



STUDY GUIDE: February 1, 2026

Message Series: Unwritten
 Message Title: Friendships that Last
 Teaching Pastor: Angie Frame

Warm-up/Icebreaker: (10 min.)

Think back to your elementary school days. Who was your favorite friend in class or on the playground, and what's one funny or memorable thing you did together?

Pray:

Dear God, thank You for creating us for relationship—with You and with one another. As we gather, help us slow down enough to notice what You're doing in our hearts and in our friendships. Give us wisdom to know which relationships are helping us grow and the courage to release what no longer brings life. Lead us toward the kind of friendships that draw us closer to You. In Jesus' name, Amen.

Get Started: (30 min.)

- What made childhood friendships so easy to form? And how do you think that compares to making friends now, as adults?

Read Ecclesiastes 3:1.

- Are you more in a season of building friendships, releasing some, or waiting?
- Why do you think God values seasons instead of permanence in everything?

Read 1 Corinthians 15:33.

- How have friendships influenced your character—for better or worse?
- What makes it hard to acknowledge when a friendship may be unhealthy?

"If you're trying to let God change you into the man or woman he wants you to be, and a friendship keeps pulling you into sin—to gossip and judgment, to pride and greed, to substance abuse or complaining or immorality—then it's not helping you become the person God has created you and is calling you to be. And you may also be holding the other person back from being the person God is calling them to be. When we get stuck in unhealthy patterns—and it's so easy to do—sometimes, we can break the pattern together. Other times, we need to break the relationship—at least for a little while—until we can pursue health separately and then come back together." -Pastor Angie Frame

Reflect and Commit: (40 min.)

Read Philemon 1:7.

- What's the difference between healthy venting and unhealthy complaining?
- What would it look like for your friendships to be a source of refreshment?

Read Ecclesiastes 3:6.

- Do you tend to search aggressively for friendships or wait for them to come to you?
- What fears or insecurities can keep us from putting ourselves out there?

“Jesus chose his friends SO THAT they might go and bear fruit, that means produce results, for Jesus. They were friends, so that they could do the work of God. Yes, they also benefitted from all the love that exists between good friends. But the friendships weren’t just for them to enjoy; they were also preparing them to share the Good News of Jesus and grow his kingdom.

The same is true for you, for all of us. You need friends—good friends, the kind that make you better. Yes, you will benefit personally—emotionally, mentally, and spiritually. But it’s not just about that. For those of us who follow Jesus, or who are checking out the person and teachings of Jesus, it’s always about him and his work in the world. It’s never just about us.” -Pastor Angie Frame

Read John 15:12–15.

- What stands out to you about Jesus calling His followers friends?
- How does friendship fit into God’s purpose and mission?

“Search and find the friends that you need. Or, give up control and look for the people that God sends your way. Invest in friendships where you both get better, and that equip you to go in the name of Jesus and to do the work of Jesus. Because that’s the very best thing any of us can do this year.” - Pastor Angie Frame

Gather prayer requests. (5-10 min.)

Pray:

Lord Jesus, thank You for calling us friends and for modeling what true friendship looks like. Give us discernment to invest in relationships that make us more loving, more faithful, and more like You. Help us release control, trust Your timing, and remain open to the people You bring into our lives. As we go, shape our friendships so they bear fruit for Your kingdom. Amen.