



HOW TO MAKE FRIENDS

In this video, we share four tips on how to make friends and where to find them.

INTRODUCTION (00:00)

We are happier and healthier when we have intentional, life-giving relationships in our lives. Friends make us feel at home and give us a sense of belonging.

1. *After a move, what did you intentionally do to begin building relationships with those around you?*

WAY #1: MAKE AN EFFORT (03:58)

Your hobbies, interests, or passions are a great place to start. This often is simply showing up to places where people with similar interests are and intentionally participating in those groups.

2. *What are some activities around which you have made friends in the past?*

WAY #2: ASK TO BE FRIENDS (05:09)

Being straight forward with your desire to be in a friendship is a vulnerable thing. However, it is the quickest and clearest way to communicate your intentions.

3. *What is the scariest or most awkward thing to you about simply asking someone to be your friend? Why?*

WAY #3: MAKE TIME FOR FRIENDSHIPS (06:28)

You will not feel close to someone if you are not making time to be close to that person. You must make time and sometimes sacrifice your plans for the sake of prioritizing the friendship.

4. *When is it difficult for you to prioritize or make time for your friends?*
5. *How might you be able to rearrange your schedule to make it a priority?*

WAY #4: IT WILL NEVER BE PERFECT (08:06)

In friendships, nothing will simply fall into place to make it happen. We can often spend more time preparing for being with people than we do actually spending time with them.

6. *In the past, what expectations have you placed upon yourself (or others) that have hindered your ability to spend time with someone? Why have you put these expectations on yourself (or them)?*

ACTIVATION (09:46)

Call or text a friend to schedule time to get together within the next 7 days, or...

- 1) Get involved in a local special interest group
- 2) Join a community team or group sporting activity
- 3) Get involved in a small group at your church