

Transformative Friendships Conference

with

Brad Hambrick

Transformative Friendships Conference

The *Transformative Friendships Conference* is designed to provide you with an opportunity to deepen your friendships. As we explore seven simple questions, we will pause along the way to allow for conversations between you and your fellow church members.

Our goal *during our time together* is to see a few friendships grow just a bit deeper.

Our aspiration *after our time together* is to see you begin to use these seven simple questions to intentionally deepen each meaningful relationship in your life.

If that happens, our few hours together will radically transform your life for the better!

Conference Schedule

9:00a Session One:

What's Good? What's Hard? & What's Bad?

10:30a Session Two:

What's Your Story?

12:00p Lunch

1:00p Session Three:

What's Fun? What's Stuck? & What's Next?

2:30p Q & A

* **Note:** *Transformative Friendships* was published by New Growth Press (www.newgrowthpress.com) in 2024. In the Spring of 2027, *Transformative Friendship for Teens* will be coauthored by Brad's friend Josh Navey of Storyline Church in Arvada, Colorado and also published by New Growth Press.

Session One: CORE DISCIPLESHIP QUESTIONS

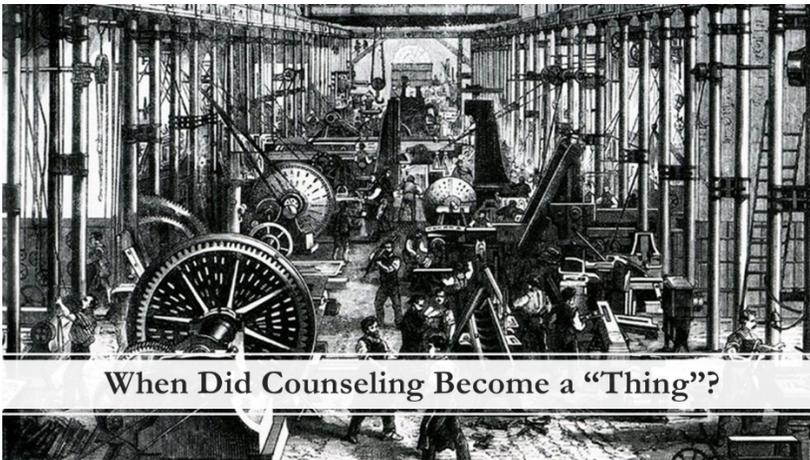
Session One Discipleship Questions: What's Good, Hard, and Bad?



Reflection

Who have been the most spiritually formative people in your life?

- What do you remember about your time with them?
- How many things did they say that you can still quote?
- What made those relationships influential in your life?



When Did Counseling Become a “Thing”?

Session Two: WHAT'S YOUR STORY?

Session Two: What's Your Story?



A Moving Question

How many times have you moved from one city or state to another?

- Never
- 1-3 Times
- 4-7 Times
- 7-10 Times
- 11 or More



Exhausting Conversation

How can you tell if you're talking to a friend or an acquaintance?



For Introverts

Loneliness is marked by feelings of isolation despite wanting social connections. *We are looking to resolve loneliness and isolation.*

Solitude is voluntary (spiritual discipline). People who enjoy spending time by themselves continue to maintain positive social relationships that they can return to when they crave connection.



5 Levels of Brad

1. Major Facts (Luke 12:7)
2. Themes (curiosity)
3. Plot Twists (incarnational)
4. Life-Shaping Events
(As honest as your Bible?)
5. Purpose of Your Story
Foreshadow: **What's Next?**



Friendship & Counseling

Can you do a **middle school level book review** on the key people in your life?

* Prerequisite for giving good counsel – accurately interpret
(a) the Bible, (b) the person,
and (c) the situation.



Discussion

- At what depth are you able to tell your own story?
- Rhetorical: Do you get superficial advice because you've made yourself known superficially?
- Are you willing to share your story now?

Session Three: MATURATIONAL QUESTIONS

Session Three
Maturation
Questions:
What's Fun,
Stuck, and Next?



Best Years of Your Life?



Distinction (Luke 2:52)

Discipleship – Christlike character and theological understanding.

Maturity – ability to thrive emotionally and relationally proportional to one's age.



What's Fun?

Acquaintance: Enjoy the same things... seasonal with low intentionality.

Friendship: Value the relationship... lasting because of intentionality.



What's Stuck?

A Theology of Ruts: Ruts *were* good, or they wouldn't be repeated.

Ruts either faded (i.e., color) or expired (i.e., milk). Ruts begin to get a negative, emotional return on investment.

Too often ruts elicit **guilt and insecurity** instead of **grief and gratitude**.



5 Levels of You: What's Next?

1. Dreams that Got You Here
2. Dream You're Working On
3. Dream that's Fading
4. Dream for Next Season
5. Dream You're Afraid to Say



Discussion

- How has “What’s fun?” changed for us over your adult life?
- What “What’s stuck?” things have we ignored that merit creativity?
- In the upcoming season of life, what “What’s next?” thing is most important to you?

Seven-Question Depth of Friendship Assessment

Friend: _____



What's Your Story?

- The Facts
- The Themes
- The Plot Twists
- The Life-Shaping Events
- The Point of Your Story



What's Good?

- Your Talents
- Your Quirks
- Your Roles
- Your Sacrifices
- Your Character



What's Hard?

- The Flipside of Your Strengths
- Your Current Life Challenges
- The Fall Around You
- The Fall Within You
- What You've Never Told Anyone



What's Bad?

- Your Respectable Sins
- Your Most Prevalent Idols
- Your Go-To Escapes
- Your Code-Orange Sins
- Most Likely to Shipwreck Your Life



What's Fun?

- What Brings You Joy
- Why You Enjoy These Things
- Can I Try It Too?
- Sacrificing for Your Joys
- Feeling Your Joy



What's Stuck?

- When Your Ruts Were Life-Giving
- When the Color Began to Fade
- When Guilt and Duty Took Over
- How You're Stuck in Stubbornness
- How You're Stuck in Shame



What's Next?

- The Dreams That Got You Here
- The Dream You're Working On
- The Dream That's Fading
- The Dream for the Next Season of Life
- The Dream You Are Afraid to Say