

— A BIBLE STUDY FOR TEEN GIRLS —

# WE SAVED YOU A SEAT

Finding and Keeping Lasting Friendships



(in)courage community manager

**LISA-JO BAKER**

LifeWay | Girls

Published by LifeWay Press® • ©2017 DaySpring Cards, Inc.

Author is represented by Alive Literary Agency, 7680 Goddard Street, Suite 200, Colorado Springs, CO 80920, [www.aliveliterary.com](http://www.aliveliterary.com).

No part of this work may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, or by any information storage or retrieval system, except as may be expressly permitted in writing by the publisher. Requests for permission should be addressed in writing to LifeWay Press®, One LifeWay Plaza, Nashville, TN 37234-0144.

ISBN: 978-1-4300-6400-8

Item 005791569

Dewey Decimal Classification Number: 248.83

Subject Heading: RELIGION/ Christian Ministry/ Youth

Printed in the United States of America

Student Ministry Publishing

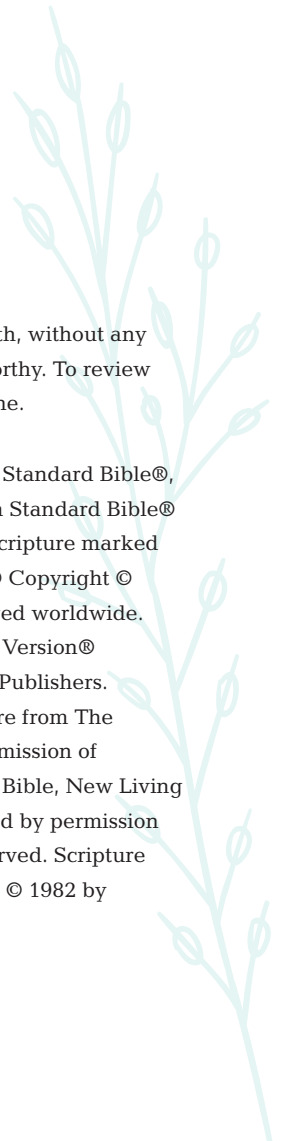
LifeWay Resources

One LifeWay Plaza

Nashville, Tennessee 37234-0144

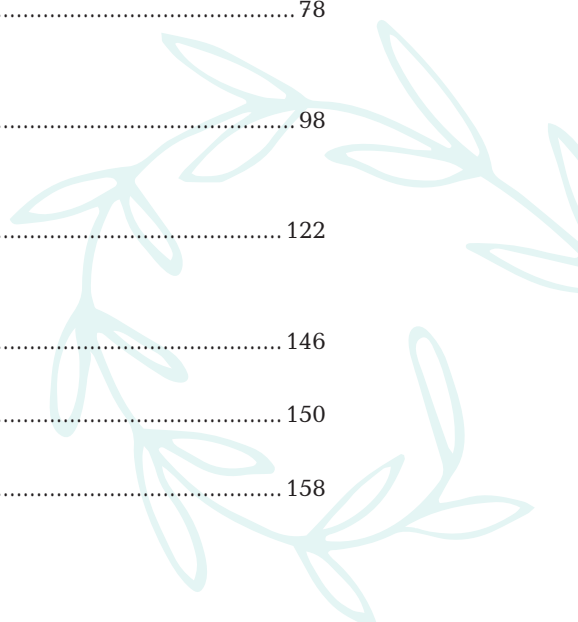
We believe that the Bible has God for its author; salvation for its end; and truth, without any mixture of error, for its matter and that all Scripture is totally true and trustworthy. To review LifeWay's doctrinal guideline, please visit [www.lifeway.com/doctrinalguideline](http://www.lifeway.com/doctrinalguideline).

Unless otherwise noted, all Scripture quotations are taken from the Christian Standard Bible®, Copyright © 2017 by Holman Bible Publishers. Used by permission. Christian Standard Bible® and CSB® are federally registered trademarks of Holman Bible Publishers. Scripture marked NIV are from THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide. Scripture quotations marked ESV are from The Holy Bible, English Standard Version® (ESV®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. Scripture quotations marked MSG are from The Message. Copyright © 1993, 1994, 1995, 1996, 2000, 2001, 2002. Used by permission of NavPress Publishing Group. Scripture quotations marked NLT are from Holy Bible, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers Inc., Carol Stream, Illinois 60188. All rights reserved. Scripture quotations marked NKJV are from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.



# TABLE OF CONTENTS

<b>ABOUT THE AUTHOR</b> .....	4
<b>INTRODUCTION</b>	
Why Should You Do a Bible Study About Friendship? .....	5
<b>WEEK 1</b>	
Friendship Takes Showing Up.....	6
<b>WEEK 2</b>	
Friendship Takes Vulnerability.....	32
<b>WEEK 3</b>	
Friendship Takes Encouragement.....	52
<b>WEEK 4</b>	
Friendship Takes Service .....	78
<b>WEEK 5</b>	
Friendship Takes Forgiveness .....	98
<b>WEEK 6</b>	
Friendship Takes Walking Away Wisely.....	122
<b>WEEK 7</b>	
Friendship Takes Action .....	146
<b>LEADER GUIDE</b> .....	150
<b>SOURCES</b> .....	158



# ABOUT THE AUTHOR



**LISA-JO BAKER** has been the community manager for [www.incourage.me](http://www.incourage.me), an online home for women all over the world, for nearly a decade. She is the author of *Never Unfriended* and *Surprised by Motherhood*, as well as the creator of *The Temper Toolkit*, and her writings have been syndicated from New Zealand to New York. She lives just outside Washington, DC, with her husband and their three very loud kids, where she connects, encourages, and champions women in person and through her blog, [lisajobaker.com](http://lisajobaker.com). She is convinced that the shortest distance between strangers is a shared awkward story, and she'd love to connect with you on Twitter, Facebook, or Instagram @lisajobaker.

(in)courage

FIND YOURSELF AMONG FRIENDS

At (in)courage you are welcome to a place of faith, connection, and friendship, where you will always find yourself among friends. Founded in 2009 by DaySpring, the Christian products subsidiary of Hallmark Cards, Inc., the vision for (in)courage was to create a new home for the hearts of women, where women take turns pulling up a chair to share their stories of what Jesus looks like in their everyday, gloriously ordinary, and often messy lives. Since then, (in)courage has grown into a vibrant community that reaches thousands of women every day, welcoming them just the way they are, offering a space to breathe, loving support, and resources for meaningful connection.

## HOW TO USE THIS STUDY

Over seven weeks, this resource will lead girls through an in-depth study of friendships. Together we will unpack seven practical ways to take Jesus up on His invitation to love other people—to be friends who go first, who make the first move, and sometimes the hundredth move of starting over. To figure out how to get along with the people we love, as well as the ones who rub us the wrong way. This is the whole shebang, explored in seven steps.

This book contains weekly groups sessions and daily personal studies. Also, in the back of this study is a leader guide with helpful suggestions to use during group time. As you close each group time, encourage students to complete the homework days that follow. Once students have completed this study, they will have learned valuable, biblical tools for finding and keeping lasting friendships.

# WHY SHOULD YOU DO A BIBLE STUDY ABOUT FRIENDSHIP?

*Because I don't know anyone who doesn't want friends. But I know lots of girls who worry about being unfriended. Or misunderstood. Or hurt or judged or left out or taken for granted by their friends. I'm one of them. So they stop trying. They stop risking. They stop starting over. Because they've stopped believing there'll be a seat saved for them at lunch.*

That's what this study is about. It's about not giving up on friendship. Even when we're frustrated by it. Even when we're tired of it, confused by it, or disappointed in it. This study is a chance to make changes.

This is a practical guide to finding and keeping lasting friendships.

This is believing that there really is a seat saved for you at the table. And it's also about becoming the kind of person who will always save a seat for the girls around her. Because, the ultimate friend, Jesus—the friend of the popular and unpopular, of students and teachers, of awkward teens and their minivan driving moms—put it pretty plain and simple. When asked what the greatest commandment was, He said,

*“Love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and most important command. The second is like it: Love your neighbor as yourself. All the Law and the Prophets depend on these two commands.” —MATTHEW 22:36-40 (EMPHASIS MINE)*

And when pressed to define who exactly this neighbor is that we're commanded to love, He gave a story. And it defines neighbor not as a particular “who,” but instead as a “what”: as in *what* you should do. The parable of the Good Samaritan isn't about *identifying* your neighbor; it's about *being* a neighbor. In essence, it's about being the kind of friend you wish you had.

While we might have defined friendship our whole lives by what others do to us, in the end it's what we do for others that will define us as friends or not. That's how we get friendship to stick. And that's what this study is about. Let's do this together.

*-Lisa-Jo*

THE  
cardinal  
rule of  
FRIENDSHIP  
is you have to  
BE WILLING  
to go FIRST

#WSYAS



WEEK 1

# FRIENDSHIP TAKES SHOWING UP

---

*For God loved the world in this way: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.*

JOHN 3:16

---

# Friendship TAKES SHOWING UP

Do you think it's difficult to make lasting friendships as girls? Explain.

## READ JAMES 3:18.

And the fruit of righteousness is sown in peace by those who cultivate peace.

I particularly like the way The Message paraphrases this verse:

You can develop a healthy, robust community that lives right with God and enjoy its results only if you do the hard work of getting along with each other, treating each other with dignity and honor.

## What did James say about our personal responsibility in friendship?

Even from the very beginning, there was a community of three. We were literally built for community—God breathed into our DNA the need for community.

## How have you seen this truth in your own life?

Anytime we face a new school year or join a new Bible study group, we're afraid of not fitting in, of not being able to make new friends within a group. We can feel nervous or vulnerable when facing a new group of people because we all bring a history of friendships—both good and bad—with us. But that doesn't mean there is something wrong with us or that we should stop trying.

How can authentic conversation (beyond "I'm fine") be difficult for you or others? Why is it so much easier for us to hide behind simple answers rather than be truthful and vulnerable about our lives?

By allowing others to see us as not simply fine all the time and opening ourselves to vulnerabilities, we develop a trust with those we bring into our lives.



Discuss how we can “give permission” to one another to be “not fine,” to enter into a more authentic and personal conversation.

What are some excuses we use to not show up? (For example: “I have too much homework.”)

**READ ROMANS 12:15 ALOUD.** How might excuses be stopping us from living out the message in this verse? How does this affect your ability to build community?

By refusing to be interrupted, we are blocking our friends from honestly sharing with us. None of us are perfect, even though we may want others to think we are. Refusing to hide behind perfect answers and fake smiles will allow our friends to openly share and interrupt our Instagram perfect lives. Jesus was willingly interrupted because He placed people ahead of a set schedule.

Learning to love our friends in the best way is not something we may instinctively know how to do. While you may need to hear words of encouragement, that may not be the best way to be a good friend to others. The way others show love to you is usually evidence of how they best receive love. Think about your friends and how you can love them in the best way. Don't wait for friends to come to you, but show up in intentional ways to initiate and connect.

How can you be an intentional friend who connects in meaningful ways?

Think about a time when you were lonely, even while standing in a crowd. Journal about your experience and consider how it could have been different if someone had taken the opportunity to show up in an intentional way and connect. How can you use your own experience to show up for someone else?



## DAY 1

# BELIEVE WHAT GOD SAYS ABOUT FRIENDSHIP

*Would you believe that nothing could make the God who gave up His title, His throne, His realm, and His only Son for you ever consider unfriending you? No matter how hangry you are, how tired, frustrated, or unloving.*

Because that's where we need to start, at the beginning of the first friendship: God's friendship with the human beings He created. This is the roadmap for all future friendships.

What if I told you that neither social media nor church cliques, friendship breakups nor family disapproval, bad moods nor all your undone homework will ever be able to separate you from the radical, never-giving-up, never-looking-back love of God? A love that proved itself when it took deep breaths in the flesh and blood body of Jesus Christ who literally moved into the neighborhood so that He could be up close and personal friends with you and who has promised that He will never leave you nor forsake you.

Would you believe me?

What is going through your head right now? I know talking about friendship can stir up a lot of feelings and a lot of memories—both good and bad. So, let's unpack some of those. What's the first thing that comes to mind when you think about friendship? Just jot it down without editing yourself. It's okay to be brutally honest.

When I think about friendship, I feel:

When I think about friendship, I remember:

When I think about friendship, I wish:

I don't know about you, but when I think about friendship my stomach can knot up. Sure, I can feel warm and fuzzy about it some days. I have close friends who wrap me in safety and loving acceptance. But when I really think about it, the idea of friendship can spark hundreds of painful memories. Days spent awkwardly trying not to cry on the bus or panic checking my phone in the middle of the night, or trying to act like it's no big deal when I'm not invited to the party everyone was talking about at school.

Friendship is not easy. It's not always fun. It's rarely like the commercials or "squad goals" photos the world would like us to believe. Because nothing hurts as much as the unkind words of a friend. Even the careless words that weren't intended to cut can leave scars.

I've heard too many stories, cried with too many girls, and apologized too many times to think I'm the only one with these bruises on my heart and holes in my story where friends fell through.

I'm guessing you can relate.

I'm guessing there are days you just want to be done with it all. It feels like too much extra work when your plate's already full and you're already juggling a circus of commitments. You don't need one more to-do, especially from a person who wants nothing to do with you. It's so much easier to just chuck it and be done with it all.

But here's the thing—I believe that it is both physically and spiritually impossible to simply wash our hands of other people.

As much as you might try to quit it, friendship is literally woven into your bones. With every breath you take, about 20 breaths per minute, you are entirely dependent on the life breathed into you by a God whose entire existence is a living, breathing friendship of three. He has designed friendship into your DNA, so trying to cut friendship out of your life is like trying to cut out a piece of yourself. It will hurt. It will leave open wounds. I hope I can convince you that it's not worth it—and that it's not healthy for your soul.

So let's go back to that beginning. Read Genesis 1:1. Who is the very first character we meet in the Bible?





**READ MATTHEW 3:13-17.** Identify each part of the Trinity and what they each said/did in verses 16-17:

When \_\_\_\_\_ was baptized, he went up immediately from the water. The heavens suddenly opened for him, and he saw the \_\_\_\_\_ descending like a \_\_\_\_\_ and coming down on him. And a voice from heaven said: "This is My \_\_\_\_\_, \_\_\_\_\_, with whom I am well-pleased!"

The profound tenderness and holy joy that rippled through that moment can give you goose bumps! Here is blessing, friendship, benediction, and delight all wrapped up into a single recorded moment in history. This was God publicly celebrating and delighting in the most sacred of relationships—His own.

We have been modeled on and built out of that DNA, made in an image that bears the permanent mark of friendship. We are intended for friendship with God and friendship with each other. But from the very beginning, Satan has tried to burn that image out of us.

Once Satan spewed his first temptation and Adam and Eve doubted God and then disobeyed God, we see the backlash of our broken relationship with God ripping through history. From Adam and Eve, to Cain and Abel, to Noah and his community, to Abraham and Lot, to Saul and David, to Mary and Martha, to the squabbling disciples and down through our Biblical family tree to you and me, Satan is on a campaign to convince us to doubt God and distrust each other.

But our faithful God has been just as determined to keep putting back together the original friendship that got broken. The entire story of Scripture hinges on how Jesus has come to restore our relationships, first with God and second with each other. In the verse that is the heartbeat of God's friendship with us, we read:

For God loved the world in this way: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. —**JOHN 3:16**

It's the entire reason why Jesus was on earth and available to be baptized. He came to make things right between Himself and us, so that we could live at peace with God as well as with the other human beings God created and placed in our lives.

### LET'S READ FROM COLOSSIANS TOGETHER:

He [Jesus] is the beginning,  
the firstborn from the dead,  
so that He might come to have  
first place in everything.  
For God was pleased to have  
all his fullness dwell in him,  
and through him to reconcile  
*everything* to himself  
whether things on earth or things in heaven,  
by making peace  
through his blood, shed on the cross.

#### —COLOSSIANS 1:18b-20 (EMPHASIS MINE)

Everything. Every single broken heart, every twisted family tie, every crushed spirit and wounded relationship, every single thing that has breath to breathe and tears to cry—*everything* is able and intended to be reconciled to God through His Son, Jesus Christ. Such is His wild and wonderful love for us, the creatures created in His image.

And in the final conversation Jesus the Son had with God the Father before He was betrayed and crucified, we get to hear firsthand how passionately Jesus felt about that assignment.

In one of His final prayers before He was arrested, falsely charged, and crucified, some of Jesus' very last words to His Father were about His friends—the people entrusted to Him. What did He say about them?

### GO AND READ JOHN 17:6-19.

Jesus could tell His Father in no uncertain terms, that as far as it was possible for Him, He had kept the faith and the friendship of every one of the friends entrusted to Him. Even Judas had been included right up until the moment He chose to quit Jesus, not the other way around.

Highlight verse 12 in your Bible.

Now put your own name into the verse:

"While I was with \_\_\_\_\_, I was protecting [her] by your name that you have given me. I guarded \_\_\_\_\_ ..." (John 17:12).

When you hear the word *protected*, what does it bring to mind? List a few words you associate with the idea of being "protected."

When you hear the word *guarded*, what does it bring to mind? List a few words you associate with the idea of being "guarded."

Both words are significant cornerstones of what it means to be God's friend. The commentaries spend a lot of time unpacking the power of these words. *Protection* gives us the image of a shepherd tenderly caring for and feeding his flock, while *guarding* implies the kind of actions that would bravely protect you from all kinds of wild beasts determined to rip your life to shreds.<sup>1</sup>

Taking the image even further, the Greek word Jesus used when He talked about guarding His disciples meant the kind of protection you'd get "behind the walls of a fortress."<sup>2</sup> Those are the very walls Jesus wraps around you—to guard and protect you by His Holy Spirit. You are so dear to Him. He is the friend who gave up His very life to protect you. He is the friend who lived up to His own definition of love and friendship.

### WRITE THE DEFINITION FROM JOHN 15:13.

"No one has greater love than this: \_\_\_\_\_."

He is the friend who is with you, protecting you, and guarding you, even with His own life.

Now think of the people in your life. Picture the faces of your friends—even the ones who have frustrated, irritated, or hurt you. Can you put them into this sentence?

“While I was with \_\_\_\_\_, I was protecting [her] by your name that you have given me. I guarded \_\_\_\_\_ ...” (John 17:12).

Can you do that? Are you willing to be a safe place for them—a friend who will offer the walls of protection and compassion like a fortress around them?

That’s what this study is about: believing that we are safely guarded by Jesus’ friendship and being willing to put our friends—the people trusted to us—into that sentence. We’re called to become guards around their lives with real friendship—friendship that doesn’t hold back, that always believes the best because we’re convinced that is how serious God is about His friendship with us.

But until we have that truth cemented into the foundation of our identity, we will not be able to give that kind of friendship to other people. For that kind of friendship to be possible, you need to believe it first for yourself. So as we get started on this journey together, please take this truth and deposit it—use super glue if necessary—into the very core of who you are: Jesus guarded His friends—that includes you and me—with His very life.





## Friendship Challenge

Write out this verse and stick it on your mirror, in your locker, or set it as the lock screen on your phone so that we can begin to superglue its truth to our souls. Be sure to write your own name, as well as the name of at least one friend, into the blanks:

“While I was with \_\_\_\_\_, I was protecting [her] by your name that you have given me. I guarded \_\_\_\_\_ ...” (John 17:12).





## DAY 2

# BE WILLING TO BE INTERRUPTED

*If you ask people how they're doing these days you'll likely hear one of two responses: either "I'm fine" or "I'm so busy." We live in a world where politeness overrides honesty and productivity overrides rest. So the last thing anyone expects to hear in response to the question, "How are you?" is the truth. Because some days that might sound like: I'm crazy excited about making the volleyball team, I'm so thankful for my amazing friends, or I'm enjoying a quiet afternoon napping or reading a book.*

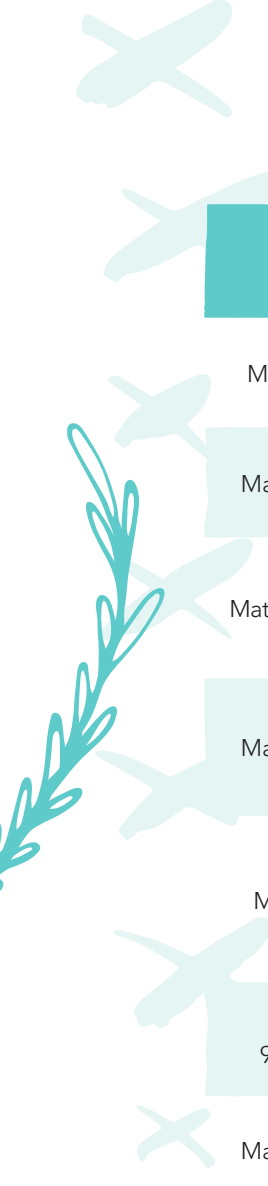
But, there are other answers that are harder to share, so we tend to shove them deep down inside of us where they can't slip out and shock anyone: *I'm exhausted, I'm depressed, I don't think I can stand my little sister, I'm overwhelmed, I'm lonely, I'm still grieving, I'm maxed out, or I'm about to lose my mind.* It feels awkward to interrupt someone else's day by shoving onto them the unexpected baggage of how we're *actually* doing. It feels like an inconvenience. An interruption. And an imposition on their time.

So we get really good at faking fine and keeping our baggage tucked neatly away so that it doesn't spill over into the lives and afternoons of the people around us. That would be embarrassing and awkward. What happens when you tell someone how you're really doing and they don't have time for it?

If there's one thing that defined Jesus' time on earth—it was His willingness to be interrupted. And not just that there were constant interruptions (and good grief were there a ridiculous amount of those!). What's so striking is how instead of being annoyed by interruptions, He *welcomed* them.

Let's compare how we feel/act about interruptions to how Jesus responded to being interrupted.





VERSES	WHERE WAS JESUS GOING?	WHO INTERRUPTED HIM?	WHAT DID THEY WANT?	WHAT DID JESUS DO?
Matthew 8:5-13	To the city of Capernaum			
Matthew 8:14-15	To Peter's house			
Matthew 8:18,23-27	To the other side of the Sea of Galilee			
Matthew 8:28-34	To the region of the Gadarenes			
Matthew 9:1-8	Back across the sea to His own town (Capernaum)			
Matthew 9:18-19,23-26	To teach His disciples			
Matthew 9:20-22	To Jairus' house			
Matthew 9:27-30	He went "on from there" (from Jairus' house) to another house			
Mark 10:46-52	Leaving Jericho			
Matthew 19:13-15	To teach His disciples			

Jesus stopped *every single time*. He allowed Himself to be interrupted, detoured, and inconvenienced. It was never the perfect time and never in a perfect setting. This is eye-opening for me—the woman who has been known to shove dirty dishes into the microwave and/or hide in the bedroom when unexpected visitors stop by., because by Sunday afternoon our house often looks like a three ring circus passed through. Every surface is covered in teetering stacks of school books or papers, and shoes, backpacks, socks, (don't ask me why) gym shorts, and pencils flung every which way around the front door and in a chaotic trail down the hall.

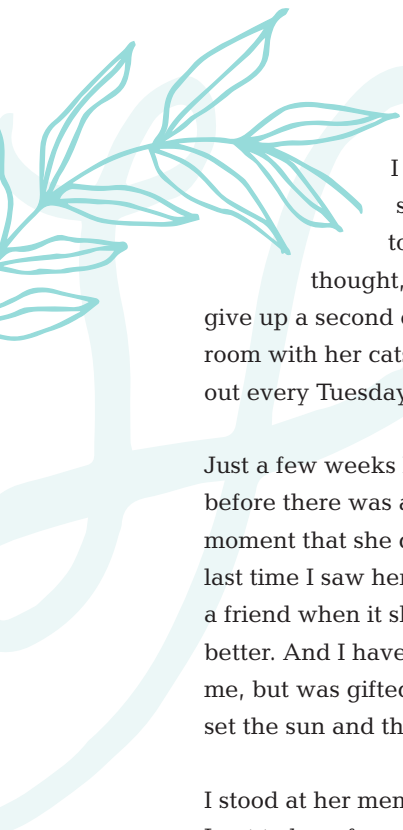
If I'm being honest, I even freak out about the planned visits. I admit I like the perfectly planned setting, food, and a visit that has a set start and end time. But hanging out doesn't always happen in a perfectly planned way. Sometimes, people will come over before your homework is finished or before you've had a chance to clean your room.

Girls, I used to allow my imperfect house—the way you'd find it on a Sunday afternoon—keep me from inviting people over.

But the thing is, being willing to be interrupted isn't about the state of our houses or our rooms. It's about the state of our hearts. Friends aren't looking for perfection; they're looking for connection. One of the ways our world of the fast and furious Internet hurts us is that our schedules and attention spans often don't have enough time to give each other uninterrupted hours of conversation. But we will starve on a diet of conversations limited to 140 character tweets, text messages, or Facebook status updates. We need soul food conversations. The kind that don't cut you off because they have somewhere else to be. The kind that stick with you.

I learned this the hard way through a selfish, split-second moment when I wasn't willing to make time for a friend—when I wasn't willing to be interrupted, when I wasn't willing to stick around. I would take it back if I could, but I can't because my friend passed away a couple weeks after the night I avoided her.

I remember it with a knot in my stomach. It was a night when I was tired after a late church event. All I wanted was to wrangle everyone back into the minivan, go home, and go to bed. I wanted my shoes off, my hair down, and my comfy pants on. As I was crossing through the church hall, I kept my eyes down so that I wouldn't have to stumble into conversation with anyone.



I wove my way through the chairs trying to get to my kids and spotted one of my Tuesday night Bible study girls with her back to me and her hand on her cane. Without even giving it a second thought, I backtracked around her so I wouldn't have to pause to talk—to give up a second of my stupid, selfish time to a friend who lived by herself in a small room with her cats and her passion for beautiful, colorful necklaces, and who came out every Tuesday night because she was so desperate for company.

Just a few weeks later she had a stroke that she never recovered from. She died before there was a chance for any more nights together. It was a small invisible moment that she didn't even know I stole from her, but I did steal it. And it was the last time I saw her alive. I only saw her back because my tired, selfish heart avoided a friend when it should have given the gift of its own time and presence. I know better. And I have to live with that memory. Time is a gift that doesn't even belong to me, but was gifted by God, who spoke hours and minutes into being the moment He set the sun and the moon in the sky.

I stood at her memorial service, and I got to see the generous way she spent her life. I got to hear from person after person about how she'd poured herself into each one of them. We laughed, cried, and sang our hearts out in memory of a woman who was quirky and beloved, and I loved her too. She wasn't perfect—and she knew I wasn't either—but now I get to carry her in my heart where she reminds me that giving people our time is an act of radical generosity. It's counter cultural to refuse to say those three words we say without even thinking: "I'm too busy." I don't want "too busy." I want to be available. I want to be willing to be interrupted. Period.

Dietrich Bonhoeffer describes it like this in his book, *Life Together*:

We must be ready to allow ourselves to be interrupted by God. God will be constantly crossing our paths and canceling our plans by sending us people with claims and petitions. We may pass them by, preoccupied with our more important tasks. ... It is a strange fact that Christians and even ministers frequently consider their work so important and urgent that they will allow nothing to disturb them. They think they are doing God a service in this, but actually they are disdaining God's "crooked yet straight path."<sup>3</sup>

## Friendship Challenge

So, let's get real honest together. Write down the names of specific people who felt like an interruption to your week. Let's flip that on its head and consider what God might actually be asking us to say to them or do with them. Maybe it's as simple as listening, taking a walk, doing a project, or sharing a movie night. Now, pray over those girls, and ask God what He'd like you to do for them this week.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

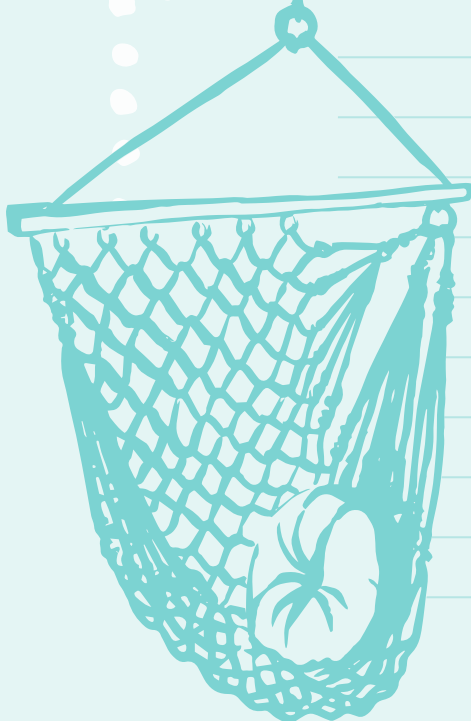
---

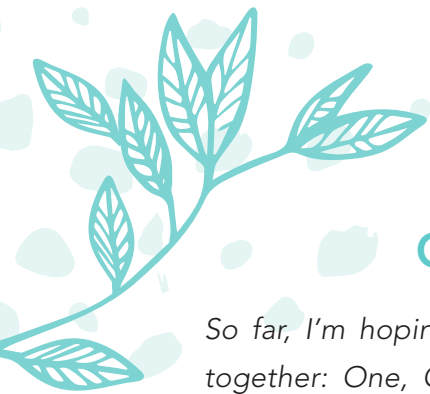
---

---

---

---





## DAY 3

# CRY AND CELEBRATE TOGETHER

*So far, I'm hoping we've learned at least two things about friendship together: One, God is your forever friend; Two, friendship welcomes interruptions. And along the way there really isn't room for worrying what your friends will think about the current state of your life, because true friends are more interested in the state of your heart than the state of your room. I love how The Message describes the incarnation—that sacred moment when God wrapped Himself up in human skin, feelings, body, and soul. John 1:14 says: "The Word became flesh and blood and moved into the neighborhood" (MSG). Jesus closed the gap between God and us by pulling up a chair alongside us in our daily lives so that we could know Him as He made Himself known to us.*

We are invited to do the same thing Jesus did: give the gift of our presence. We are called to be willing to experience life with the community around us, showing up and doing one of two things.

**READ ROMANS 12:15** and write down what they are:

"\_\_\_\_\_ with those who \_\_\_\_\_; \_\_\_\_\_ with those who \_\_\_\_\_."

In other words, showing up for our friends can look as simple as doing the ugly cry with them or joining their celebrations with whooping and hollering and confetti. It sounds simple, but it takes discipline. It takes intentionality. And more often than we admit, it takes courage.

Jesus' example is so radical because He lived it. He lived out the entire range of human emotions—from weddings to funerals. He rejoiced and He wept in public, and we have it recorded in Scripture. Two of what might be His most well-known miracles took place in these settings—the joy of a wedding and the despair of a death.



Read both stories and describe in your own words what the atmosphere might have been like at each event:

John 2:1-11:

John 11:17-36:

According to John 11:3, how did Jesus feel about Lazarus? How did Lazarus' sisters describe his relationship with Jesus?

The emotional energy at both events was off the charts—delight and despair, passion and gut-wrenching grief, hope, and doubt. And Jesus willingly stepped into both environments and into the deep well of human emotions. I don't know about you, but sometimes I can be intimidated by the emotional highs and lows of my friends. It can be tough to know the right words to say in the midst of their grief or how to balance their celebration with my own insecurities. Those are the nitty-gritty details behind the scenes of Romans 12:15, which is why I love getting a glimpse at the details surrounding Jesus' interactions with His friends in both their highs and their lows.

Bible commentaries allow us to paint a vivid picture of what those moments meant to the people living them. Behind the scenes of the story of the wedding in Cana we learn that:

A wedding is always a gala occasion, and in a village like Cana it would be a community celebration. "Refreshments" were provided for all guests. ... To fail in providing adequately for the guests would involve social disgrace. In the closely knit communities of Jesus' day, such an error would never be forgotten and would haunt the newly married couple all their lives. The situation prompted Mary's urgency when she informed Jesus of the emergency.<sup>4</sup>

Dancing, love, laughter, and passion. Seven days of joy, food, family, and of telling stories and catching up on life and celebrating—and the vital importance of being able to provide generously for all your guests. And there was Jesus, right at the heart of it.

And a death? The desperate despair of loss. In the shortest verse in recorded Scripture we know that “Jesus wept” (John 11:35). Commentaries paint for us the nuances so that we can see and experience the picture more vividly:

The third word, ... (*edakrusen*, “wept”), means to shed tears quietly. It may be contrasted with the loud and ostentatious weeping...of the hired mourners (v. 33), which was artificial. ... Jesus’ sorrow impressed the onlookers with the depth of his concern.<sup>5</sup>

Are we brave enough to follow His example and open our hearts up to the raw emotions of our friends?

Describe your honest reaction to someone else’s scary sorrow.

Describe your honest reaction to someone else’s overpowering joy.

Recently, over hamburgers and corn on the cob, our pastor’s wife told me how she’s spent the last four years walking with a friend through the long, slow, terrible valley of grief. I was sort of stunned. Four years! Who has the guts to go that kind of distance? Who has it in them to commit to a friend through the terrible roller coaster of grief for that long? It’s rare. It’s holy. It’s heroic. It’s a gift.

After my mom died, I had friends quit on me because my grief was too heavy to carry. I don’t blame them. There were many days I wished I could quit it myself. Grief is exhausting, and if you have the choice, it’s a luxury to choose to avoid it. But on an ordinary Monday afternoon, there was this woman of faith telling me how she knew from the get-go that she was going to commit to the whole journey through grief with her friend.

Because like all difficult and painful things, the only way through is through. And if you have a friend willing to walk that dark road with you, then you might have a decent chance of making it out on the other side. But even with a friend by your side, it will be challenging to find the bits and pieces of yourself to put them back together again in a pattern you can recognize in the mirror.

The strange thing about joy is that it can have the same effect—sometimes it’s too exhausting for our friends to embrace. Sometimes our joy pricks at the parts of

their own lives where they're dissatisfied. Sometimes our joy highlights their hurts or losses. There are days when someone else's joy feels more like a threat than a celebration. The crazy underbelly of joy taints when it should encourage, threatens when it should inspire, diminishes when it should enlarge.

Ask any girl struggling with insecurity how she feels when her friends all receive perfect promposals. Ask any motherless daughter how Mother's Day feels or any athlete how it feels to be cut from the team. You know what I'm talking about, right?

When was the last time you were so sad you felt like what your soul was experiencing was bigger than your body could contain? When was the last time your soul wept?

When was the last time you were so filled with delight and the desire to share your news and celebrate with someone that you couldn't possibly hold it all in? When was the last time your soul rejoiced?

The cool thing about Jesus is that through all of those experiences, He is in the business of making all things new. Write out Revelation 21:5 (the first part of the verse):

God, in His infinite wisdom and His inability to be limited by sin, is constantly transforming our lives and our faith. Literally. In the stories we studied today, Jesus used both sets of experiences to transform. To make something new. To transform water into something much more special. To transform death into life. Both moments are evidence of Jesus' transformative nature. In His kingdom nothing is wasted; no grief or joy is left to stand alone. Both are arrows pointing us back to the God who is constantly transforming us more and more into His own image.

If we will bravely enter into the joy and sorrow of our friends it will transform both of us because it will always point us back to Christ. Listen to how *The Expositor's Bible Commentary* describes the transformative nature of Jesus' first miracle—the one that worked a change way beyond what happened to the water:



The purpose of Jesus' first miracle after entering Galilee is not stated. ... The nature of the miracle is very plain. Jesus had come to bring about conversion: water to wine, sinners to saints. And this latter miracle of transformation occurred in almost complete obscurity. Few know when or how it happened, but they know that it did happen.

The effect of this miracle is noteworthy. It marked the beginning of a ministry accompanied by supernatural power; and it proved so convincing to the new disciples that they "put their faith in him." The deed helped confirm the conclusion they had drawn from their previous interviews with him: Jesus must be the Messiah.<sup>6</sup>

At a wedding, in a totally unexpected way, Jesus began His ministry of transformation—of making all things new—starting with the people around Him. The delightful quality of the miracle He performed on the water wasn't about the pleasure it brought to the guests. It was about the change He was offering to bring about in their lives.

This is the same story we see unfold outside a tomb in Bethany:

Why should he be glad that he was not present to save Lazarus from death, or to comfort the sisters, and why should Lazarus's death bring any benefit to the disciples? Jesus considered this an opportunity for a supreme demonstration of power that would certify the Father's accreditation of him as the Son and confirm the faith of the sisters and the disciples. He was certain of the outcome.<sup>7</sup>

To make ourselves vulnerable to experience the grief and the joy of our friends is to make ourselves available to being changed—transformed—by the Christ who is always present on both journeys. When we let our insecurities or awkwardness stop us from fully entering into the experiences of the people around us, we limit the transformative impact the Holy Spirit can have on our lives. Because while we might not know how to put those experiences into words, He does. He's the friend available to process all of it with us.

Write out Romans 8:26.

That second half of the verse is translated in a variety of ways—all of them sweet with the tender intimacy of how closely God is willing to walk with us as we try to make sense of our sorrows and joys and the sorrows and joys of the people around us:

CSB: The Spirit himself intercedes for us with *unspoken groanings*.

NIV: The Spirit Himself intercedes for us through *wordless groans*.

NLT: The Holy Spirit prays for us with *groanings that cannot be expressed in words*.

ESV: The Spirit himself intercedes for us with *groanings too deep for words*.

MSG: He does our praying in and for us, *making prayer out of our wordless sighs, our aching groans*.

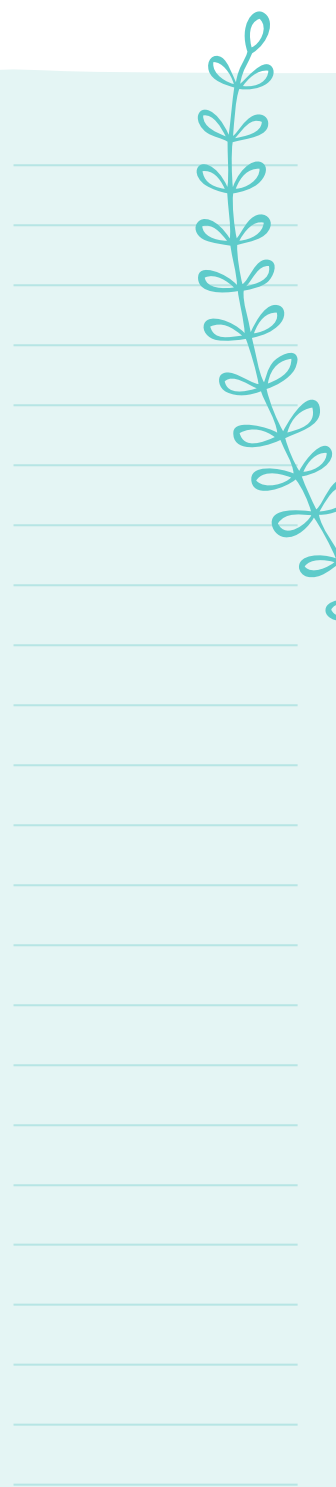
### —ROMANS 8:26

In every translation we see the raw ability of the Holy Spirit to express even the things we can't manage to put into words ourselves. He is our constant, trustworthy companion as we try to make sense of our experiences and participate in the journeys of the people we love. I don't want to miss that chance. I don't want my own self-consciousness, selfishness, or tiredness to distract me from participating in the life-changing work of God in me and in the people around me.

But I know I have failed, and I will fail again, and so I'm desperate to learn from Jesus' closest friends who stand as a cautionary tale for what not to do when someone we love is desperate for support.

**READ MATTHEW 26:36-45**, when Jesus' closest friends missed the chance to help Him carry the heavy load of His worry and His grief.

List the emotions Jesus experienced based on what He told His disciples.



## What distracted the disciples from fully entering into what Jesus went through?

I've always thought the worst betrayal of the night was Peter's denial of Jesus, but the more I studied this passage, the more terrible this moment grew in my mind. In the moment when Peter denied Jesus we don't know if there was anything he could have actually said or done to bring comfort to Jesus, his dearest friend.

But in the garden, in the dark of night, Jesus spelled out exactly what His friends could do to encourage and comfort Him. And they failed Him 100 percent.

## Jesus took with Him three disciples into this intimate moment of grief and suffering. What three things did He ask them to do?

The sense of betrayal He must have felt at returning to find them fast asleep, not once, not twice, but three times (interestingly the same number of times Peter would deny Him verbally later that night) probably cut Him deep before He even encountered Judas and the soldiers in the garden.

I'm desperate not to disappoint my Jesus. I'm desperate for His help in keeping watch with Him. I don't want to miss Him. I want to be awake with Him and for Him. But *how*, you might ask. Well, we know that Jesus shows up in the faces, the stories, and the voices, and in the joys and sorrows of the people we encounter on what feels like totally ordinary Mondays, Tuesdays, or Sundays. He shows up in the lives of our tough teachers, our difficult family members, and our struggling friends.

## Just one chapter earlier in Matthew 25:40, what had Jesus taught?

It's right there in black and white. If you want to comfort Jesus in His most suffocating sorrows or celebrate with Him in His most tremendous triumphs, you have to start with the people around you—the people Jesus has entrusted to you, the young men and women who bear His image.



## Friendship Challenge

Let's start right here, right now. Make a list of the girls in your life who could use your company this week—whether they're walking a journey of joy or sorrow, excitement or despair. After you write their names, make the time to connect with them. And wait and see how you're transformed by meeting Jesus in the lives of the people around you.

It doesn't take much. And sure, sometimes the showing up can make us feel awkward. It might make us feel embarrassed—but only for the few minutes it takes us to stop thinking about ourselves. As soon as we're able to look past ourselves and focus on our friends, the sooner we're able to forget about saying the right thing and simply start saying the next thing.

You might be surprised how helpful that is to keep in mind. Just say the next thing—*pepperoni or cheese? Coffee or tea? I picked up an extra coloring book at the store. Here, I brought this for you. Sit next to me today at lunch. Do you need to borrow a pen or paper? I made cookies. You can eat them while we watch a movie together.* Just keep showing up and saying the next thing and that kind of friendship will wrap itself around our friends' sorrows or joys simply by our willingness to be present.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

