

# Widow Thoughts: Friendship

Bible Plan



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*“A friend loves at all times, and a brother is born for adversity.” Proverbs 17:17*

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It's ok to have standards for your friendships, a friendship is a relationship, a relationship takes two people equally invested. One thing my loss has taught me as I have gone through all the emotions throughout the years, is sometimes people care about you but don't want to invest in you (it's not personal, they are human). And sometimes there are people who really care and want to invest in you, that you overlook.

Invest in who invests in you and don't be afraid to make new connections so your life is fruitful.

When your spouse passes, your connections naturally tend to change. Sometimes people grow closer, but from my experience grief just caused separation. It's hard to grieve the same person from different perspectives. Where I was mourning the loss of my partner, my best friend, my left hand, others were mourning the loss of a brother, son, friend, co-worker... and everyone having a different perspective in what they lost, have different ways of processing. It made some feel good to tell me every story they had, while others avoided me completely. Some just wanted to honor him by being there for me, some wanted to judge my every move like I was doing something wrong by still having to live. It hurts, it's messy, and it overcomplicates an already sad and stressful time in your life. You can either hold onto everything you lost, or you can invest in who invests in you and let the others go. It doesn't mean they don't care; it means they can't process the loss the same as you and don't know how to continue forward with you as an individual.

Making new connections and continuing to ensure your life is fruitful is so important. Not just for those who lost someone close, but for everyone. We are put here to love, it's the greatest commandment in the bible, and is everything Jesus displayed. Pay attention to who is investing in you, and who you are investing your time and energy in. Holding onto negativity is not going to help you grow, so replace it with something positive. Make a new friend, be there for someone going through a life hardship, invest time in your community or church. Everyone has the ability to live a full and fruitful life regardless of the challenges they face in life. Happiness is a choice.

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*“She is clothed with strength and dignity; she can laugh at the days to come.”*  
*Proverbs 31:25*

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## Reflection

Read the book of Ruth, reflecting on the picture of friendship demonstrated

After reflecting on the friendship between Ruth and Naomi, take a minute to reflect on the change your life is going through think about the support system you have.

What do you miss most from your “old” life?

Who has been there in the way that feels best for what you need?

Who maybe has made your loss harder to process, and instead causes more emotions when you engage with them?

Those around you likely have the best intentions, but that doesn't mean you are obligated to respond to every message, call, or invite. Allow yourself to take a break from the expectations of others and focus your energy on those supporting you in the manner you need it most during your hard days, weeks, months, or years. Finding comfort in those we feel safe with is huge during this time of transition.

### MY PRAYER FOR YOU:

*I pray you continue to see your value in this world and that you continue to grow your support system. Loss is hard from all angles, not just our view of our loss, but also for those mourning the loss of who we once were. It's hard to move forward as an individual when you were viewed as one half.*

*I pray you let go of any expectations you feel to grieve a certain way and find peace in doing what feels good to you.*

*I pray you can give grace to those around you, and you find comfort knowing your lost loved one has no expectations for you.*

*I pray that existing friendships provide the support you need, and that you also find comfort in new connections to continue to grow as an individual.*

*Grief has no timeline and follows no rules. I pray for you to have the strength to process your grief in the way that feels right for you, not others.*

## Key friendship verses

- Colossians 3:13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.
- Ecclesiastes 4:9-10 Two are better than one, because they have a good return for their labor: if either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.
- Job 2:11 When Job's three friends, Eliphaz the Temanite, Bildad the Shuhite and Zophar the Naamathite, heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him.
- Job 16:20-21 My intercessor is my friend as my eyes pour out tears to God; on behalf of a man he pleads with God as one pleads for a friend.
- Job 42:10 After Job had prayed for his friends, the LORD restored his fortunes and gave him twice as much as he had before.
- John 15:12-13 My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends.
- Proverbs 16:28 A perverse person stirs up conflict, and a gossip separates close friends.
- Proverbs 17:17 A friend loves at all times, and a brother is born for adversity.
- Proverbs 27:17 As iron sharpens iron, so one person sharpens another.
- Proverbs 27:9 Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice.
- Romans 12:10 Be devoted to one another in love. Honor one another above yourselves.
- Romans 12:15 Laugh with your happy friends when they're happy; share tears when they're down.
- 1 Corinthians 15:33 Do not be misled: Bad company corrupts good character.
- 1 Thessalonians 5:11 Therefore encourage one another and build each other up.