



Better Friends

Be intentional when picking your friends.

Jesus intentionally chooses his disciples: Mark 3:14; Luke 6:12–16.

Luke 6:12-13: "One of those days Jesus went out to a mountainside to pray and spent the night praying to God. When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles".

Book recommendation: "Platonic: How the Science of Attachment Can Help You Make - and Keep - Friends" by Marisa Franco, PhD.

"When people assume that others like them, they become warmer, friendlier, and more open. So, it becomes a self-fulfilling prophecy." Dr. Marisa Franco

Embrace the effort it takes to build friendships.

Jesus makes the effort to see Lazarus: John 11:1-15.

Research had found that people who assume friendship happens without effort are more lonely over time, whereas those that know it takes effort are less lonely and have thriving friendships.

Love your friends.

Jesus describes a friendship: John 15:12-14

John 15:12-14: "My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for their friends. You are my friends if you do what I command".

PHILIA (Greek) - one of the 4 types of love found in the Bible; and it conveys a strong feeling of attraction, without romance but sacrificial.

John 15:17: "This is my command: Love each other."

2 Peter 1:3, 5-7 CSB: "His divine power has given us everything required for life and godliness through the knowledge of him who called us by his own glory and goodness. [...] For this very reason, make every effort to supplement your faith with goodness, goodness with knowledge, knowledge with self-control, self-control with endurance, endurance with godliness, godliness with brotherly affection, and brotherly affection with love".

"The more intentional we are about connecting with others, the more we benefit." Dr. Marisa Franco, PhD

One of those days Jesus went out to a mountainside to pray and spent the night praying to God. When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles. Luke 6:12-13

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2. Book cover (attached to email)
3. "When people assume that others like them, they become warmer, friendlier, and more open. So, it becomes a self-fulfilling prophecy." (Dr. Marisa Franco)

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- 11.** Be intentional when picking your friends.
Embrace the effort it takes to build a friendship.
Love your friends.

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.