

Created For Community

Part Two

October 22nd, 2017

According to Health Canada, heart disease is the number one killer in our country. To combat this Health Canada recommends losing weight, quitting smoking and drinking alcohol, lowering your stress, and opting for a diet low in saturated fats, but said nothing about spirituality and friendships.

A study at John Hopkins University was using rabbits to see if rich diets could cause heart disease. The test seemed to indicate so. However there was one group of rabbits where they recorded 60% lower heart disease. They investigated the anomaly to discover that the daughter of the custodian would pet and hug those rabbits. The test was re-launched to see if physical affection could lower heart disease. Yes, it most assuredly did. They recommend you need at least four hugs a day to be healthy!

You and I are hard wired for relationships that's a given. The quality of your life is determined by the health of the relationships around you.

1. I Need to Learn to Recognize The Power of a God Friend

Ecc 4:12 NKJV And a threefold cord is not quickly broken.

The people we do life with - our friends - have a significant impact on both our relationship with God and also our future.

Learn to recognize and protect the invisible cord of destiny.

ACTION STEP:

Who are the people God has brought into my life?

Have I neglected those relationships?

Have I taken them for granted?

Who will I contact this week?

2. God Friends Are By Choice And Not By Chance

Prov. 12:26 NKJV

The righteous should **choose** his friends carefully, for the way of the wicked leads them astray.

1 Cor 15:33 ASV

Be not deceived: Evil companionships corrupt good morals.

Choose friends that are where you want to be or are heading in the right direction!

ACTION STEP:

Who is where I want to be in five years in my marriage, financially, and spiritually?

3. A God Friend Is A Loyal Friend To Your Destiny

Proverbs 27:6 NKJV

Faithful *are* the wounds of a friend, but the kisses of an enemy *are* deceitful.

Loyalty in our friendships is important, but we also need to be aware that loyalties can become misguided.

Therefore there is a need for parameters for the greater allegiances in our life.

- no friendship should distract us from our relationship with God, our destiny or the work of the Lord.
- Nor should a friendship pull us away from our marriage or family, or detrimentally affect other friendships.

Proverbs 18:24 AMP

'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'.

A true friend is a friend to your destiny.

ACTION STEP

Ask yourself the following measure in relation to all your relationships:

- 1. Is it hurting my relationship with God?**
- 2. Is it distracting me from my call or purpose?**
- 3. Is it destructive to the work of the Lord?**
- 4. Is it helpful to my marriage or family?**
- 5. Is it going to take away from the network of relationships God has given me?**
- 6. Does it empower or enable a dysfunction in me?**
- 7. How do I take correction?**