



Friendship
Do I Need Friends?
Ecclesiastes 4:7-10; Luke 5:17-26

Ecclesiastes 4:7-10

7 Again, I saw vanity under the sun: **8** one person who has no other, either son or brother, yet there is no end to all his toil, and his eyes are never satisfied with riches, so that he never asks, “For whom am I toiling and depriving myself of pleasure?” This also is vanity and an unhappy business.

9 Two are better than one, because they have a good reward for their toil. **10** For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!

We need friends because God created us to need friends.

Why do we need friends?

Better Effort – v. 9

- “Two are better than one, because they have a good reward for their toil”
- God created us to work with each other.

- “**18** And behold, some men were bringing on a bed a man who was paralyzed, and they were seeking to bring him in and lay him before Jesus, **19** but finding no way to bring him in, because of the crowd, they went up on the roof and let him down with his bed through the tiles into the midst before Jesus. **20** And when he saw their faith, he said, “Man, your sins are forgiven you” (Luke 5:18-20).
- What are you doing alone that needs friends?

Better Support – v. 10

- “For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!”
- God created us to help each other.
 - “And behold, some men were bringing on a bed a man who was paralyzed, and they were seeking to bring him in and lay him before Jesus” (Luke 5:18).
- Where are you struggling without friends?

Better Comfort – v. 11

- “Again, if two lie together, they keep warm, but how can one keep warm alone?”
- God created us to care for each other.
 - The friends publicly identify with the man in his shame and disability.
 - In *Daring Greatly*, Brené Brown writes about the 4 myths of vulnerability:
 - Vulnerability is weakness
 - I don’t do vulnerability
 - Vulnerability is letting it all hang out
 - We can go it alone.
 - Vulnerability is “uncertainty, risk, and emotional exposure” (Brené Brown, *Daring Greatly*, 34).
- What are you going through that needs friends?

Better Protection – v. 12

- “And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.”
- God created us to protect each other.
 - “And behold, some men were bringing on a bed a man who was paralyzed, and they were seeking to bring him in and lay him before Jesus” (Luke 5:18).
- What danger could friendship be protecting you from?

“Then the Lord God said, ‘It is not good that the man should be alone; I will make him a helper fit for him’” (Genesis 2:18).

“Adam was not lonely because he was imperfect, but because he was perfect. The ache for friends is the one ache that is not the result of sin. . . . This is one ache that is part of his perfection” (Tim Keller, “Spiritual Friendship”).

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Questions:

- What’s hindering you from having close friends?
- What’s hindering you from opening up to your close friends?
- What’s hindering you from asking help from your close friends?