

# GRIT 'N' GRACE

*good girls breaking bad rules*



## DIGGING DEEPER

*devotional*

Episode #179

How to Handle an "Overweight" Friendship



# How to Handle an "Overweight" Friendship

## Scripture Verse

John 13:34

"A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another."

## Bad Rule

I need friendships to fill me.

## Truth

Great friendships are grounded in love and mutual giving.

## Devotional Quote

"We think about jealousy in romantic relationships but not in friendships. I think it's very real in women's relationships." ~Amy Carroll

## Digging Deeper

**1 Who was your first best friend?**

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**2. Who has God asked you to dethrone?**

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**3. When has jealousy or unrealistic expectations affected your ability to have healthy friendships?**

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**4. How has growing in your relationship with God helped you to have healthier friendships?**

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**5. Who is in your Friend Network?**

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## Friendship Challenge

Spend some extra time with God this week to get to know Him as a friend.

### Devotional Prayer

Lord, thank you for the friends you've blessed me with. Help me to see the needs of those around me so I can be a good friend to others. Most of all, help me to form a deeper friendship with You. Be the friend I need today. Amen.



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