



BIBLICAL FRIENDSHIPS

8 Week Small Group Study

WORKBOOK

PURPOSE:

EQUIP AND ENCOURAGE MEN TO BUILD CHRIST-CENTERED FRIENDSHIPS THAT STRENGTHEN FAITH, FOSTER ACCOUNTABILITY, AND REFLECT HIS LOVE.

HOW TO USE THIS WORKBOOK:

- LET GO OF YOUR EGO
- BE VULNERABLE
- PRAY
- MEET WEEKLY/BI-WEEKLY
- READ THE SCRIPTURES
- DISCUSS HONESTLY
- PRACTICE THE WEEKLY CHALLENGE
- MEMORY VERSE EACH WEEK
- PRAY MORE



TABLE OF CONTENTS

WEEK 1: GOD'S CALL FOR FRIENDSHIP

WEEK 2: LOVE & SACRIFICE

WEEK 3: LOYALTY & FAITHFULNESS

WEEK 4: ACCOUNTABILITY & TRUTH IN LOVE

WEEK 5: ENCOURAGEMENT & SUPPORT

WEEK 6: FORGIVENESS & GRACE

WEEK 7: SHARED PURPOSE IN CHRIST

WEEK 8: LIVING OUT BIBLICAL FRIENDSHIP



WEEK 1: GOD'S CALL FOR FRIENDSHIP

Big Idea:

Friendship is part of God's design for human flourishing and discipleship.

Share:

- A meaningful friendship moment from your childhood.

Scripture: Read from The Bible

- **Genesis 2:18**

- **Ecclesiastes 4:9-10**

- **John 15:12-15**



WEEK 1: GOD'S CALL FOR FRIENDSHIP

Discussion Questions:

- Share a time when you were alone and it was not good.
- How does Jesus' definition of friendship challenge cultural norms?
- What would change in your life if you pursued friendships as a spiritual discipline?

Weekly Challenge:

Identify one man to intentionally connect with this week (call, coffee, prayer). Put it on your calendar.

Memory Verse:

“This is my commandment, that you love one another as I have loved you.

-John 15:12-

Prayer Focus:

Lord, open my heart to authentic, Christ-centered friendships. Give me courage to pursue community. Guide me as I seek friendships that glorify You though the fruit they bear.



WEEK 1: GOD'S CALL FOR FRIENDSHIP

Reflection & Handout

Key Insight from Scripture:

What God is Saying to Me:

Action I Will Take This Week:

Who Will I Share This With / Involve for Accountability:



WEEK 2: LOVE & SACRIFICE

Big Idea:

Christ-like friendship is measured by self-giving love.

Share:

- What is easiest for you to give to others; Time, Talent, Treasure? Why do you feel this?

Scripture: Read from The Bible

- **John 15:13**

- **1 John 3:16**



WEEK 2: LOVE & SACRIFICE

Discussion Questions:

- What does sacrificial love look like in your weekly rhythms?
- Share a time a friend's sacrifice impacted you.
- Where is God inviting you to give up comfort for the good of a brother?

Weekly Challenge:

Do one concrete, costly act of service for a friend (time, talent, or treasure).

Memory Verse:

By this we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers.

-1 John 3:16-

Prayer Focus:

Jesus, teach me to love my friends as You have loved me, sincerely, tangibly, and sacrificially. Please give me opportunities to be generous to my brothers, so that I may practice sacrifice often, and give freely the time, talent and treasure that you have given me.



WEEK 2: LOVE & SACRIFICE

Reflection & Handout

Key Insight from Scripture:

What God is Saying to Me:

Action I Will Take This Week:

Who Will I Share This With / Involve for Accountability:



WEEK 3: LOYALTY & FAITHFULNESS

Big Idea:

Faithful presence builds trust and stability in friendship.

Share:

- Can you share a time when you chose to stick with someone or something, even when it was hard or costly? What was it that kept you committed?

Scripture: Read from The Bible

- Proverbs 17:17

- Ruth 1:16-17



WEEK 3: LOYALTY & FAITHFULNESS

Discussion Questions:

- Why is loyalty rare in a convenience culture?
- How can you show up consistently for a friend in a tough season?
- What boundaries help sustain faithfulness over time?

Weekly Challenge:

Reconnect with a friend you've drifted from; schedule time to listen and encourage.

Memory Verse:

A friend loves at all times, and a brother is born for adversity.

-Proverbs 17:17-

Prayer Focus:

Lord, make me a steadfast friend who reflects Your faithful love. Cultivate in me a steadfast commitment to stand by my friends in ways that promote their well-being and reflect Your truth and righteousness.



WEEK 3: LOYALTY & FAITHFULNESS

Reflection & Handout

Key Insight from Scripture:

What God is Saying to Me:

Action I Will Take This Week:

Who Will I Share This With / Involve for Accountability:



WEEK 4: ACCOUNTABILITY & TRUTH IN LOVE

Big Idea:

Mutual sharpening requires courage, humility, and love.

Share:

- What's one thing you're grateful for this week, and how did someone else play a role in it?

Scripture: Read from The Bible

- Proverbs 27:17

- Ephesians 4:15



WEEK 4: ACCOUNTABILITY & TRUTH IN LOVE

Discussion Questions:

- What makes accountability defeating, and what makes it life-giving?
- Where do you need sharpening right now?
- How can you invite honest feedback without defensiveness?

Weekly Challenge:

Choose one area (purity, finances, practice) and ask a brother for weekly check-ins.

Memory Verse:

Iron sharpens iron, and one man sharpens another.

-Proverbs 27:17-

Prayer Focus:

Lord, grant me the courage to humbly receive correction and a heart of flesh that responds. Give me wisdom and discernment, a spirit of humility and gentleness, as I deliver correction to my brothers.



WEEK 4: ACCOUNTABILITY & TRUTH IN LOVE

Reflection & Handout

Key Insight from Scripture:

What God is Saying to Me:

Action I Will Take This Week:

Who Will I Share This With / Involve for Accountability:



WEEK 5: ENCOURAGEMENT & SUPPORT

Big Idea:

Encouragement catalyzes perseverance and boldness.

Scripture: Read from The Bible

- 1 Thessalonians 5:11

- Hebrews 10:24-25

Share:

- Write and read a personal opportunity to apply Scripture to your life. Use the SOAP method.



WEEK 5: ENCOURAGEMENT & SUPPORT

S.O.A.P. Method:

1. See It

- **What it means:** Observe and identify the truth or principle in Scripture or the situation.
- **Goal:** Gain clarity on what God is saying—look for commands, promises, or examples.
- **Example:** Reading Ephesians 4:15, you “see” the call to speak the truth in love.

2. Own It

- **What it means:** Take personal responsibility for applying that truth.
- **Goal:** Move from theory to conviction—acknowledge where you need to change or grow.
- **Example:** “I haven’t always spoken truth with love; I need to change.”

3. Articulate It

- **What it means:** Express the truth clearly—write it down or speak it.
- **Goal:** Cement understanding and make it actionable.
- **Example:** “I will speak truth with grace this week, starting with my family.”

4. Pray It

- **What it means:** Bring it before God—ask for strength, wisdom, and transformation.
- **Goal:** Depend on God to live out what you’ve seen and owned.
- **Example:** “Lord, help me speak truth with love today.”



WEEK 5: ENCOURAGEMENT & SUPPORT

Discussion Questions:

- What kind of encouragement most strengthens you?
- Share a story where encouragement changed your trajectory.
- How can our group build a culture of consistent encouragement?

Weekly Challenge:

Encourage three men this week, be specific about what you see God doing in them.

Memory Verse:

And let us consider how to stir up one another to love and good works,
-Hebrews 10:24-

Prayer Focus:

Lord, please make me a man who builds others up. May The Spirit overflow from me, so that I may speak love, encouragement, and truth into my brothers. Please help me gain wisdom and discernment so that I may be useful to my brothers when they need inspiration, guidance, or correction.



WEEK 5: ENCOURAGEMENT & SUPPORT

Reflection & Handout

Key Insight from Scripture:

What God is Saying to Me:

Action I Will Take This Week:

Who Will I Share This With / Involve for Accountability:



WEEK 6: FORGIVENESS & GRACE

Big Idea:

Friendships flourish where grace is practiced and offenses are released.

Share:

A person who you've forgiven recently, and what did you forgive them for.

Scripture: Read from The Bible

- Colossians 3:13

- Matthew 18:21-22



WEEK 6: FORGIVENESS & GRACE

Discussion Questions:

- Where have you struggled to forgive?
- What boundaries might be needed alongside forgiveness?
- How does receiving God's grace empower us to extend grace?

Weekly Challenge:

Take one step toward forgiveness this week: prayer, conversation, or blessing the person who hurt you. Each person is encouraged to include this in their closing prayer.

Memory Verse:

bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

-Colossians 3:13-

Prayer Focus:

Heavenly Father, please give me a heart that forgives fast, one that allows grace to flow from me freely and repeatedly. Lord, squash my ego, so that I may not respond with anger or judgement, but be inclined to offer understanding and compassion.



WEEK 6: FORGIVENESS & GRACE

Reflection & Handout

Key Insight from Scripture:

What God is Saying to Me:

Action I Will Take This Week:

Who Will I Share This With / Involve for Accountability:



WEEK 7: SHARED PURPOSE IN CHRIST

Big Idea:

Friendship anchored in Christ advances the Gospel and deepens joy.

Serve:

- Brainstorm for a simple missional project the group can do within 30 days.

Scripture: Read from The Bible

- **Philippians 2:2-5**

- **Acts 2:42-47**



WEEK 7: SHARED PURPOSE IN CHRIST

Discussion Questions:

- What shared mission(s) could our friendships pursue?
- How does mission deepen friendship?
- Which spiritual rhythms (prayer, Scripture, hospitality) can we adopt together?

Weekly Challenge:

Plan one spiritual activity with a friend: prayer walk, serve day, or shared Bible reading plan.

Memory Verse:

complete my joy by being of the same mind, having the same love, being in full accord and of one mind.

-Philippians 2:2-

Prayer Focus:

Lord Jesus, give us strength and encourage us to always seek your Words as the lamp that guides our steps. Guide this group of men as we align our friendships with Your mission.



WEEK 7: SHARED PURPOSE IN CHRIST

Reflection & Handout

Key Insight from Scripture:

What God is Saying to Me:

Action I Will Take This Week:

Who Will I Share This With / Involve for Accountability:



WEEK 8: LIVING OUT BIBLICAL FRIENDSHIP

Big Idea:

Biblical friendship is an ongoing commitment to love, bear burdens, and witness Christ.

Discuss:

What do we study next?

Scripture: Read from The Bible

- John 13:34-35

- Galatians 6:2



WEEK 8: LIVING OUT BIBLICAL FRIENDSHIP

Discussion Questions:

- Which component challenged you most and why?
- Recap weekly challenges and ask for successes to be shared.
- Who outside of the group are you being called to disciple?

Weekly Challenges:

- Share a picture to the group, of you participating in a healthy physical activity.
- Share a takeaway from your Bible reading with the group.
- Boldly proclaim the truth to someone.

Memory Verse:

A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another."

-John 13:34-35-

Prayer Focus:

Heavenly Father may all the glory forever and ever be given to you. God I am so grateful for you, the way you move in my life and have cultivated my new heart of flesh in Christ Jesus. Thank you for this group of men who commit themselves to this brotherhood, who commit themselves to reflect Jesus in their mind's and body's. Father, please guide each of us through our days, with our families, at our jobs, in the midst of our interactions with all people, please help us become more Christlike in everything we do.



WEEK 8: LIVING OUT BIBLICAL FRIENDSHIP

Reflection & Handout

Key Insight from Scripture:

What God is Saying to Me:

Action I Will Take This Week:

Who Will I Share This With / Involve for Accountability:

