

Opening Up: Emotionally open male friendship

Two things are essential in this world – life, and friendship. Both must be highly prized, and not undervalued – Augustine

After David had finished talking with Saul, Jonathan became one in spirit with David, and he loved him as himself – 1 Samuel 18:1

What barriers are there to men having emotionally open friendships?

A vision of deep friendship

1 Samuel 18:1-4

1 Samuel 20:18-22; 37-42

2 Samuel 1:25-27

Christ-shaped friendship

³² *They went to a place called Gethsemane, and Jesus said to his disciples, ‘Sit here while I pray.’* ³³ *He took Peter, James and John along with him, and he began to be deeply distressed and troubled.* ³⁴ *‘My soul is overwhelmed with sorrow to the point of death,’ he said to them. ‘Stay here and keep watch.’*

³⁵ *Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him.* ³⁶ *‘Abba, Father,’ he said, ‘everything is possible for you. Take this cup from me. Yet not what I will, but what you will.’* **Mark 14**

Emotional openness grows humility

- Mark 14:27-31
- Mark 10:35-45
- John 15:12-15

Emotional openness deepens relationships

- Luke 22:60-62
- John 21:15-19, esp 17

Emotional openness develops wisdom

- Hebrews 12:2
- 1 Peter 1:8
- James 1:2
- 3 John 4

Gospel-shaped friendship

- 2 Corinthians 13:4
- 2 Corinthians 12:7b-10

Wisdom-shaped friendship

Most of what we call friendship is little more than acquaintanceship. But acquaintanceship is to friendship what snorkelling is to deep-sea diving. Snorkelling is fine, but skimming along the surface isn't exploring the deep. Made for Friendship by Drew Hunter

Who

Proverbs 12:26 The righteous choose their friends carefully, but the way of the wicked leads them astray.

17:17 A friend loves at all times, and a brother is born for a time of adversity.

18:24 One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother.

What

12:18 The words of the reckless pierce like swords, but the tongue of the wise brings healing.

27:5-6 Better is open rebuke than hidden love. Wounds from a friend can be trusted, but an enemy multiplies kisses.

27:9 Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice.

Resources

Made for Friendship by Drew Hunter

Emotions by Graham Beynon

Emotionally Healthy Spirituality by Peter Scazzero

<https://www.thegospelcoalition.org/article/8-ways-men-friendships/>