



Get Fit – Stay Fit: With Our Friends

Proverbs 18:1 (HCSB)

“One who isolates himself pursues selfish desires; he rebels against all sound judgment.”

Proverbs 13:20 (ESV)

“Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.”

Proverbs 12:26 (NKJV)

“The righteous should choose his friends carefully...”

1 Corinthians 15:33 (NIV)

“Do not be misled: Bad company corrupts good character.”

I. The Creation of Strong Friendships

John 15:13-16 (NIV)

“Greater love has no one than this, that someone lay down his life for his friends....I have called you friends, for all that I have heard from my Father I have made known to you. You did not choose me, but I chose you and appointed you that you should go and bear fruit...”

Proverbs 18:24 (NKJV)

“A man who has friends must himself be friendly...”

Dale Carnegie

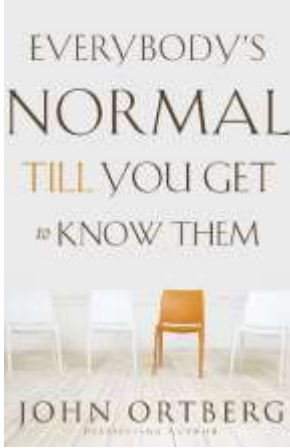
“You will make more friends in two months by becoming interested in other people than you can in two years by trying to get people interested in you.”

II. The Character of Strong Friendships

- **Acceptance**

Romans 15:7 (NIV)

Accept one another, then, just as Christ accepted you, in order to bring praise to God.



John Ortberg Jr.

“In the end what everybody discovers is that what matters is other people. Human beings who give themselves to relational greatness—who have friends they laugh with, cry with, learn with, fight with, dance with, live and love and grow old and die with—these are the human beings who lead magnificent lives.”

- **Investment**

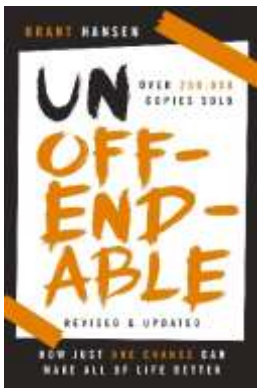
1 John 3:16-18 (NIV)

This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers. If anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him? Dear children, let us not love with words, but with actions and in truth.

- **Forgiveness**

Ephesians 4:32 (NIV)

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.



Brant Hansen

“When you’re living in the reality of the forgiveness you’ve been extended, you don’t get angry with others easily. Because that’s the thing about gratitude and anger: they can’t coexist. It’s one or the other. One drains the very life from you. The other fills your life with wonder. Choose wisely.”

Grace – Faith – Love – Peace - Joy