

# Spiritual Friendship Guide

A spiritual friend is someone that you regularly talk to about your spiritual life and share both your joys and sorrows. This friendship is built on mutual encouragement, accountability, and praying for each other.

## Finding a Spiritual Friend

If you do not already have a spiritual friend, pray and ask God to show you who this person should be. Then look for someone that also wants to grow in God. It would be great if this person is in your Missional Church, but another person may come to your mind. It could be your spouse, but this is not recommended. It is better to ask a good friend or someone of the same gender that you sense is eager to grow in their spiritual life.

It is important that you find someone that you feel safe with. You'll be getting vulnerable with this person so you need to make sure you can trust them to not betray a confidence. Also, if you sense that this person might judge you or react to what you say in an unloving way, then choose someone else.

Once you have chosen this person, ask if the two of you can get together to share about your spiritual lives and encourage each other.

## Share

When you meet, give each other time to answer the following questions:

1. How is your life with God?
2. In what ways do you need to be encouraged right now?
3. What, if anything, is holding you back from living more fully for God?

## Listen

We live in an age of much talking but little listening. So make an effort to listen well and allow the other person to share what they're really thinking and feeling. People long to know and be known, and when they feel safe they will usually share a great deal.

That being said, be careful about what and how much you share. Unless you have a long-standing relationship and have done this kind of thing with this person, you cannot be sure of their reaction. A good rule of thumb is to share only what you think the person can handle as you are "testing the waters" of spiritual friendship.

## Pray

Be sure to take some time to pray for one another after you each have shared. Simply lift the person up to the Lord, thank him for what he's doing in their life, and ask him to meet them in whatever struggle or need they have shared.

## Peace

Above all, be at peace. If this is the first time you are doing something like this, do not enter into it with a great deal of worry and concern. This exercise is designed to be a gift, not a burden. Approach it with an attitude of joyful expectancy.

If this was a fruitful experience for you, consider meeting with this person regularly to share and build each other up. Decide how often you will meet together. At least once a month is recommended.