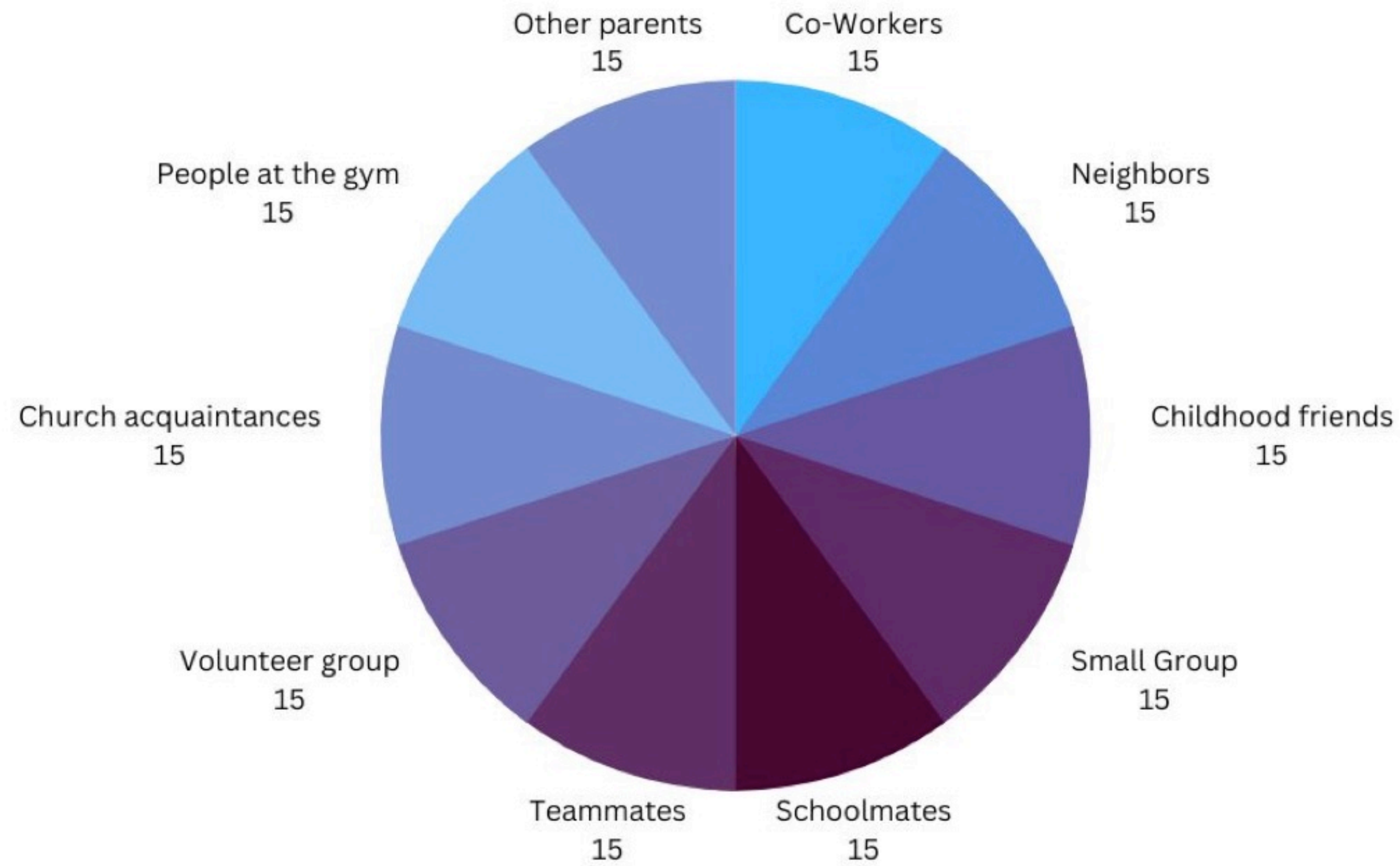


An aerial photograph of the KFC Center in Cincinnati, Ohio. The arena is a large, modern building with a curved roof and a red and white logo on its side. In front of the arena is a large parking lot filled with cars. To the right of the arena is a multi-lane highway with several vehicles, including a large white truck. In the background, the Cincinnati skyline is visible, featuring various skyscrapers and buildings. A bridge spans the river to the right of the arena. The text "FOREVER FRIENDS" is overlaid in large, bold, yellow letters with a black outline, spanning across the middle of the image.

FOREVER FRIENDS



Proverbs 27:17 (Nlt)

“As iron sharpens iron, so a friend sharpens a friend.”

Friendship Sabotage:

-We wear masks

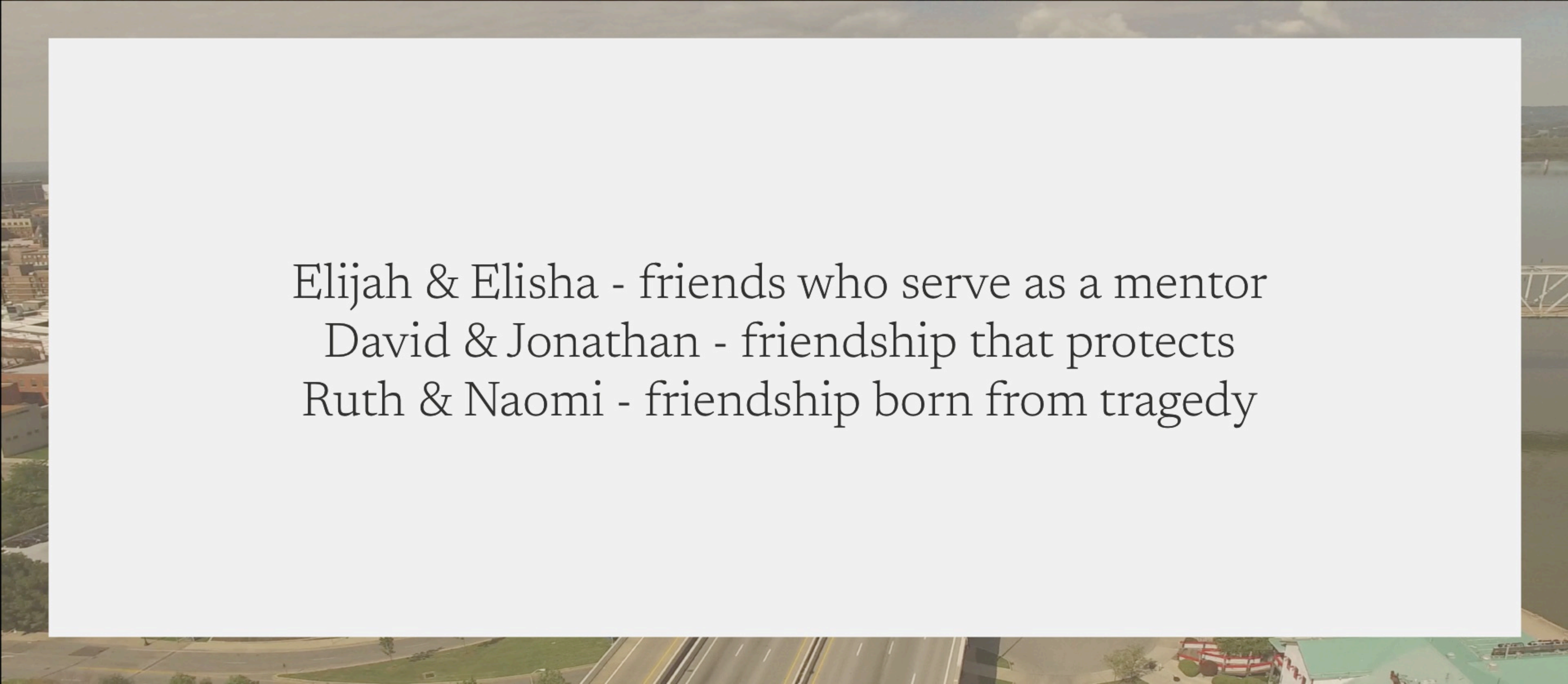
Friendship Sabotage:

- We wear masks
- We don't make time

Adult friendship is two people saying “I haven’t seen you in forever, we should really meet up more” over and over again until one of you dies

Friendship Sabotage:

- We wear masks
- We don't make time
- We don't like accountability

An aerial photograph of a city, likely New York City, showing a multi-lane highway (likely the FDR Expressway) running horizontally across the lower half of the image. To the right of the highway, there is a bridge with a red and white striped railing, and a body of water (likely the East River) is visible in the background. The sky is overcast with grey clouds. The text is overlaid on a white rectangular background in the center of the image.

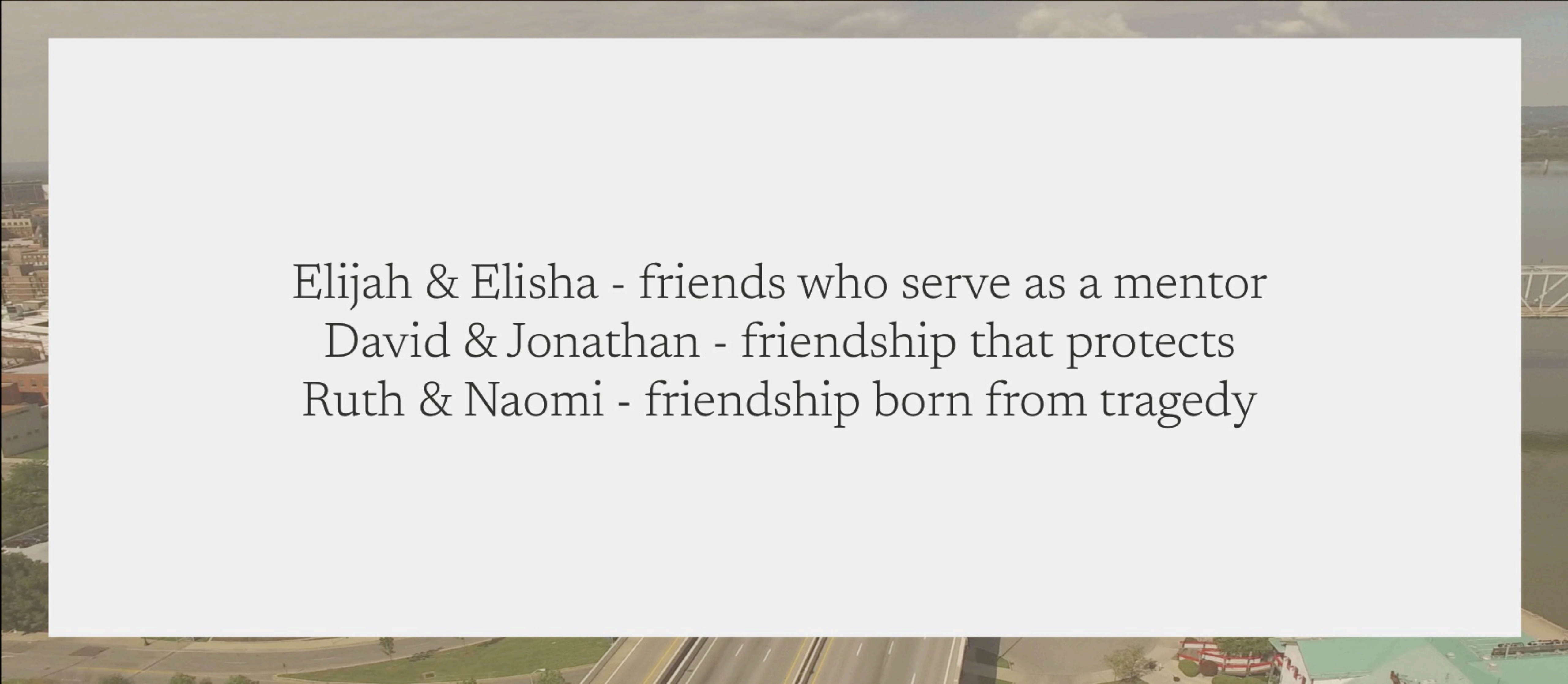
Elijah & Elisha - friends who serve as a mentor
David & Jonathan - friendship that protects
Ruth & Naomi - friendship born from tragedy

Ruth 1:16-18 (Nlt)

“But Ruth replied, “Don’t ask me to leave you and turn back. Wherever you go, I will go; wherever you live, I will live. Your people will be my people, and your God will be my God. Wherever you die, I will die, and there I will be buried.

Ruth 1:16-18 (Nlt)

May the Lord punish me severely if I allow anything but death to separate us!” When Naomi saw that Ruth was determined to go with her, she said nothing more.”

An aerial photograph of a city, likely New York City, showing a multi-lane highway (likely the FDR Expressway) running horizontally across the lower half of the image. To the right of the highway, there is a bridge with a red and white striped railing, possibly the Triborough Bridge. The background shows a dense urban landscape with various buildings and green spaces. The sky is overcast with grey clouds.

Elijah & Elisha - friends who serve as a mentor
David & Jonathan - friendship that protects
Ruth & Naomi - friendship born from tragedy

An aerial photograph of a city, likely New York City, showing a multi-lane highway (likely the FDR Expressway) running horizontally across the lower half of the image. To the left of the highway is a green park area. To the right is a body of water (likely the East River) with a bridge structure visible in the distance. The sky is overcast with grey clouds. The entire image is framed by a white border.

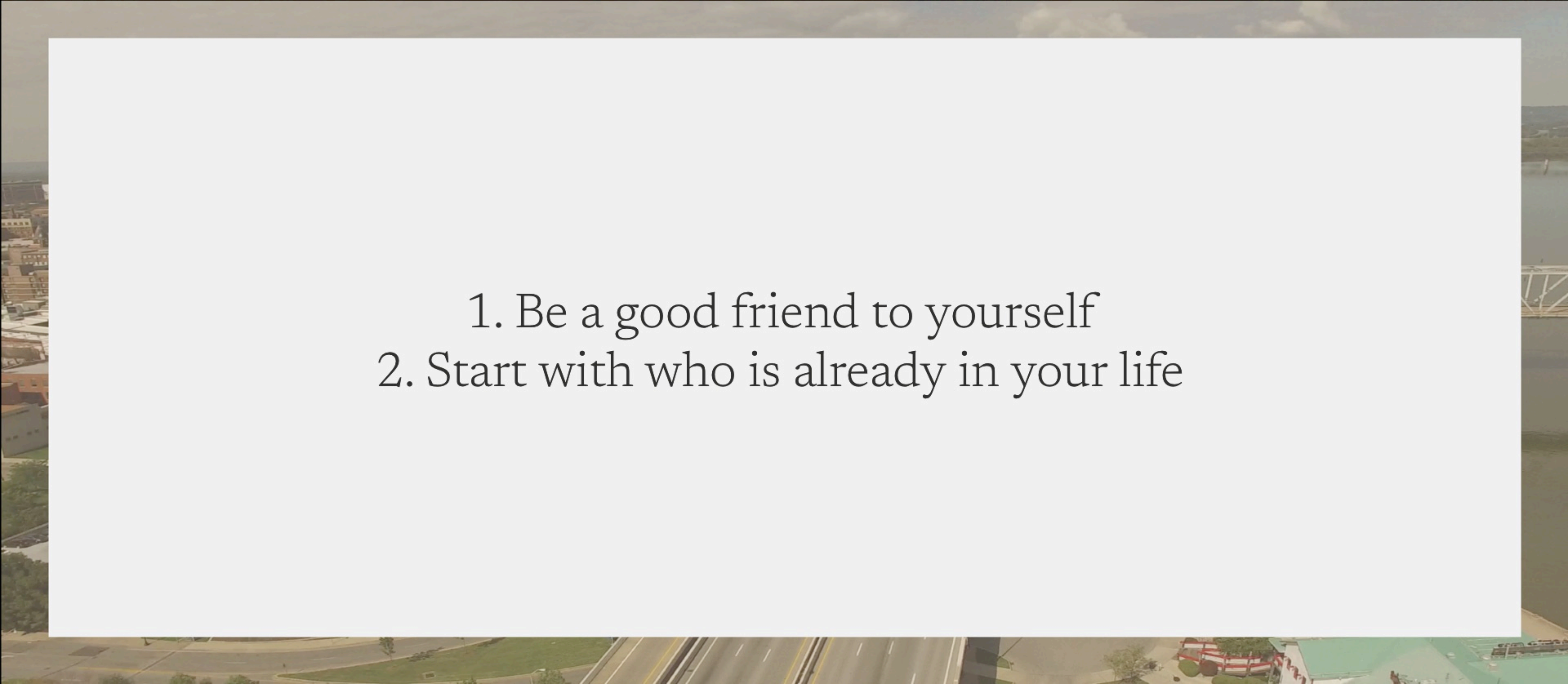
1. Be a good friend to yourself first

“The degree to which we love ourselves is the degree to which we will be able to love others well. The way we treat ourselves impacts how we treat others. If we are critical, judgmental, and perfectionistic with ourselves, that is how others often feel treated by us. If we are kind, compassionate, and gentle with ourselves, we will inevitably be that way with others.”

-Pete Scazzero

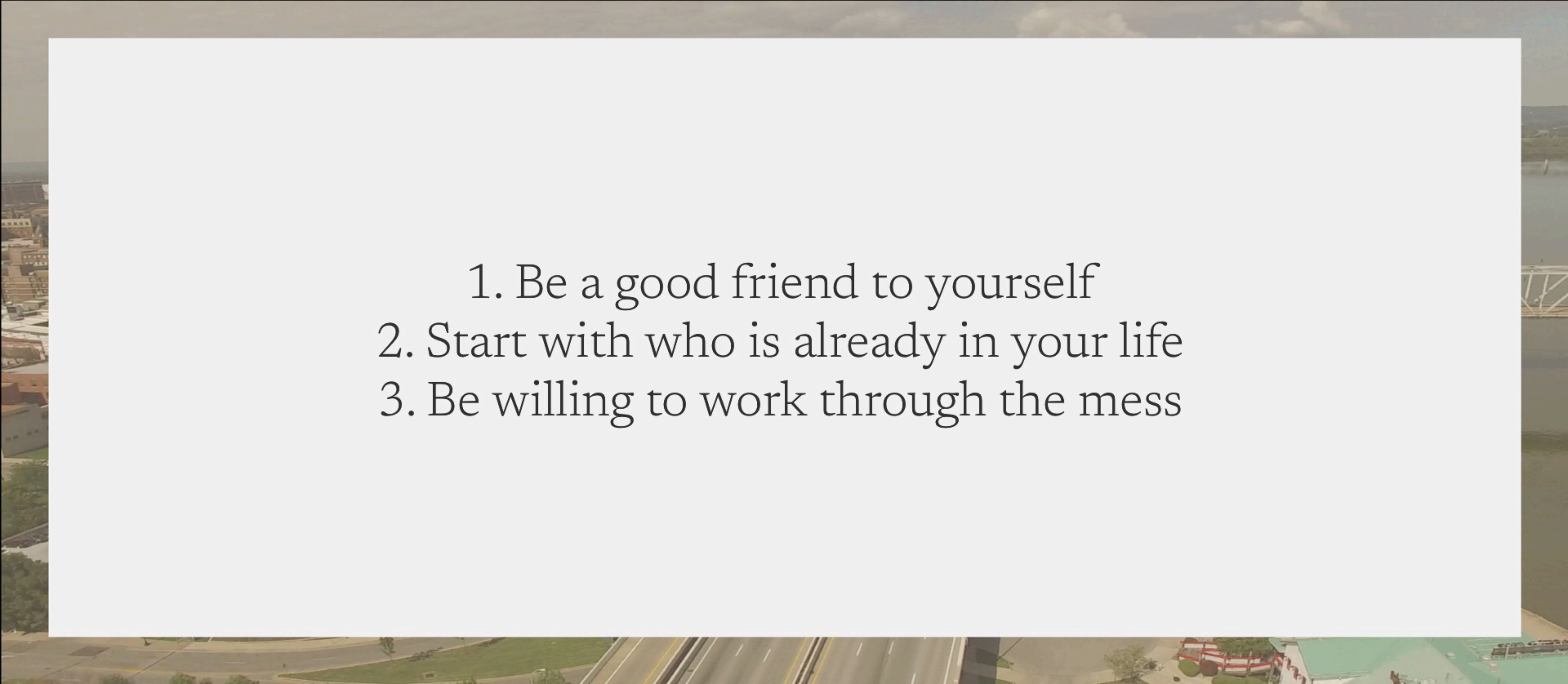
Stop saying these

- I give up
- I can't do it
- I'm not good enough
- They don't like me
- I am so awkward
- I am such a burden

- 
- An aerial photograph of a city, likely New York City, showing a river, a bridge, and various buildings. The image is used as a background for the text.
1. Be a good friend to yourself
 2. Start with who is already in your life

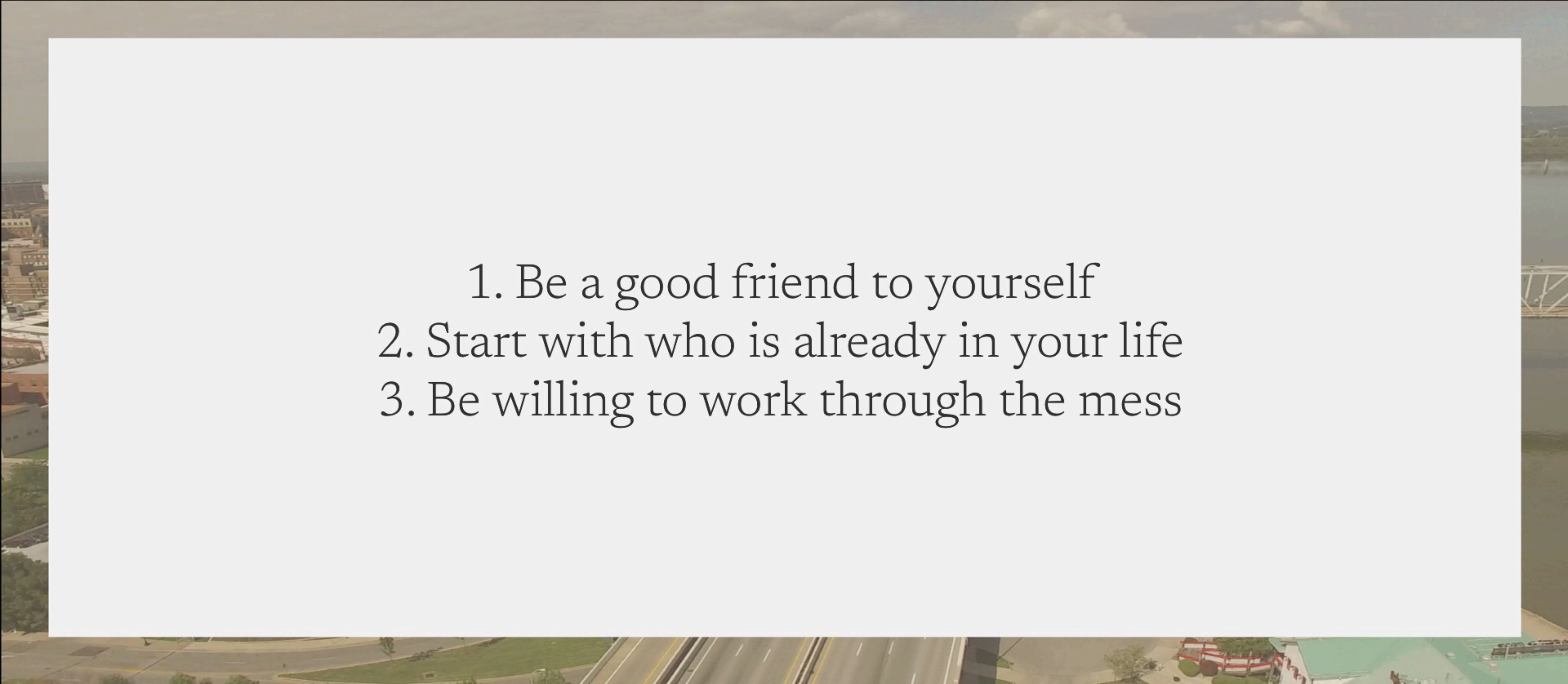
4 Ways to Be More Present:


- Physically - schedule an activity that requires time together
- Emotionally - listening (remaining silent to offer space for vulnerability)
- Mentally - offer reassurance or advice on what's going on
- Spiritually - praying with them in addition to praying for them

- 
- An aerial photograph of a city, likely New York City, showing a multi-lane highway (likely the FDR Expressway) running horizontally across the lower portion of the image. To the right of the highway, there is a body of water (likely the East River) and a bridge structure (likely the Manhattan Bridge) visible in the distance. The sky is overcast with grey clouds. The overall scene is viewed from a high angle, looking down on the city.
1. Be a good friend to yourself
 2. Start with who is already in your life
 3. Be willing to work through the mess

Philippians 2:4 (Nlt)

“Don’t look out only for your own interests, but take an interest in others, too.”

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- An aerial photograph of a city, likely New York City, showing a multi-lane highway (likely the FDR Expressway) running horizontally across the lower half of the image. To the right of the highway, there is a bridge with a red and white striped railing. The background shows a dense urban landscape with various buildings and green spaces. The sky is overcast with grey clouds.
1. Be a good friend to yourself
 2. Start with who is already in your life
 3. Be willing to work through the mess

An aerial photograph of a city, likely New York City, showing a mix of urban buildings, green spaces, and a body of water. A large, semi-transparent white rectangular box is centered over the image, containing three lines of text in a black serif font. The text is centered within the box and the overall image.

Friends that serve as mentors
Friendship that protects
Friendship born from tragedy