

FAST Lesson 4A: A Real Man Builds Relationships – Making Friends

John Kain, 2009

- I. Real men usually do not “go it alone” – unless they are facing extreme circumstance where they can’t find another person around them who is seeking God.
- II. When men take on the attitude that they can do it on their own, they are missing the central message God has for them: that they are built for relationships (with God and with God’s family, otherwise known as the church). Men are not designed to be self-sufficient. Men need friendship because we are designed for community.
- III. The truth is that real men have real friends who share our faith. Life is a spiritual journey – we can only move forward safely and in the right direction with travelers who have chosen the same spiritual path.
- IV. Many men don’t have friends because they don’t make friends. They expect other men to just come along side them. This leads to either an insignificant set of acquaintances and/or the complete absence of quality friends.
- V. It takes work to have friends that will stand beside you, listen to you, and affirm you. We need to be deliberate in prioritizing our time spent with other men in order to sincerely get to know each other.
- VI. Friendships should reflect much more than shared interests / hobbies / strengths. Just “doing stuff together,” without discussing the more meaningful things in life, often leads to relationships that are shallow. If sharing an activity together is the only basis for a friendship, it can even become harmful or damaging to our walk with God.
- VII. True friendships occur when we invest the time & effort to establish a covenant of mutual support.

“The LORD God said, ‘It is not good for the man to be alone. I will make a helper suitable for him.’” (Genesis 2: 18)

“**If one falls down, his friend can help him up.** But pity the man who falls and has no one to help him up!” (Ecclesiastes 4:10)

“Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” (Ecclesiastes 4: 12)

“And **let us consider how we may spur one another on toward love and good deeds.** Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.” (Hebrews 10: 24-25)

“My command is this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends.” (John 15: 12-13)