

ACT

THE  
*Art*  
OF FRIENDSHIP

NOTES FOR MY FRIENDS AT

WOF: **SISTERS**

FALL 2017

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# Attention

**Friendships operate best when we are deliberate.**

Reach out. It takes an investment of time, truth, and trust.

Don't sit and wait for folks to come to you, but instead extend an invitation. Even if they say no, try again.

Don't absorb a "no" as a personal indictment, but recognize we live in a busy world with many demands.

When you meet, be honest, tell them you are hoping to build a friendship with them. If they don't have time they can invest know that God has others in mind for you.

Don't quit trying because God designed us to be in relationship with each other. Friends bring fresh supplies of energy and insight into our lives and give us opportunity to give to them.

*Friends bring fresh energy and insights into our life.*

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# Communication

**Friendships operate best when we are observant.**

Everyone has a friendship style. Take note of how others communicate.

Understanding a person's style can save a lot of hurt feelings.

If you are doing all the talking in a relationship, they may need you to hush so they can process. We all process at different speeds.

Don't assume the quiet person has nothing to say or no desire to say it.

They may just need your encouragement and/or your silence, which offers them thinking space and permission to say what's on their mind.

Also if words come easily for you, don't "butt in" just because you can, or people will back away. If you are the quiet one, don't brood and blame others because you are afraid to speak up; risk speaking the truth in love and find both liberation and new skills.

You don't have to say what's on your mind perfectly, but you do need to say something, if you are going to be an active part of a friendship.

Sharing is a key component because it helps us affirm we are not alone. Ask questions, but don't pry.

*Wear hospitality.*

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# Transformation

**Friendships operate best when it is reciprocal.**

Successful relationships are made up of give and take.

Don't be a scorekeeper because that's not at the heart of caring, but if you are always the giver or always the taker that's unhealthy. Make necessary adjustments to balance the give/take equation, noting that some seasons may require more of one or the other.

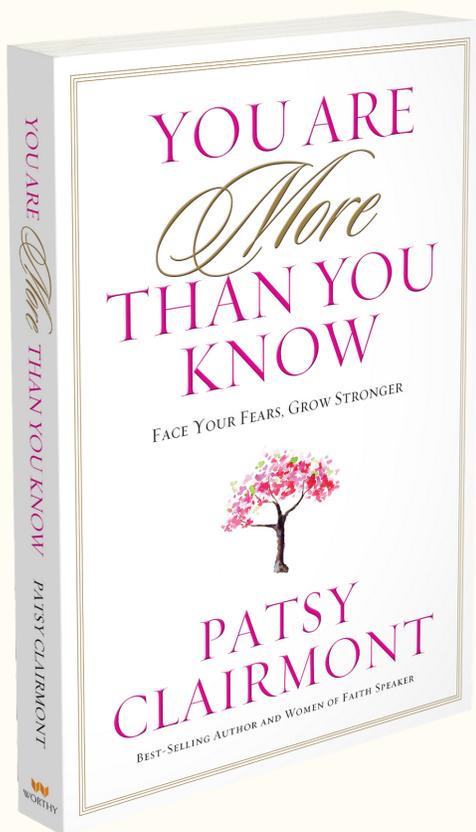
A good friendship extends and receives; safety, honesty, and love. And love changes us, which is God's ongoing intention. He chooses to use our friendships at different junctures to not only companion us, but also to refine us. People don't bring the worst out of us, they reveal what's been in us all along that we need help with.

Ouch. Don't blame...grow.

*Offer your best.*

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*God created us with potential beyond our understanding.*