



IronWorks: "Pure Cardio: Exercises for a Healthy Heart"

May 17 & 22, 2019

Teacher: Roger Thompson

The Friendened Heart

1. What are friends for?

_____ *Greater love has no one than this; that someone lays down his life for his friends. John 15:13*

_____ *Strengthen your brothers. Luke 22:32*

_____ *I call you friends. John 15:15*

2. Will you be my friend?

A) Do men outgrow friendship?

B) Breaking the "Man Code:"

Unflappable...self-contained...competent...ready...strong...untouched

3. We could be friends!

_____ Non-sharing

_____ Sharing what you know

_____ Sharing what you feel

_____ Sharing what you need

_____ Sharing who you are



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DISCUSSION QUESTIONS

- 1) What are some of the “man habits” you tend to practice that deflect deeper conversation with men?
- 2) What attributes or shared experiences have deepened your relationships with another man.
- 3) Name a time when you really needed and sensed the friendship of Jesus.

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