

Cultivate Spiritual Friendships

Cultivate life-giving friendships where you can each be vulnerable, refreshed and spurred on towards love.



● SPIRITUAL FORMATION TOOLKIT ●

Welcome to this Toolkit

“...A sweet friendship refreshes the soul.” Prov. 27:9

Most of us enjoy different types of friendships. We spend time sharing work, interests, experiences, meals, and laughter. With church friends, we also share spiritual activities such as worship and bible study. But how many friendships truly refresh our soul - where at the end of an evening together, we walk away feeling known? Where there is space for us to be our vulnerable, messy selves? Where we are mutually spurred on towards love and good deeds; where we feel like we have been with Jesus rather than just talking about Him?

The tools listed below are to help you develop these life-giving spiritual friendships.

Action Steps

Step 1. Be the kind of friend you want to have and pray and ask for Jesus' heart for your friends

Resources

- i. Commit to growing, and ask God to empower you as a friend to others. See 'Grow as a Spiritual Friend' pdf:
<https://vinechurch.life/s/Growing-as-a-Spiritual-Friend.pdf>
- ii. Practical Activity: Ask a friend to tell you their life story. Bless the things you notice about how God has made them, or about what God has done in their life.


Step 2. Cultivate life-giving friendships. Be vulnerable and let people into your world

Resources

- i. Read Brene Brown, *Daring Greatly : How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* Book:
https://www.bookdepository.com/Daring-Greatly-Brene-Brown/9780241257401?pdg=aud-580930271965:dsa-391663266418:cmp-1533349813:adg-56670986137:crv-303056472211:pos-:dev-c&gclid=C-j0KCQiAgomBBhDXARIsAFNyUqPP-M2O3iBtRRIACcLE2f6W6kdyfxLVWECQoksfQybLoW1tO3dz3NYaAoDwEALw_wcB
- ii. Ask good questions that encourage deeper sharing. Be willing to vulnerably share yourself :
<https://vinechurch.life/s/ABC-Model-Of-Spiritual-Friendship-Your-Next-Steps.pdf>
- iii. Practical Activity: Invite trusted friends to speak into your life. Ask for feedback about yourself, then listen with humility. Talk to God about the feedback.

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Step 3. Get started

Learn more about Spiritual Friendships

Resources

- i. Call to Community Sermon Series - Week7 - Spiritual Friendships:
<https://vinechurch.life/sermons/call-to-community-01-wh354>
- ii. Call to Community Sermon Series - Week8 - Spiritual Friendships:
<https://vinechurch.life/sermons/call-to-community-01-g77zw>
- iii. Call to Community Sermon Series - Week9 - Spiritual Friendships:
<https://vinechurch.life/sermons/call-to-community-01-fth5w>
- iv. Call to Community Sermon Series - Week10 - Spiritual Friendships:
<https://vinechurch.life/sermons/call-to-community-01-cgfe2>
- v. Practical Activity -Be proactive. Pray and ask God's direction, and look for someone who is safe. Initiate a spiritual friendship with someone using these steps.

Going Deeper

1. Ask God to show you specific areas you can personally grow in spiritual friendships, then ask Him to empower you to take action steps

Resources

- i. Check out these practical tips for ideas: Practical-Tips-to-Grow-Deeper.pdf
<https://vinechurch.life/s/Practical-Tips-to-Grow-Deeper.pdf>