



# KEEPING PACE

SETTING YOUR  
SPIRITUAL STRIDE

A 6-Week Spiritual Tracker Journal  
Christ United Methodist Church



## Week 5: Friendship

“There is no greater consolation  
than the unfeigned loyalty and  
mutual affection of good  
and true friends.”

- Augustine



# Reflect

## Friendship | Week 5

Many don't know that friendship is a spiritual discipline. A review of the Holy Scriptures reveals the importance of friendship throughout God's word. The relationships of David and Jonathan, Ruth and Naomi, Elijah and Elisha, Paul and Timothy, and even Jesus and his disciples are examples of the blessing of friendship seen in these important figures of our faith.

The Wisdom Literature of the Bible and many other passages remind us of the importance of friendship and how friends should treat one another. The friends we have and the new friendships we forge can be a tremendous blessing to our spiritual lives. When we see friendship in this light, it can take us to a whole new level spiritually. Friendship even helps us bodily, Les and Leslie Parrot, in their book *Relationships*, write,

*"Not only are friendships good for the soul, but for the body as well...you can extend your life expectancy by having the right kinds of friends (p. 75)."*

Friendship is a gift from God and, when practiced, a way to grow deeper in God.



# Monday

Bear with one another and, if anyone has a **complaint against** another, **forgive** each other; just as the Lord has forgiven **you**, so you also must forgive. Above all, **clothe yourselves** with love, which binds everything together in perfect harmony.

- Colossians 3:13

## Stretching

What are the areas of growth I need to walk into today?

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## Hurdles

What are the obstacles that keep me from walking into this discipline today?

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A stylized illustration of a person hugging a tree trunk. The person is shown in silhouette, with their arms wrapped around the tree. The tree trunk is a thick, dark grey shape. The background is white with scattered grey dots and small leaf-like shapes falling from the top right. The overall style is simple and artistic.

# Wins

Where did I see God moving  
in my life today?

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# Huddle

Prayers for today.

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## Wins

Where did I see God moving  
in my life today?

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## Huddle

Prayers for today.

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# Wednesday

How very good and pleasant  
it is when kindred  
live together  
in unity!

- Psalm 133:1

## Stretching

What are the areas of growth  
I need to walk into today?

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## Hurdles

What are the obstacles that  
keep me from walking into this  
discipline today?

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## Wins

Where did I see God moving  
in my life today?

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## Huddle

Prayers for today.

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# Thursday

...love one another

with mutual affection;

outdo one another in

showing honor.

- Romans 12:10

## Stretching

What are the areas of growth I need to walk into today?

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## Hurdles

What are the obstacles that keep me from walking into this discipline today?

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## Wins

Where did I see God moving  
in my life today?

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## Huddle

Prayers for today.

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A stylized illustration of a person hugging a tree trunk. The person is shown in silhouette, with their arms wrapped around the tree. The tree trunk is a thick, dark grey shape. The background is white with scattered grey dots and small circles, suggesting falling leaves or a gentle breeze. The overall style is simple and artistic.

# Wins

Where did I see God moving  
in my life today?

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# Huddle

Prayers for today.

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## Wins

Where did I see God moving  
in my life today?

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## Huddle

Prayers for today.

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