

Lean on me,
when you're not strong
And I'll be your friend
I'll help you carry on
For it won't be long
'Till I'm gonna need
Somebody to lean on...



Friends

- Increase happiness.
- Help you face tough times
- Encourage you to take better care of yourself.



Research on Friendship

- **Make you smarter**
- **Decrease level of stress hormones**
- **Decrease your blood pressure by 14 points**
- **Sleep better**
- **Boost your immune system**



Friends decrease Dementia

- Daily contact ↓43% vs < 1x/wk
- Age 75+ dementia risk was lowest in those with a variety of satisfying contacts with friends and relatives



Support Group

- Women with breast cancer who participated in a support group...
- lived twice as long
- much less pain





Study of 5,000 people over 20 yrs

1 person's happiness has a ripple effect lasting up to 1 year

1 happy friend raises your chance of happiness 15 %

1 unhappy friend lowers your chance of happiness 7 %

BMJ, December 4, 2008

Friends help you live longer

- Lack of friends
 - = smoking up to 15 cigarettes a day
 - Increases the risk of premature death by 50%
 - Decreases longevity > obesity or physical inactivity





Fewer Americans Today Have a "Best Friend"

Percentage who have one person they consider to be their best friend . . .



Survey of US adults [N=2,019]. Gallup survey conducted over the telephone.
Source: American Perspectives Survey, May 2021; Gallup, 1990

58% of Americans say “no one really knows them well.”

What's a healthy number of friends?

Quality counts more than quantity.

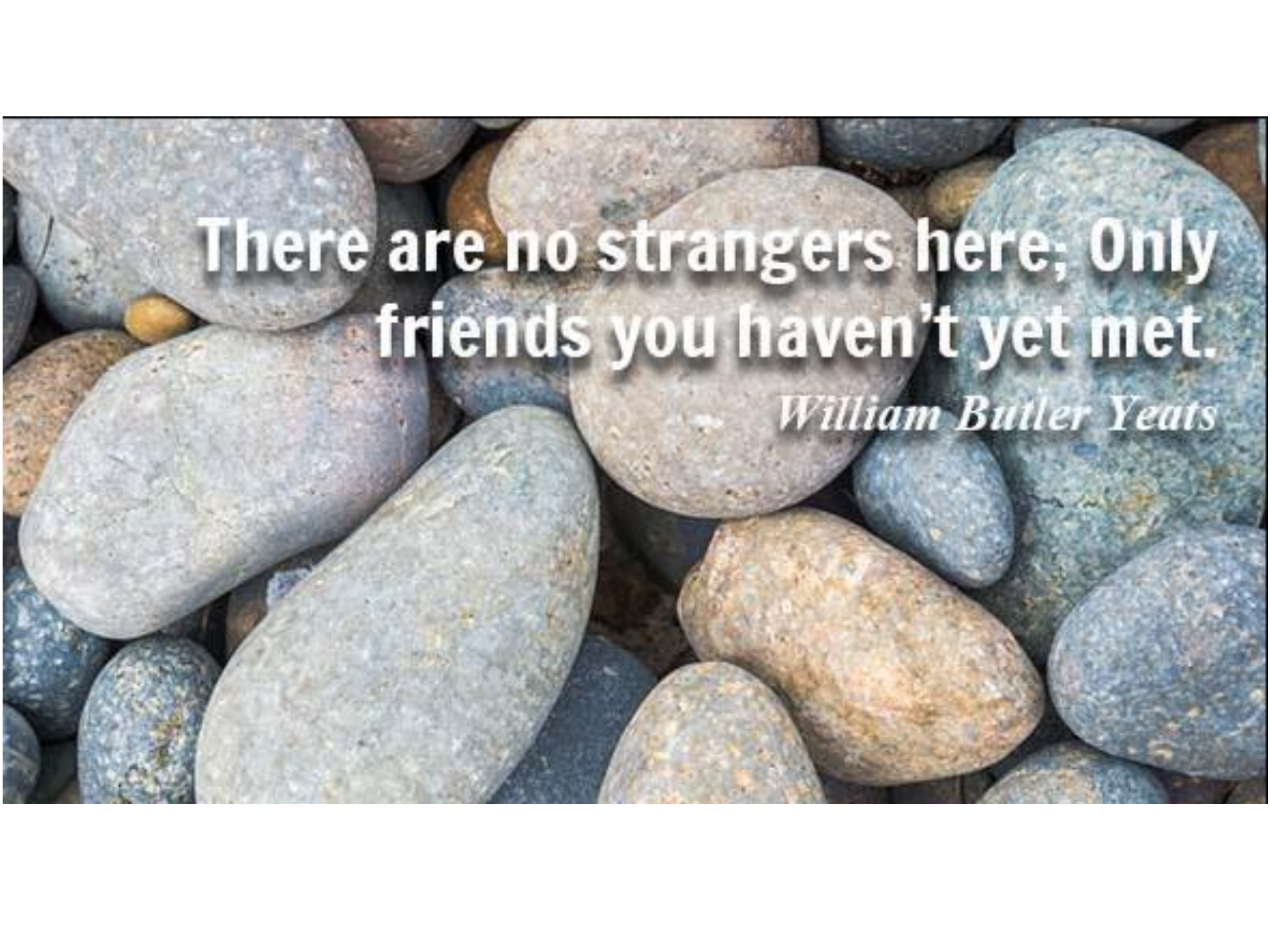
Researchers have found that having even one close friend that you confide in can extend your life by as much as 10 years





**Walking with a
friend in the dark
is better than
walking alone
in the light.**

Helen Keller



**There are no strangers here; Only
friends you haven't yet met.**

William Butler Yeats

Ruth and Naomi

Ruth 1:16-17



David and Jonathan

1 Samuel 18:1-3



How to be a Good Friend

Proverbs 18:24

A man that hath friends must shew himself friendly...

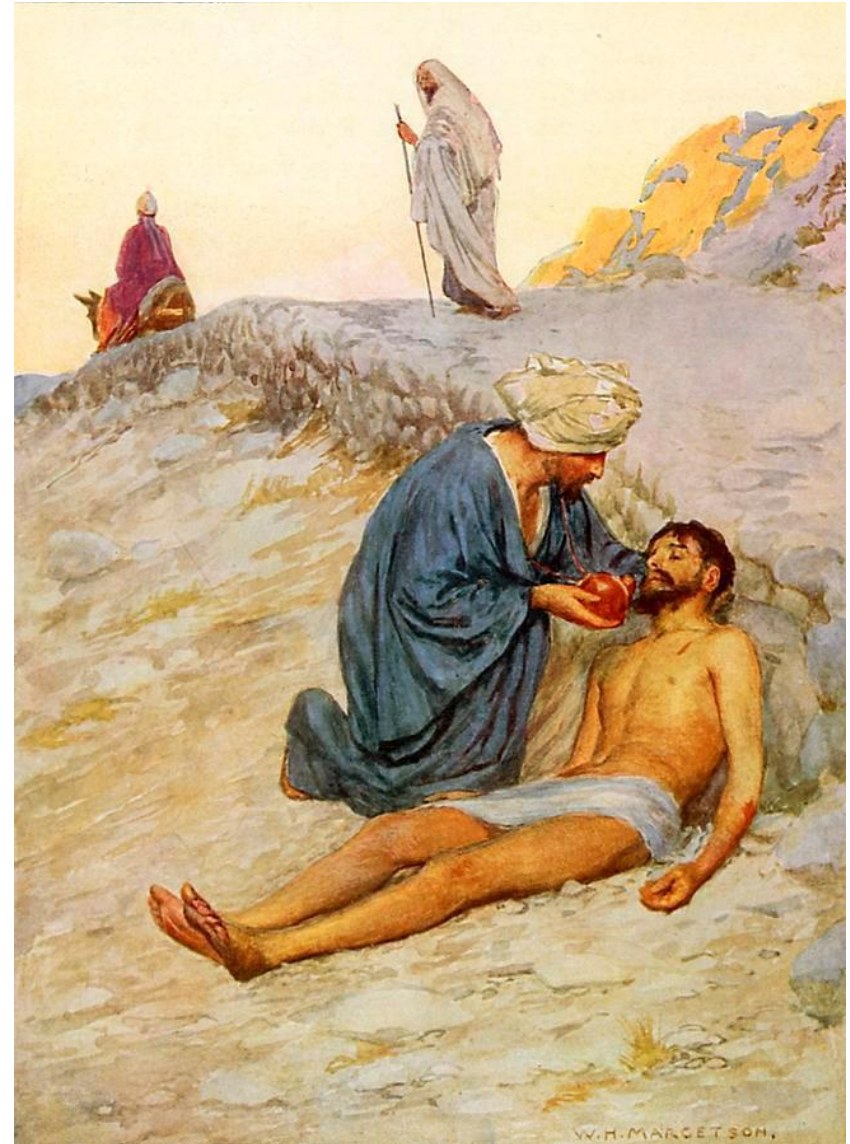


How to be a Good Friend

Luke 10:30-35

Priest & Levite asked, “If I stop to help this man, what will happen to me?”

But the good Samaritan asked, “If I do not stop to help this man, what will happen to him?”



How to be a Good Friend



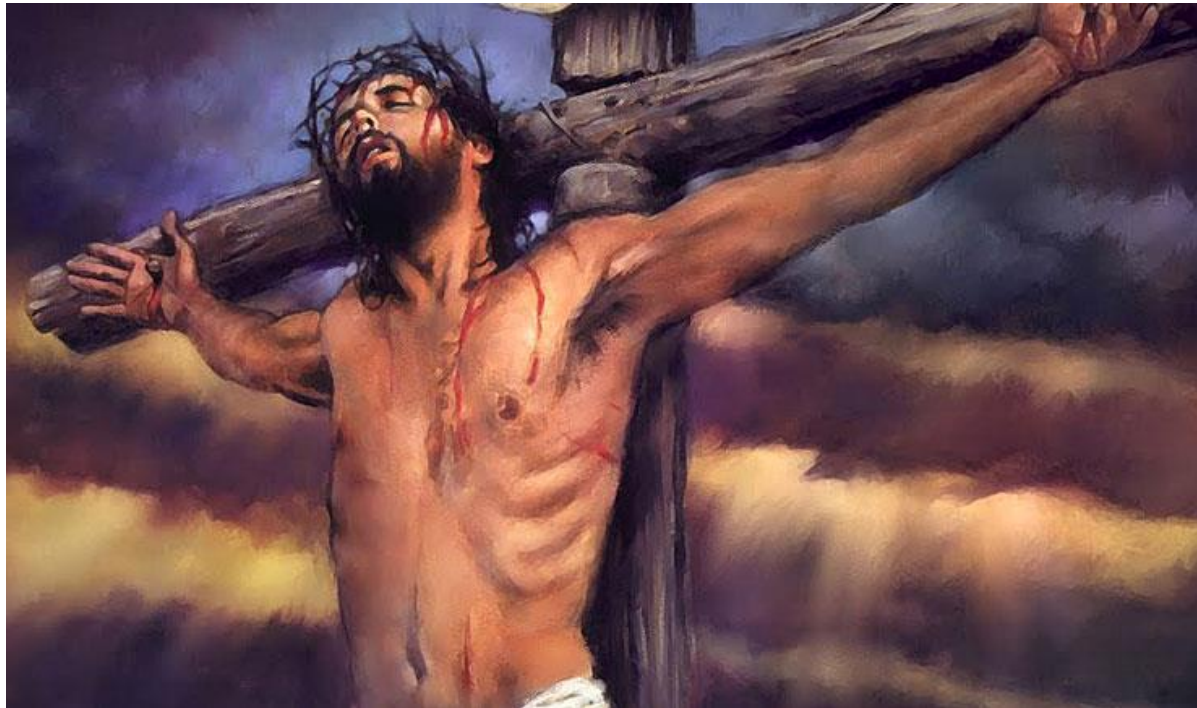
Matt 22:39

“...love thy neighbour as thyself”

How to be a Good Friend

John 15:13

Greater love hath no man than this, that a man lay down his life for his friends.





*What a friend we have
in
Jesus*