

## How to Make Friends and be a Friend

### Reading Mark 1:40-42

1. Benjamin Franklin was “blundering, uncouth and unattractive” until friend told him that people enjoyed themselves more when he wasn’t around. Do we sometimes need to tell people they are obnoxious?
2. If a person had a speck of cream on their face would you point it out to them?
3. “Loneliness is one of the fastest growing problems in our society today”. Why is this the case?
4. God created us to live in relationship with people. Ps 68.6 *God places the lonely in families.* What are we doing and what more could we be doing for the lonely in our society?
5. Jesus looked for the God-given value in people. He was drawn to the leper while others were repulsed by him. Are their marginalised people that even the church avoids today?
6. Psychologist William James believes the deepest principle in human nature is the craving to be appreciated. Do you agree? How does this influence our behaviour?
7. Relationships are strengthened when we learn to listen. Jesus valued the leper enough to hear him out and then respond to his request. Do you ever feel you are ignored or overlooked? Do you ever treat others in this way?
8. Dale Carnegie said, “You can make more friends in two months by being interested in other people than you can in two years by trying to get other people interested in you.” The secret to being interesting is to be interested. There is no better way than by listening. Discuss
9. The Bible says that “*when he heard and saw the pain of that lonely leper, Jesus was moved with pity*”. Actions speak louder than words. Give examples of situations where loving action has made an impact.
10. Jesus was always honest with people. He didn’t wear masks or try to be someone he wasn’t. *Filled with love he reached out and touched the man.* A meaningful touch communicates acceptance (handshake, hug, holding hands for prayer, touch on the shoulder). Discuss
11. Many barriers in life such as busyness or lost confidence though things that have occurred in the past can keep us from building healthy relationships. Any one feel like this?
12. Some people feel little worth or value in themselves. Jesus’ unconditional forgiveness and acceptance can heal our hurts and help us put our broken pieces back together. We need to see ourselves as Jesus does - a person with worth and value. *Any one need care or prayer in these areas?*