

# THREE THINGS I LEARNED FROM A MOVIE I DIDN'T WANT TO SEE

## PART 3: THE POWER OF FRIENDSHIP

### INTRODUCTION

*“Everyone deserves a standing ovation at least once in their lives.”*

We all need relationships that put wind in our sails — ones that help us to feel seen, understood, accepted, and loved. However, being a “wind in your sails” kind of friend can be inconvenient, uncomfortable, or difficult. The energy required can feel overwhelming at times, but it’s well worth the effort.

### DISCUSSION QUESTIONS

1. Think of a time when you felt seen, accepted, understood, and appreciated by someone. What did that person do to make you feel that way?
2. Think about the statement, “We want to do the right thing when it’s right for us.” Is there a relationship that comes to mind that is characterized by that statement?
3. Fill in the blank with one of the options below, or one of your choosing. I’m not a “wind in your sails” kind of friend sometimes because it’s \_\_\_\_\_.
  - Inconvenient - I don’t have the time or energy.
  - Uncomfortable - I don’t know what I’d say or how they’d respond.
  - Difficult - I don’t think I can because it’s too much work.
4. Read Philippians 2:3-4. The text provides three insights into how we can be a “wind in your sails” kind of friend. Which insight challenges you the most?
  - Don’t make it about me. (verse 2)
  - I rise by lifting you up. (verse 2)
  - I’ll bounce my eyes to your interests. (verse 3)
5. What would it look like to apply these insights to your most difficult relationships?

### MOVING FORWARD

The greatest standing ovation we can give someone else is to help them feel seen, understood, accepted, and loved not only by us, but also by their Heavenly Father. This week, look for those opportunities to be the “wind in your sails” kind of friend, co-worker, spouse, or family member to those around you. Like Ms. Cindy says, “Anybody can be a friend.”

### WEEKLY READING

Philippians 2: 3-11