

Rooted Moms Podcast | Ep. 04: Building Quality Friendships

With Tara McGill

Key Takeaways:

- The three types of friendships can be compared to the three parts of a tree: roots, branches and leaves.
- “Roots” are core members of your support network. These are the people you can always lean on and are with you through all seasons of life. This is usually a small group of people, maybe 2-3 friends.
- “Branches” are friends that may be with you during many seasons in your life, but eventually you go your separate ways. They may seem like a strong support system but often break under pressure, unlike roots.
- “Leaves” are friends in your life for very short seasons. When the wind picks up they are gone.
- Jesus is the perfect example of a quality friend and how we can build a quality friendship from the foundation up. At the foundation of friendship is love, understanding, and sacrifice.
- It’s important to allow God to guide us through navigating friendships and family relationships. There are times when we need to take a step back from a friendship, as well as times when we need to step up as friends.
- Quality friendships are incredibly important, especially those rooted in Christ. When our friendships are rooted in Christ we become a living picture of Proverbs 27:17.

Scripture References:

- “As the Father has loved me, I have also loved you. Remain in my love. If you keep my commands you will remain in my love, just as I have kept my Father’s commands and remain in his love. I have told you these things so that my joy may be in you and your joy may be complete. This is my command: Love one another as I have loved you. No one has greater love than this: to lay down his life for his friends. You are my friends if you do what I command you. I do not call you servants anymore, because a servant doesn’t know what his master is doing. I have called you friends, because I have made known to you everything I have heard from my Father.” John 15:9-15 (NIV)

- “After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light.” Matthew 17:1-2 (NIV)
- “He did not let anyone follow him except Peter, James and John the brother of James.” Mark 5:37 (NIV)
- “Walk with the wise and become wise, for a companion of fools suffers harm.” - Proverbs 13:20 (NIV)
- “As iron sharpens iron, so one person sharpens another.” - Proverbs 27:17 (NIV)