



1. We talked about how the people we surround ourselves with, shape us...and that started when we were growing up. What is a phrase, habit, or tradition you grew up with and didn't realize was "weird" until you left home?
2. When you look at your current circle of friends, do you feel like you are being intentional about who is shaping you, or have you just "settled" into your current social circle?
3. Look at the Fidelity/Virtue quadrants below. Identify some friends you have in the Buddies quadrant (Low Fidelity/Low Virtue) or Co-workers/Team quadrant (High Fidelity/Low Virtue). Why is it important to have these types of friends, even if they aren't the ones doing the deep shaping in our lives?
4. The upper left quadrant (High Virtue/Low Fidelity) often includes church groups or short-term small groups. You're in a small group right now! Share what you hope to gain from this group and how you want it to shape you.
5. What makes it difficult to move a friendship from "we talk about God for an hour a week" to the spiritual friendship of deep, transformative commitment?
6. Read Proverbs 27:6. Can you share a time when a friend told you a harsh truth about yourself that was difficult to hear but ultimately helped you grow? What made you trust them enough to listen?
7. There was an alternative translation of Proverbs 27:19: "As water reflects the face, so others reflect your heart back to you." We often focus on friends pointing out our flaws, but how has a Spiritual Friend helped you see a strength or a God-given gift in yourself that you were blind to?

8. The message ends with a challenge to be intentional. Looking at your friend-pool right now, is there someone in the 2nd or 3rd corner that you feel prompted to move toward the 4th corner? What is one practical step you can take this week to "give permission" to a friend to speak into your life?

