



How To Friendships | Shawn & Jimmy | 06.15.2025

Weekly Study

Leader Note (Read Me First):

This week's study includes a powerful activity between the **MOVE** and **PRAY** sections that could be incredibly meaningful for your group. But let's be honest—it's a lot to fit into one night.

Take a moment to review the study ahead of time and prayerfully consider what your group needs most right now. You might decide to:

- Do a brief recap of the weekend's message and focus the night on the activity
- Skip the activity and dive fully into the study
- Or spend the whole time on the activity alone

There's no wrong choice—just choose what you feel will lead to the most honest, encouraging, and Spirit-led conversation. Our hope is that this week creates space for real connection. Because everyone deserves a friend to mourn with, rejoice with, and go to battle alongside. And there's no better place to explore the power of friendship than in the middle of God's people.

We're praying for you—and we're with you!

S H A R E

As group members get settled, take a few minutes to check in with everyone and see how life is going. Share an exciting story from this week, your highs and lows, an answered prayer, or something you're struggling with. If someone is really struggling, rally the group around them and take a few moments to pray over them.

- **Share a high, a low, and something interesting from this week.**
- **Are you becoming the kind of person you'd be proud to call a friend?**

G R O W

Welcome to the final week of our How-To Relationship series! To wrap things up, Pastor Shawn and Jimmy gave us a front-row seat to their friendship—and shared five essential "You Gotta" essentials for building strong, lasting relationships.

At Red Rocks Church, we believe we were made to pursue the plans of God with the people of God. But let's be honest, friendship isn't always easy. It takes work. A lot of it. As legendary coach John Wooden once said:

"Too often, friendship is taken for granted. We think it's something nice someone does for us. But that's not real friendship—that's one-sided. True friendship comes from mutual esteem, respect, and devotion—mutual being the key word. You have to work at it, just like marriage. You have to give. Be a friend, and you'll have friends."

Healthy friendships don't just give us someone to hang out with—they help us grow. True friends walk with us, challenge us, and remind us who we're becoming. They don't just support the dreams God put in us—they hold us accountable to live them out.

Let's lean into that kind of friendship. The kind that sharpens, strengthens, and sustains.

Read Proverbs 17:17 NIV, Ecclesiastes 4:9-12 NLT

- **What was your biggest takeaway from Shawn and Jimmy's message?**
- **How can we balance being 'real' about our struggles while still maintaining hope and pointing others to God's healing power?**

- **Have you ever experienced or witnessed the power of multi-generational friendship like that of Shawn, Jimmy, Ethan, and Jayde?**
- **What steps can we take to ensure that our closest friendships are ones that consistently draw us closer to Jesus?**

M O V E

Like every kind of relationship, friendships require work. Here are five “You Gotta” essentials to experience healthy, thriving, and long-lasting friendships:

1. You Gotta *Take the Initiative*.
2. You Gotta *Be Real*.
3. You Gotta *Share the Wins and Losses*.
4. You Gotta *Fight for It (the friendship)*.
5. You Gotta *Show Up*.

At some point, we all have to make a decision: I’m not willing to lose any more friendships than I already have. And then—we do the work. We live in a culture that celebrates independence, but isolation is one of the enemy’s most effective strategies. We weren’t created to do life alone.

When we commit to living out the five “You Gotta’s,” we push back against the rising tide of loneliness and step into the kind of community God designed us for, where we can pursue His plans together.

- **What did you find challenging or convicting about the five “You Gotta” statements on friendship?**
- **What does it mean to ‘fight for a relationship,’ and how can we apply this principle to both our human friendships and our relationship with God?**

Read Proverbs 12:26

- **Are your friendships helping you more or less like Christ? Is there a change you know you need to make about one or more of your friendships?**
- **Are you helping your friends look more or less like Christ? Is there inner work that needs to be done in your own heart so that you can become the kind of friend you would be proud to have?**

ACTIVITY “Who Are You Really?”

Introduction (Leader Reads Aloud):

This week, Pastor Shawn and Pastor Jimmy shared two powerful statements that challenge us to think deeply about how we live, relate, and show up in community. These aren't just one-liners—they're invitations to reflect on where we might be hiding, pretending, or holding back in our friendships and faith journey.

We want to create space tonight to sit with these truths and let God speak into them. It might be uncomfortable, but it also might be the most meaningful part of your week.

Step-by-Step Instructions:

1. Read the Quotes Aloud Together (Leader):

“It is impossible to keep up with who we pretend to be.” – Jimmy Rollins

“You’re only as accountable to someone as the amount of secrets you’re willing to stop hiding.” – Shawn Johnson

2. Disperse Throughout the Space (Group):

Ask everyone to find a quiet spot in the house (or yard, porch, etc.). If possible, put on some soft worship music in the background to help create a prayerful, reflective atmosphere. Give the group 10–15 minutes for solo reflection.

3. Individual Reflection (Solo Time):

Each person will:

- Reread the two quotes slowly.
- Pick one question from each quote below that speaks to them most.
- Reflect honestly and write down their thoughts (journals or phone notes are great).

Reflection Questions:

Quote 1: "It is impossible to keep up with who we pretend to be."

- In what areas of your life do you feel pressure to present a version of yourself that isn't fully authentic?
- How does pretending—whether subtle or obvious—affect your relationships, your mental health, or your connection with God?
- Who in my life knows the real me—and who am I afraid to be real with?
- What would it take for you to live with greater authenticity and freedom?

Quote 2: "You're only as accountable to someone as the amount of secrets you're willing to stop hiding."

- What's something you've kept to yourself that's silently been holding you back from growth or healing?
- What's holding me back from deeper accountability in my life?
- Who is someone I could trust enough to be honest with moving forward?
- What do you think would change in your life if you brought your hidden struggles into the light?

4. Group Share (Come Back Together):

After everyone has had time to reflect, gather back in the main room. Invite each person to share:

- Which quote did you connect with the most?
- The question they chose
- Anything they feel comfortable sharing about what came up during their reflection

(Leaders: remind the group that this is a no-pressure share—people can pass if they need to. The goal is to create a safe space for honesty.)

P R A Y

God,

This week, I lift up my friendships to You. I pray for the ones that feel strained or broken—bring healing where it's needed. I pray for the friendships that haven't started yet—prepare my heart and theirs. And most of all, I ask that You keep shaping me into the kind of friend someone would be grateful to have. Help me love well, show up consistently, and reflect You in every relationship.

Amen.