God and (2) Our own \_\_\_\_\_.
- **Station #8: Be** \_\_\_\_\_ **to One Another Ephesians 4:32 (KJV)** – “And be ye kind one to another, tenderhearted...” How would you define kind and tenderhearted? *Kind* also means being \_\_\_\_\_ and USEFUL; Useful simply means to be a blessing and benefit to.
- **Station #9: Be** \_\_\_\_\_ **to One Another Ephesians 4:32 (KJV)** – “...Forgiving one another, even as God for Christ’s sake hath forgiven you”. Have you ever needed forgiveness? Has God forgiven you? How are we to forgive one another? Can you hold a grudge or unforgiveness against anyone when Jesus has forgiven you of all your sins? Don’t hold people \_\_\_\_\_ or be a \_\_\_\_\_ in the relationship – instantly, regularly and freely FORGIVE! Both your \_\_\_\_\_ Walk and \_\_\_\_\_ Walk are critical and vital to your spiritual and relational health.
- **Station #10:** \_\_\_\_\_ **One Another - (Read 1 Thessalonians 4:18 (KJV))**. Use your mouth to comfort others! (**Read 1 Thessalonians 5:11 (KJV)**)
- **Station #11:** \_\_\_\_\_ **One Another Hebrews 3:13 (KJV)** – “But exhort one another daily, while it is called Today; lest any of you be hardened through the deceitfulness of sin”. How often should we exhort others? \_\_\_\_\_ Why is it necessary to be exhorted? How would you define “exhort”? *Exhort* is from the Greek word “*parakaleoo*.” Its meaning includes “*to admonish, to beg, entreat, beseech, console, encourage, comfort and strengthen by consolation.*” **Read Hebrews 10:24-25 (KJV)**. What are we to provoke one another to do? What are we to encourage people not to forsake? Describe the intensity and frequency with which we should be exhorting one another.

  - ***NUGGET:** One of the enemy’s most effective snares is to convince, distract and turn people from going to church where they will gather with other believers for worship, the Word, and strength for their God-given assignments. Often the greatest challenges people fall into are busyness and apathy. They get busy with their jobs, sports and leisure and begin to fall into the trap of thinking, Sunday is our only day off and we want to spend it with our kids, doing yard work, sleeping, watching TV and football games, reading, counting the carpet fibers in our family room, watching the grass grow, or you will hear people make comments like, “I don’t need church, God can talk to me and my family at home just fine. I connect with God better when I am enjoying God’s creation—fishing, skiing, boating, cleaning, painting, sleeping, digging a hole to China,” and so on. This is a slippery slope to snuffing out our spiritual light. When we are regularly attending church, worshipping God, growing in the Word and reaching out to others, we stay aglow with God’s Spirit. But when we quit attending church, our flame begins to go out and grow cold like the lone log. We need to be exhorted and we need to exhort others to get into church on a regular basis.*
- **Station #12:** \_\_\_\_\_ **One Another Romans 12:10 (NIV)** – “Honor one another above yourselves.” The Greek word for honor is time, and its meaning includes a value, esteem, precious.

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