

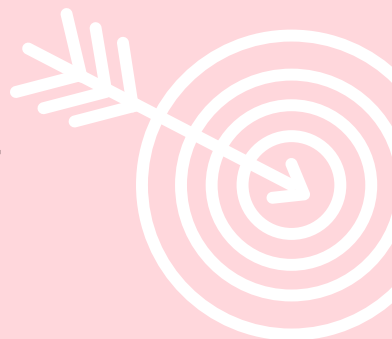
FRIENDSHIP

a 5 - day biblical study



CRYSTAL KOMALA.COM

What does a target have to do with friendship + destiny? Step through this 5 day biblical study with me to discover what it means to bless your haters and sharpen friendships close to your heart.



Cultivating Character

Pruning your Inner Circle

Fine Tuning Friendships

Day 1

THE TARGET



I was simply driving down the road, thinking about friendship, when the Lord showed me a plain vision of a target. You know, like the Logo for the store you nearly always spend too much money in (don't worry girl, your secret is safe with me..), and just like the traditional bow + arrow target. However in order for you to get the true picture you need to understand what exactly I was pondering in regards to friendship. I was thinking about relationships in comparison to our destiny. In case you haven't figured it out yet, I am a lover of people. I thrive on interaction with others and I am more relationship-driven than task-driven. More of your "type B" personality rather than your "type A". However, with this personality has come quite the pruning. Especially in regards to my friendships. You see, as we approach our destiny, as we zero in on the target and the main-goal for our life the circle surrounding us must become smaller. Just like the concentric circles surrounding the bulls eye on a target. I know! I never thought of it this way either.

Is it because God hates friendship? Absolutely not. It is because He values it, and He knows it's influence over our hearts.

It is because He loves it, that He desires us to guard our inner-circle. As you press towards your calling, as you zero in your focus on becoming all that God has called you to be, you will find that God will move some people out of your life, and move others in.

While it is fine to have many acquaintances and even friends, we must guard the spots in our "inner circle" with diligence, or rather - ask to Holy Ghost to guard and protect these spots at your table. Maybe this "inner circle" lingo is new to you, and just a few years back, it was to me too. You see - It's been my experience that as you travel the road to your destiny it is over crowded at the start, then it becomes very lonely, and after a season of internal pruning the Lord reveals to you those friends who were praying for you in secret when you felt that you were walking alone. It is these few friends that I feel God allows to walk with you into your promised land. The road to Jericho can be bumpy, and you'll need encouragement from time to time. This is why it is essential that you are sharing your dreams, hopes, and even prayer requests with a sister who will lift you up, rather than Suzie-Talks-Alot. Trust me girl, I have learned from experience!

Day 1

THE TARGET



WRITE THE NAMES OF YOUR FRIENDS BELOW. IN YOUR PRAYER TIME THIS WEEK ASK THE LORD SPECIFICALLY TO SHOW YOU / TELL YOU WHICH OF THESE FRIENDS CANNOT MOVE WITH YOU INTO YOUR NEW SEASON, AND WHICH FRIENDS WERE SENT BY HIM TO ENCOURAGE YOU THROUGH THE JOURNEY TO YOUR DESTINY.

QUESTIONS TO PONDER: WHAT DOES THEIR PRAYER LIFE LOOK LIKE? HOW IS THEIR BIBLICAL WISDOM? COULD THEY PROVIDE YOU WITH SCRIPTURE TO HELP YOU THROUGH DIFFICULT SEASONS? WHILE ALL YOUR FRIENDS DO NOT NEED TO BE BIBLE SCHOLARS, IT IS IMPORTANT THAT YOU SURROUND YOURSELF WITH LIKE-MINDED BELIEVERS



Day 1

THE TARGET



If there is one thing I have learned living life as a Pastor's child, and working in ministry myself as an adult, it is that people are fickle! You know it's true. If we aren't careful Fickle-Francis will have sweet talked her way into your table and before you know it you will be questioning everything you've set out to do! Why? Well - do you remember Joseph? He was a dreamer, and he just so happened to share his dreams with people he thought he could trust, aka- his brothers. However, his brothers became jealous and sold Joseph into slavery! we must be so careful who we share our dreams with.

What are your dreams? Go ahead girl, don't be afraid to grab ahold of that BIG dream, that even scares you a little, and put it at the center of this bullseye. I'd dare say that this dream, this passion of yours was purposefully placed in you because the Father knows that you will be the perfect person to complete the task. He formed you before you even knew anything about.. well - anything. He knew exactly what shapes to your personality would compliment the drawing He has for your life.

So, if your dreams are big, but your God is bigger, then what do you have to lose?

Read

EPHESIANS 3
EPHESIANS 4:1

Memorize

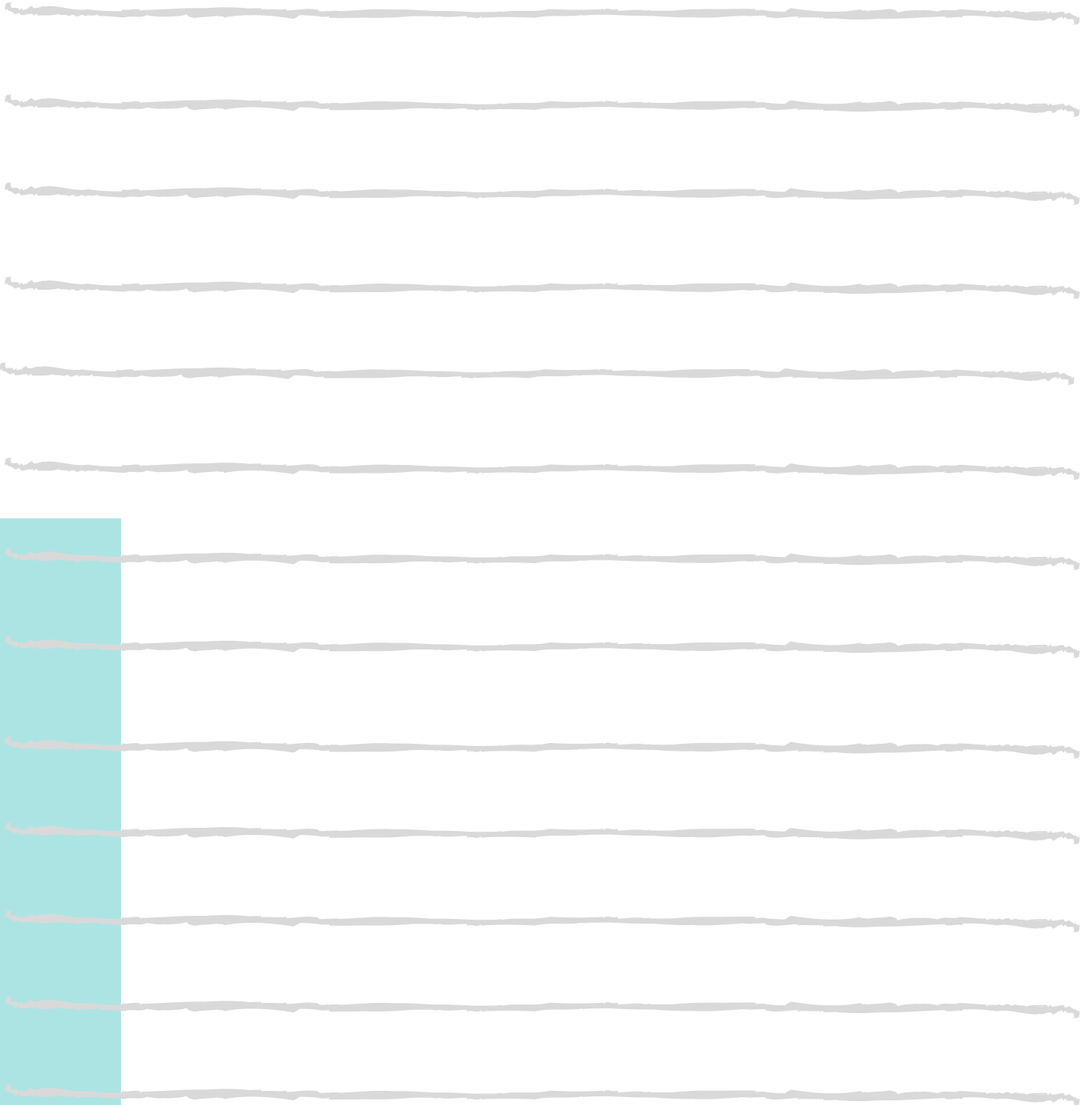
"Now unto Him Who, by (in consequence of) the [action of His] power that is at work within us, is able to [carry out his purpose and] do superabundantly, far over and above all that we [dare] ask or think [infinitely beyond our highest prayers, desires, thoughts, hopes or dreams]- To him be the glory in the church and in Christ Jesus throughout all generations forever and ever. Amen."
-Ephesians 3:20-21

Pray

Lord Jesus, You are the author of my life. Help me to see the purpose that you have for me in this season of life. As I press towards my destiny I know that you are pruning me, aligning and removing relationships. Allow me to see the bigger picture and not be bound up with hurt. Holy Spirit show me the unproductive relationships in my life and give me the courage to remove their influence over me. I give you full control over my friendships, I choose to honor you. -Amen

Day 1

REFLECTION

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*"...two are better than
one...for if they fall, the
one will lift up his
fellow..."*

ECCLESIASTES 4:9-10

Day 2

THE HATERS

Yesterday we touched on the story of Joseph, and today we are going to dive deeper into this story. Joseph was a dreamer, an excited one to say the least! He knew He was getting dreams from the creator of the Universe and He was ready to share His dreams with those closest to him, his brothers. However his brothers did not choose to encourage Joseph, instead they became jealous, and tried to cut him out of the picture. Well, thankfully God has the final say in our stories and Joseph actually saw his dreams come to pass in his life, despite the horrible things his brothers did to him. In fact - the brothers actually bought Him a blessing, as Joseph ended up in the Kings quarters (Potiphar's House). This is where your reading ends today, however if you continue on into Genesis you will realize that Joseph becomes very wealthy, powerful, and even has mercy on his brothers later in his life when they are desperate for food. Moral of the story? Well - I think we can think of a few.

1- Be careful who you share your dreams with

2- Beware that you're never a hater

3- God always has the final say

This is where I feel God is specifically trying to show us the impact of our "Inner Circle". Those special friends who we share our dreams with. If we aren't careful our excitement will overshadow our wisdom and we will blab God's plan for us to whoever is closest - and it could end up placing us in a world of hurt! The scripture tells us that these brothers couldn't even speak a kind word to Joseph because they were so envious of their father's love towards him. Now, you'd think that Joseph would know that these brothers weren't his biggest fans. Yet, he shared anyways. Don't misunderstand me, I am certainly not dissing sweet Joseph. In fact- I can totally relate, and I am sure you can too! More often than not I have blabbed my big dreams to someone just for them to entertain me for the moment, and then tear my heart out with their negativity, or dishonest schemes to tear me down. Now, I do realize looking back that in some stretch of the imagination these "friends" thought they were doing me a favor by "being realistic" with me, but how many times do we ever see God operate within our box of logic?

Day 2

THE HATERS



This brings me to our second point - making sure we aren't haters on others dreams and aspirations. While we don't have to have a seat in everyone's amen corner, we should never spew negativity on others dreams. Especially if God is inspiring these dreams. It is so important to watch the words that come out of our mouths, as they can be used as a blessing or a cursing.

What friends surrounding you do you share your dreams with? How do they respond? If they think it is their personal mission to "bring you back down to reality" I'd say it's time to move that friend out from your Inner Circle, and into a circle a little further away. They can still be your friend, without allowing them access to discourage you and distract you from the calling God has on your life. If you have friends that encourage and support your big dreams, honor and cherish this relationship! Or maybe you have been keeping all your dreams quiet. Maybe you are like I once was, a big dreamer, excited - yet sharing it with no one. While I believe there is a time and a place to keep things between you and God, quiet and hidden as they develop, I do feel that as people of God there is a time for, and there is power in agreement. And it is refreshing to have a friend to share with. If you are contemplating if you should share, I'd say ask yourself why you are hesitant? Are you scared they will think you are crazy? Are you scared that they will laugh at you? If either one of those resonates with you then it's time to do 1 of two things. 1- It's time to tell fear to take a back seat and share so that they can come into agreement in prayer with you. 2- It's time to find a new friend to sit in your inner circle, because this friend just bought a ticket to the nosebleed section. Trust me girl, I have been there. There are maybe 2 people (aside from my husband) who know my Big dreams (the really big ones...) because I am guarding my heart, and I am guarding the seats to my inner circle with such diligence, as I know how hurtful - yet how helpful- the right friendships can be. So, today as we close reflect on how you interact with your friends. Do you encourage, or do you consider yourself a "real-talker", which is actually a "real-discouragement" to you friends. Who have you allowed access to your dreams that needs to step away from your table? Who do you feel that you can share with, that can agree with you in prayer? *Write and reflect on the next page*

Memorize

"Bless those who curse you, pray for those who mistreat you."

-Luke 6:28

Day 2

REFLECTION



A series of 12 horizontal, hand-drawn gray lines for reflection. The first 6 lines are on a white background, and the next 6 lines are on a light gray background. A solid pink vertical bar is on the left side of the page, partially overlapping the lines.

Day 3

THE ENCOURAGERS



Let me start day three with saying that those in your inner circle, the encouragers, they aren't always "fluffy", and that is okay. Sometimes we need to withstand the heat of constructive criticism so that we can become a better person, a better Christian, and a better friend. Let's take the memory verse for today into consideration, Proverbs 27:17 says (Crystal Komala version) that friends bring about the best in each other by sharpening each other, just like iron sharpens iron. Notice this says that both friends are made of iron? Aka the one iron doesn't get whimsy and offended when the other iron attempts to sharpen it. It's iron. It can withstand the heat of constructive criticism. Ecclest. 4:9-10 says that it is good to have a friend who can pick you up when you fall. Something to notice here is that we have to be close enough to our friends to be able to reach out, lend a hand and pick them up when they fall. Lasting, meaningful and Godly friendships may require some time and attention, and that is okay! The Lord knows that we need good friends, It is important to reach out to your girls, laugh with them, listen to them, encourage and pray with them.

Women nurture by nature, but often we forget to take the much needed time to cultivate and nurture our own relationships. We need to learn to be purposeful with our time. Do we have time to squeeze one more thing onto our calendar? Probably not. But I can assure you that we can be more purposeful about our interactions each day, with relationships we hold dear. Have time in the car when you commute to work? Take that time to talk to God, and even call your bestie. Take the time to listen to her, empathize, offer to help, pray with her right there, and don't forget to laugh! Are you married? This same concept can be used for your marriage. While you may not be able to chat on the phone each morning you can be more purposeful about the time that you do spend together. Dock those phones, and have meaningful conversations - you will be glad you did. Purposeful interaction and communication can go a long way - and it's cheap! (Now, that is right up my alley) The Bible tells us in Proverbs (Chapter 18, verse 24) that if we want a friend, we must first show ourselves friendly.



Pray **BIG**
Believe
BIGGER

Day 3

THE ENCOURAGERS



The enemy loves to tell you that no one cares about you, and you are all alone on this journey to glory, but he doesn't tell you that if you smiled a bit more, and appeared more approachable you'd have plenty of chicks to click with. Oh- and he certainly doesn't like to let us know that this is the same lie he is spreading to each one of us. Just as a wolf will attack a sheep that is on the outskirts of a sheep fold, the enemy will encourage you to isolate yourself so that it is easier for him to take you down. This isn't a dress-rehearsal, sweet friend. This is the real deal, and the enemy is playing for keeps. So, let's wise up to his schemes and be vigilant.

How can you encourage those surrounding you? Remind them what God says about them. Not what this world says about them, or even what the enemy is trying to get them to believe about themselves. Know the word of God and speak it over your friends, acquaintances and your inner circle girls. Everyone could use some more encouragement - and you have all the tools you need to speak life into those surrounding you.

Memorize

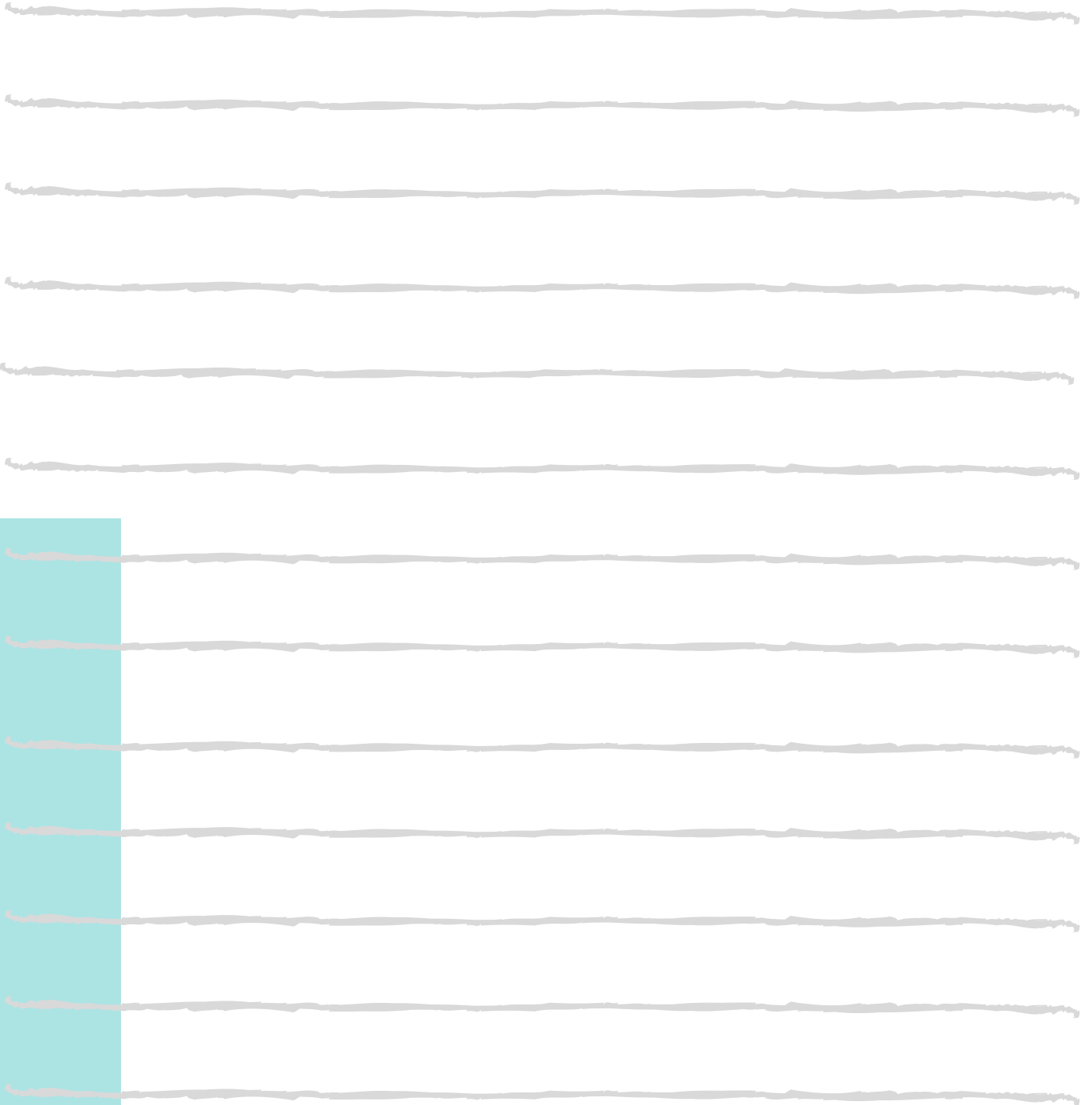
"Set a guard over my mouth, Lord;
keep watch over the door of my lips"
-Psalms 141:3

Pray

Lord, Your word says that my tongue holds to power to bless or to curse. Help me to realize the impact of my speech and please guard my mouth. Holy Spirit help me to only speak life into the lives of my friends, and send me to encourage those who need to feel your hope and love. Open my eyes to see the schemes of the devil to isolate me from Godly friendships. Holy Ghost help me to cultivate the friendships you have placed in my life for such a time as this, and allow me to see the relationships that are causing more harm than good. Help me to build up, rather than tear down and send your Holy Spirit and fire to burn everything out of me that is displeasing to you. I want to be an encourager of your daughters. -Amen

Day 3

REFLECTION



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Day 4

THE FENCE LINE

Read

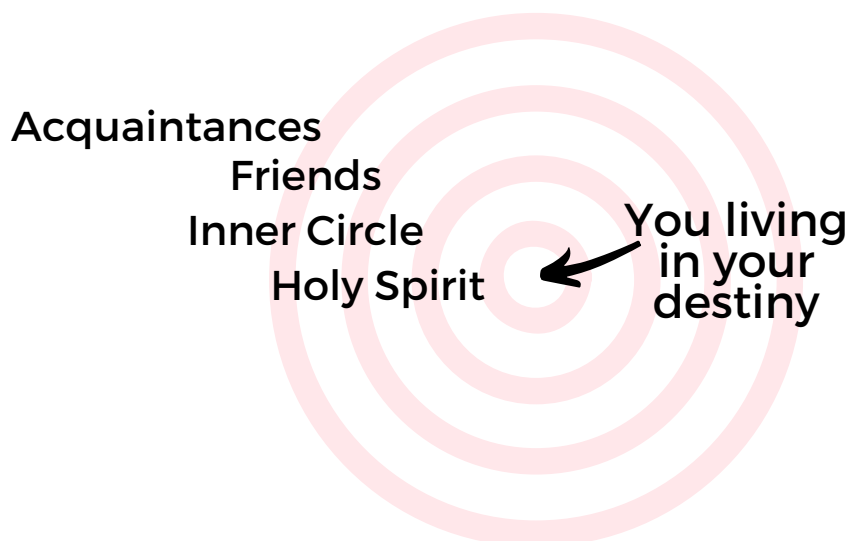
THE



Now that we have spent time talking with the Lord about our dreams, we have asked the Holy Spirit to weed our friend-garden and show us those who are to be seated at the Inner Circle table, it's time to talk about boundaries. Now, we know that the Lord desires for us to have meaningful relationships. Remember in Genesis? God made a woman for Adam because God realized that it was not good for Adam to be alone (he probably kept forgetting where he laid his keys...)so He made Adam a helper, a companion. Now, I realize this is not a study on marriage but we do need to understand the impact that the Lord places on our relationships, and the need for them. So, we have our acquaintances, our friends and our inner circle of influence (see below).

We are at the center of this bulls eye, doing our Destiny-thing and we are surrounded first and foremost by the Holy Spirit. (more on Him tomorrow..)

Then we have the inner circle, beautiful friends that we trust with our passions, our struggles, our prayers requests and our dreams. Notice that this circle, in relation to the entire target, is rather small. And girl, its been my experience that you can consider yourself blessed if you can find 3 or 4 good girlfriends who can pray you through a drought, and then dance with you in the rain. Keep these friends close, and when you are going through a dry season don't be ashamed to open up and tell them. This is why they are here - they will encourage you and pray with you. They will remind you of your big dreams and their prayers will hold you up when you feel you can't stand anymore. The next fence line is your friends. Ladies you love dearly, but ladies who the holy spirit has not given you the go-ahead to invite to your table. And this is totally fine! We need each circle in this target to be involved. We need the acquaintances and the friends just as much as we need our inner circle chicks.



Day 4

THE FENCE LINE



As I have mentioned before, God often moves friends in and out of our lives. And frankly - sometimes he removes ladies right from the inner circle table and places them in the lawn-seats. You follow me? And let's be honest.. this totally hurts. This really comes with some heartache. When does God do this shifting? From my experience it is when I am on my way into a new place, when I'm coming from one glory, to another glory (see 2 Corint. 2:18). In fact, I can think back to several times in my life where I have really come to love and trust a friend, and The Lord allows it for a season, and then he moves us apart. At the time we don't understand and all we see is the loss. But the Lord knows the end from our beginning (Isaiah 46:10), and he knows when it is time for us to cherish the memories of the friendship, and move on. And trust me- when you bang on the door, and pry it back open to that friendship that God already told you to distance yourself from - you will end up sad and confused. When God closes a door, trust Him. And leave it closed.

Memorize

"The man of many friends [a friend of all the world] will prove himself a bad friend, but there is a friend who sticks closer than a brother." -Prov. 18:24

Pray

Lord, thank you for showing me that as I advance towards my destiny, my circle of friends get smaller. I realize that this is not because you want me to be lonely, but because you value who has access to my heart, and I trust your guidance on who to allow into these circles of friendship. Lord please help me to trust you, as you move people in and out of my life while I advance towards my calling. I trust that you see the bigger picture and even though it hurts now, I know that you will restore me, just like you always do. Jesus, be a fence around me. I am thankful for your protection, guidance and your love. Show me the doors to walk through that lead to my destiny. I realize that when you are for me, nothing and no one can stand against me. -Amen

Day 4

REFLECTION



A series of 12 horizontal, hand-drawn gray lines spanning the width of the page, intended for writing reflections. The lines are slightly irregular and have a textured appearance. A solid pink vertical bar is positioned on the left side of the page, partially overlapping the first six lines.



Day 5

THE HOLY SPIRIT

Shew girl - I don't know if there is enough paper in the world to write about the importance of the Holy Spirit. Personally, I can't even walk to the mailbox without the Holy Spirit. We are living in a real war zone, and we must have the protection and guidance that this part of the Trinity provides. Do you remember Jesus's instruction to his people before he ascended back to heaven? He instructed them to go and wait on the Holy Spirit. He didn't tell them to go about on the Earth doing the best they could! No. He knew that would NEVER work, because there is no power within our simple selves. However, when we grab ahold of the Holy Ghost, and we walk with Him, we are walking with the Authority of God almighty. This is why Jesus told them to go and wait. To wait for the empowerment from the Holy Spirit. So, if Jesus told his friends in the book of Acts that they needed the Holy Spirit, why do we think that we are above it? Why do so many Christians walk around every day without ever even consulting Him, telling Him good morning, asking for Him to guide their day, their path and guard their heart! And don't forget about placing a hand over that mouth!

The Holy Spirit is essential to our victory as believers. Yes, Jesus won the victory. But I'm not sure if you missed the memo or not, but He went back up to heaven, and He sent the Holy Spirit to Earth to live and dwell in us. So that we could have fellowship with the Father at ALL times. Girl! this is about enough to make me take a praise break! When Jesus tore the veil (at his crucifixion) He spilt that thing wide open! He forever removed the barrier between God and Man because of His sinless spotless sacrifice. This is why salvation is so beautiful. It isn't just a "Get out of Hell Free" card, it is an all access pass to the Creator of the Universe. But we must keep ourselves Holy if we wish to commune with a holy God. ...ouch.. I know.. I said it I had you all excited and then I just HAD to talk about holiness. Well- it is Biblical friend, and in order to live a fulfilled, victorious life where we can ACTUALLY reach our destiny and leave nothing undone for God's call on our life... we MUST walk in the spirit every day. Why? Because our flesh can't get to where God is taking us. These physical eyes cannot see where God is taking me. Only spiritual eyes full of Faith, and a heart full of His word can take ahold of His plan and purpose and RUN after it.

Day 5

THE HOLY SPIRIT



We need the Holy Spirit to not only prune our inner circle and our friendship garden, but we need Him to prune us. To remove anything from us that cannot go with us into the bullseye, into the center of the Target. Yes, our circle of friends surrounding us gets smaller, but our dependence on God and His spirit must grow larger.

If your dreams don't scare you, then they are insulting to God.

What glory would the Father get out of a life that was totally doable without His help? If your dreams are so big that you are scared to actually pray about them, you are probably on the right track! But, if they are so attainable in your mind, then they are too small, they are insulting to God. Because you don't need Him to fulfill them. ...ouch... I know.

Remember that Big dream you grabbed ahold of on Day One of this study? Well, dream bigger. Pray bigger, and then Believe biggest of all. Because God is able, willing, and ready to do far more than you could ever ask or think, according to the power that works in YOU. And incase you were wondering, that is His Holy Spirit power.

Pray

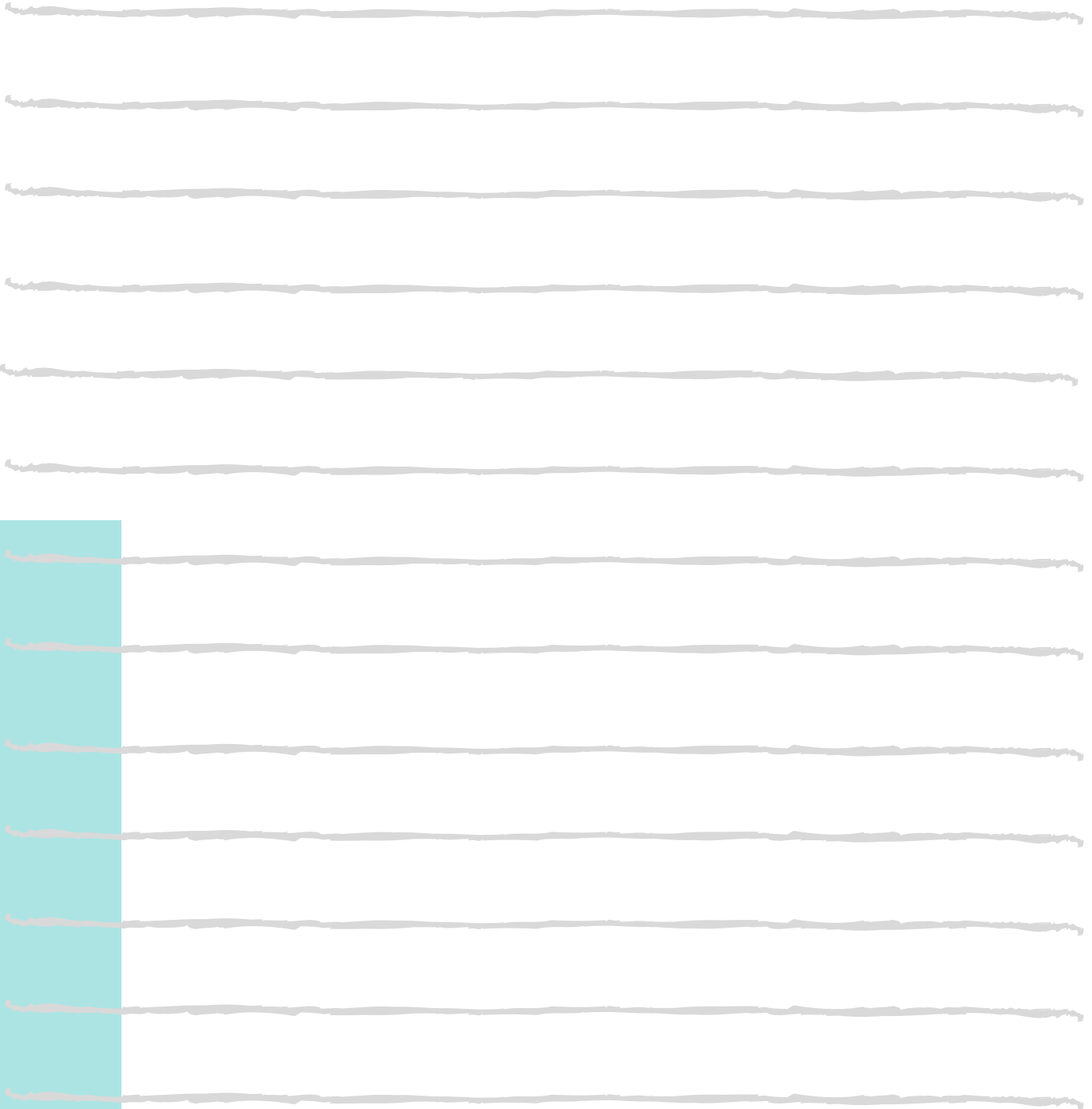
Lord, Thank you for your sweet Holy Spirit that you sent to Earth. I want to receive the fullness of your Holy Spirit so that I can be an effective child in your kingdom. I want to dream Big with you, and I want you to know that I am committed to walking out every step of your plan for my life, hand in hand with you. I never want to forget the necessity of your Holy Spirit, I can do nothing on my own. Holy Spirit live in me, and work through me. Show me areas in my life that I need to prune. I realize that you are a holy God, and you can only dwell in holiness, and I ask for you to show me if there is anything in my life preventing you from dwelling with me. I want more of you Lord. -Amen

Memorize

"Be ye holy, for I am holy" -1 Peter 1:16

Day 5

REFLECTION

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