
Friends Who Make You Better

What it means to build relationships that actually change your life.

Overview.

It's easy to have a lot of relationships and still feel like no one really knows you. We get busy, we stay surface-level, and sometimes the friendships we thought would help us grow end up making us feel worse about ourselves — judged, coached on things we didn't ask about, or just alone in a crowd.

God designed us for something different: friendships with a spiritual dimension — where we help each other become who we're meant to be. In this discussion, we'll explore what those relationships look like and how to start building them.

Warm up.

Icebreaker: What's the best coaching or mentoring you've ever received — in school, sports, work, or life? What made it actually work?

Today we're going to look at what it means to bring that same quality of coaching and friendship into our spiritual lives — and why it's harder than it sounds.

Watch the video.

[How to Think About Friendships](#) — a video by Bay Area Christian Church

Follow along with the guide, or use it independently as a recap. If you're in a group, press play.

Read and talk.

1. How can my relationships keep me salty?

You are like salt for the whole human race. But if salt loses its saltiness, there is no way to make it salty again. It has become worthless, so it is thrown out and people trample on it.

— Matthew 5:13 GNT

Some friendships don't last for long, but there's one loving friend who is joined to your heart closer than any other.

— Proverbs 18:24 TPT

- **Key point:** Salt preserves and flavors — it makes things better. A spiritually healthy friendship does the same thing. It doesn't just keep us company; it keeps us oriented toward God and toward becoming our best selves.
- **Reflection:** When I'm honest, what does "losing my saltiness" look like in my own life?
 - *(Examples: drifting from what I believe, becoming bitter or cynical, caring more about what the world thinks than what God thinks, going through the motions, pulling away*

from people, etc.)

- What's one relationship in my life right now that genuinely helps me stay salty? What makes it work?
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2. Am I seasoning my conversations — or trying to conform people?

Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

— Colossians 4:6 NIV

- **Key point:** Seasoning a conversation means meeting people where they are — not where we wish they were. Grace-filled relationships start with empathy, not a correction list. The goal isn't conformity; it's helping someone find their way toward God in a way that makes sense to them.
 - **Reflection:** When I try to help someone spiritually, am I more likely to start with empathy or with answers?
 - *(Examples: I jump straight to advice, I ask questions first, I share my own struggles, I stay quiet because I don't know what to say, I try to fix the problem, etc.)*
 - Think about someone who helped you spiritually at a key moment. What did they do that made the difference — and was it what they said, or how they made you feel?
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3. What does it mean to make my relationships mutual?

I long to see you so that I may impart to you some spiritual gift to make you strong — that is, that you and I may be mutually encouraged by each other's faith.

— Romans 1:11–12 NIV

- **Key point:** Mutuality means both people are growing. The goal isn't to find a coach and sit back — it's to be the kind of person who is always looking for how to give back, not just what to receive. Even when someone has more experience, the relationship works best when both people feel like they're getting something real.
- **Reflection:** In my closest spiritual friendships right now, do I feel like I'm mostly giving, mostly receiving, or genuinely both?
 - *(Examples: I'm always the one being helped, I avoid asking for help, I give advice but don't share my own struggles, I feel like a burden, I feel like this is mutual, etc.)*
- What would I need to do differently to make one of my current friendships more mutual?

Discuss

- The episode talks about how almost any word — "discipleship," "prayer partner," even "marriage" — can carry baggage from a bad experience. Is there a phrase or concept around spiritual friendship that I've written off because of a past experience? What would it look like to reconsider it?

- The coaching analogy hits hard: a great coach works on the specific thing holding you back, not a generic curriculum. Who in my life right now is coaching me on the right things — the things I actually need to grow? If no one is, what's stopping me from finding that person?
- What's one thing I've been waiting for someone else to offer me in a relationship that I could actually go first and offer them?

Keep growing.

- This week, reach out to one person and tell them specifically what they've done for you spiritually — not a generic "you're a great friend," but one moment or quality that actually changed something in you. Do it in a text, a call, or face to face.
- Identify one friendship where you've been mostly on the receiving end. This week, find one concrete way to give back — pray for them, check in on something they mentioned, or ask how you can support them.
- Before your next Let's Talk night or small group, write down one honest, specific thing you're working on spiritually. Bring it ready to share — not as a performance, but as a practice of the kind of mutual openness this episode describes.

Dive deeper.

For more on this topic, check out: [Are You a Good Friendship-Builder?](#)