

Small Group Questions: ISO/In Search of a Friend

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Read

Proverbs 12:26

Reflect

Even though we are more connected than ever through technology, loneliness has become an alarming health crisis in our world. Six out of ten people report being lonely, and the mortality rate of loneliness is equal to that of smoking 15 cigarettes of day. In a new series called “ISO,” Seacoast Church seeks to address loneliness. In this message, Pastor Josh Surratt discusses the importance of having good friends in our lives.

In Search of a Friend

1. **Minimize exposure to toxic friends – Be sure to discuss this point *WITHOUT* allowing group members to drift into talking badly about specific people.**
 - a. Arguing friends
 - b. Gossiping friends
 - c. Loose-tempered friends
 - d. How can each of these kinds of friends bring us down?
 - e. What other types of toxic friendships might we want to avoid?
2. **Prioritize exposure to godly friends**
 - a. I need people who will care for me.
 - b. I need people who will encourage me.
 - c. I need people who will partner with me.
 - d. I need people who will protect me.
 - e. Who are some people who fill the roles mentioned in your life?
 - f. Are there any godly roles you need people to fill in your life?
3. **To have great friends, I need to be a great friend.**
 - a. Did this message convict you of any way you could be a better friend? If so, how?
 - b. Is there someone you can reach out to this week?

Respond: Where is God leading you? How can your small group support you?