

## The Power of a Friend- Discussion Guide

### Connect

**Ice Breaker:** Share a story when you felt the power of a friend's presence in your time of need.

#### Talk About It:

Emotional health is essential in a Christian's life. Friends have a critical role in our spiritual journey. In Mark 14:32-42, Jesus turned to His disciples for support in His time of agony.

**Key Passages:** Mark 14:32-42, Romans 5:1-5, James 1:2, Proverbs 17:17; 18:24; 27:6, John 15:12-17

1. How have you experienced the truth of the statement: "Freedom is not the absence of something but the presence of someone"?
2. What emotions do you struggle with, and how do they impact your daily life and faith journey?
3. Reflect on the story of Jesus in Gethsemane (Mark 14:32-42). How does Jesus' vulnerability with His disciples inform our understanding of friendship and emotional support?
4. How can we "rejoice in resistance" as mentioned in the sermon? How do friends play a role in this process?
5. Reflect on the statement, "There is no resilience without resistance." How have you experienced this in your life?

### Protect

Ask God to give us the wisdom to build friendships that honor and glorify Him.

### Grow

**Action Steps:** Take time this week to reach out to a friend and express your appreciation for them. If you are feeling alone, try to connect with someone who can offer spiritual encouragement. Remember, to have a friend, you must be a friend. Start by adding value to the people around you.