

Relationships ... Growing through a Spiritual Friendship

Index Card Moment:

Write down one of your ongoing spiritual struggles that you face as you seek to follow Jesus with you life.

Can be a question, a hang up with God, a concern or worry you have, etc ...

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“... our lack of steady progress in the Christian life may be pointing us to the futility of trying on our own. 'If two lie together, they keep warm; but how can one keep warm alone?' (Ecc 4;11)

Our frustrations only point us toward the value of a friendship or accountability relationship that will help us stay spiritually “warm”. We know – and God knows – we can’t do it without others.”

“Without relationships that bring spiritual nurture, our lives with God will suffer.”

Finding a Spiritual Friend, Timothy Jones

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1. Spiritual mentors are examples of God in our lives and help us live our spiritual lives in everyday events

vs Counseling = to heal past wounds

vs Peer friendship = non intentional for spiritual formation; social environment to talk about relationships, work, hobbies, etc.

vs Coaching = coming alongside to bring out the best success in another

vs Spiritual Direction = provide guidance and direction as they discern the work of God over our whole lives

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2. Provides a real example of the authentic Christian life lived out in life.

An exemplified life, but not a perfect life.

A seasoned Christian that has experience more of life with God than you.

We learn the Christian life best by example – rabbis and disciples.

John 13: 12-17 – Jesus' expectation of following his example

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Talmidim (disciples) trusted their rabbi completely. They worked passionately to incorporate the rabbis actions and words into their lives. The disciple's deepest desire was to follow their rabbi so closely that they would start to think and act like him.”

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3. An Intentional planned relationship for the purpose of spiritual maturity and growth

Planned meeting time

Granted permission to talk about deeper spiritual things

One is further along in spiritual life than another

Ongoing, yet covenanted relationship (i.e. can continue or discontinue when agreed upon)

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4. Accountability so that we are not left to our own opinion and choices.

A second set of eyes and ears to help us discern God's will

To confess and to keep our journeys honest and authentic

To not allow us to 'stop and sit too long' along the spiritual
road

Level 5 Conversation – highest intimate conversation partner

James ... "Confess your sins to one another and pray for one
another so that you may be healed"

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5. Someone to always pray for you and your spiritual growth

Pray together.

Knowing that you can ask for this person to pray for you.

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Index Card FollowUp:

Write 3 expectations for a spiritual mentor

Confidential, give reading resources, learn to pray, practices, # times per month, young/old

2. What benefit or goals do you expect to see from your get together?
3. How long are you willing to meet together: 3 months, 6 months or 12 months?
4. Sign up as mentor, or mentoree ...