

## **Friends will Make or Break You (adapted from WisdomWalks)**

### **Ready:**

*“The one who walks with the wise will become wise, but a companion of fools will suffer harm.”*  
– Proverbs 13:20

### **Set**

When I was a kid, my mom always told me, “Choose your friends wisely.” A few of my “friends” in high school would try to pressure me to drink alcohol or try drugs. Thankfully, God helped me to stand up and make wise decisions. The friends we choose can make or break us. And, we can make or break them.

In almost every major professional and collegiate sport, athletes get in trouble during the off-season when they leave the team environment of high expectations, focus, and accountability and reconnect with “old friends.” Headlines are full of athletes who engage in foolish behavior when the spotlight is off. The book of Proverbs talks over and over again about the importance of choosing the right friends. Who we spend our time with will either make us better at life or lead us into trouble.

There are two great principles in Proverbs dealing with friendships:

1. **Be a Good Friend.** To attract faithful friends, you have to become the type of friend you want to be around. If you want trustworthy friends, be trustworthy and honest. If you want friends who are growing in their relationship with Christ, you’ll need to focus on growing spiritually as well. If you don’t want friends who gossip, then don’t gossip.

2. **Find Wise Friends.** Here are three simple questions to ask if you can’t seem to figure out if your friends are wise: Do they follow Jesus? Do they do the right thing? Do they make others better?

I’ve heard it said, “Show me your friends and I’ll show you your future.” So take a look at your five closest friends. Are they making wise decisions? Do they make you better? Are you doing the same for them? Remember, friends can make or break you.

### **Go**

1. In what ways are you having a positive influence on your friends? Negative?
2. Write down the names of your closest friends. Are they wise or foolish?

### **Workout**

Proverbs 12:26

1 Corinthians 15:33

### **Overtime**

*Father, help me to be a trustworthy, faithful friend – to seek You and make others better. Lead me to an inner circle of friends who love You and make wise decisions, amen.*

### **Bible Reference:**

Proverbs 12:26

1 Corinthians 15:33



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