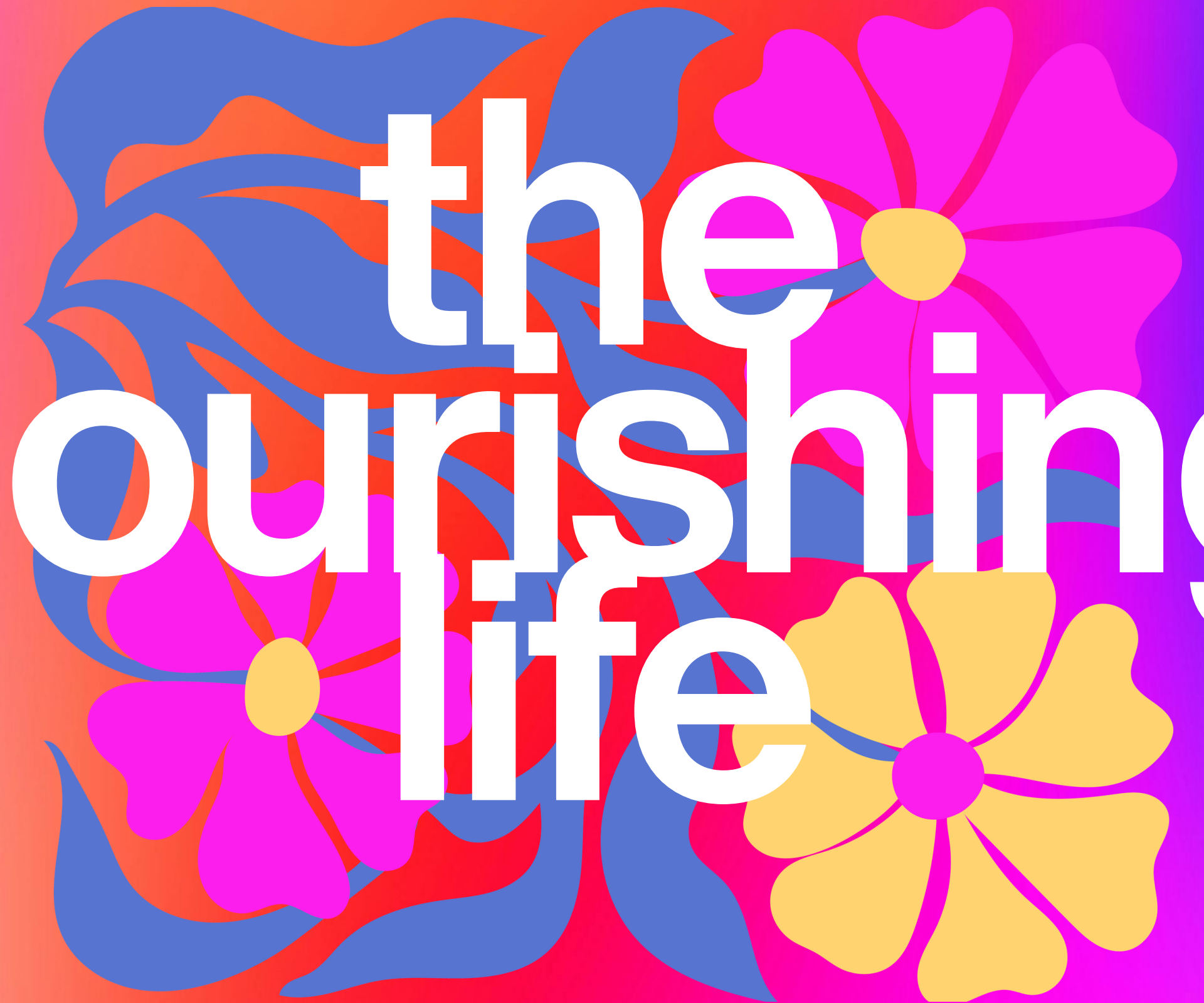


Summer in Proverbs

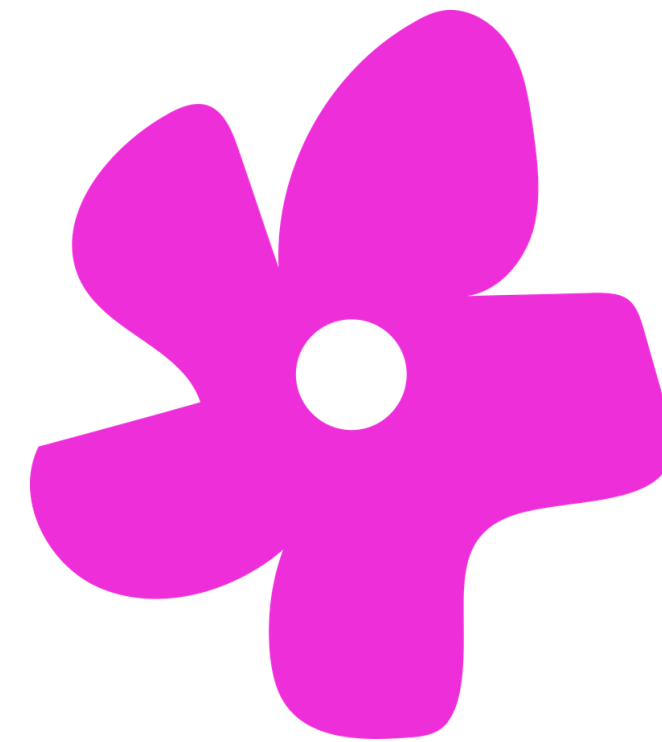


the flourishing life

26 June 2026

Matt Walmsley

Proverbs: Friendship.



A good friend is someone who
helps you move.

A great friend is someone who
helps you move a dead body.

Discuss

**Who is in your favourite
fictional friendship?**



- 66% of people have nobody to talk to about mental health, relationships or money.
- 17% of older people are in contact with family, friends and neighbours less than once a week and 11% are in contact less than once a month
- 40% all older people (about 3.9 million) say the TV is their main source of company.
- 60% of those aged 18 to 34 report feeling lonely often or sometimes.
- Sunday is statistically the loneliest day of the week.

Why is Friendship so often a Struggle?

The influence of social media

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The elevation of romantic love

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The dream of independence

Why is Friendship so often a Struggle?

The influence of social media

The elevation of romantic love

The dream of independence

The experience of being let down

Proverbs: How to Do Friendship

Real friendship means choice



Proverbs: How to Do Friendship

Real friendship means choice

Real friendship means constancy



Proverbs: How to Do Friendship



Real friendship means choice

Real friendship means constancy

Real friendship means candour

Proverbs: How to Do Friendship



Real friendship means choice

Real friendship means constancy

Real friendship means candour

Real friendship means community

Real friendship means choice

The righteous choose their friends carefully, but the way of the wicked leads them astray.

Proverbs 12:26

Real friendship means constancy

A friend loves at all times,
and a brother is born for
a time of adversity.

Proverbs 17:17

Real friendship means candour

Better is open rebuke than hidden love. Wounds from a friend can be trusted, but an enemy multiplies kisses.

Proverbs 27:5-6

Real friendship means community

For lack of guidance a nation falls, but victory is won through many advisers.

Proverbs 11:14

**Many claim to have
unfailing love, but a
faithful person who
can find?**

Proverbs 20:6

After studying vulnerability, shame and authenticity for the past decade, here's what I've learned. A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically and spiritually wired to love, to be loved, to belong. When those needs are not met, we don't function as we are meant to. We break. We fall apart. We ache. We hurt others.

Brene Brown

**One who has
unreliable friends soon
comes to ruin,
but there is a friend
who sticks closer than
a brother.**

Proverbs 18:24

My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love each other.

John 15:12-17



CHOOSE: Who would you like to spend more time with?

Which friendship would you like to be deeper?

CONSTANCY: Which friends could do with some care from you at the moment?

CANDOUR: Who do you need to speak some words of truth to?

COMMUNITY: How are you actively participating in wider church?

CHRIST: Is your relationship with Jesus a *friendship* right now? On what basis?

