



CULTIVATING BIBLICAL FRIENDSHIPS

Set aside two hours with 2-3 friends to eat some yummy snacks, watch a short teaching on biblical friendship, engage in deep conversation, and pray with each other.

Cultivating deeper friendships doesn't have to be complicated or fancy. You just have to be available and willing.

Ready? Let's go!



GET FREE. STAY FREE. SET OTHERS FREE.



EXCLUSIVE RECIPES FROM DASHING DISH

CHICKEN BACON RANCH EGG ROLLS

Serves 4 (2 egg rolls each)

Estimated cook time: 25-30 minutes

Ingredients

- 2.5 tsp Hidden Valley Ranch Dry Seasoning Mix
- 1/2 cup Plain non-fat Greek yogurt OR 1/2 cup low fat sour cream
- 1 cup Chicken breast, cooked and shredded
- 4 Slices center cut bacon
- 8 Egg roll wrappers
- 1 Egg white
- 1/2 cup Reduced fat shredded cheddar cheese

Preheat oven to 375 degrees. Line a baking sheet with foil, and spray with non-stick spray. In a small bowl, combine ranch mix and Greek yogurt (or sour cream).

Cook bacon according to package directions, (I microwave mine on a paper towel for 2-4 minutes, until crispy). Crumble the bacon.

In a medium bowl, combine the chicken, ranch/yogurt mix, and crumbled bacon. Stir until well mixed.

Lay out your egg roll wrappers on baking sheet and divide filling between them. Fold ends of egg roll wrappers in, and tuck and roll egg roll wrappers over the filling.

Brush egg white over each egg roll wrapper and divide shredded cheese among them.

Bake egg rolls in preheated oven for 12-15 minutes, or until cheese begins to melt and slightly brown. Let cool to warm and enjoy!



EXCLUSIVE RECIPES FROM DASHING DISH

MAKE-AHEAD STRAWBERRY YOGURT PARFAITS

Serves 4, Estimated cook time: 15-20 minutes

Ingredients

Honey Granola

- 1 1/2 cup Old fashioned oats (gluten-free if sensitive)
- 1/4 cup low sugar maple syrup (or honey)
- 1/8 cup Baking stevia (or 1/4 cups sweetener that measures like sugar)
- 1/4 cup Egg whites (2 egg whites)
- 1/4 tsp Salt
- 1/4 tsp Cinnamon

Yogurt Parfaits

- 2 cups diced strawberries (or berries of choice)
- 2 cups plain low-fat Greek yogurt
- 1-2 tbs Sweetener of choice, or to taste
- 1/2 tsp Vanilla extract (optional)

Prepare the Honey Granola:

Preheat oven to 350 degrees. Line a baking sheet with foil or parchment paper. (If using foil, spray with non-stick cooking spray). Mix all of the ingredients together in a medium-sized bowl, and stir until everything is well combined.

Bake for 15 minutes, then remove from oven and stir to break granola apart.

Return to the oven for another 15-20 minutes, or until granola is crisp (watch it carefully in the last 10 minutes of baking.) Let cool completely, and add to your parfaits.

If you have extras, you may store them in an air-tight container for up to 7 days, or in the freezer for up to 3 months.

Layer the yogurt, granola, and fruit according to your taste!



TORIE'S TEACHING: CULTIVATING BIBLICAL FRIENDSHIPS

Watch the teaching here:



TEACHING NOTES

“How good and pleasant it is when God’s people live together in unity!” Psalm 133:1

TIPS TO CULTIVATE BIBLICAL FRIENDSHIPS

Jesus is our first true friend.

You have to be a friend to make friends

Schedule time to spend time with your friends



TEACHING NOTES

Be open and honest with one another

Be available

Forgive one another

Be loyal to one another

Build each other up in the Word

Friendships last for a season, a reason, or a lifetime.

DISCUSSION QUESTIONS

1. How are you cultivating your friendship with Jesus?
2. Is there anyone you see often but haven't taken the time to get to know?
How can you initiate a friendship with them?
3. What does being available to your friends mean to you?
4. Have you ever been in a conflict with a friend? How did you deal with it? How can you build trust and strengthen your friendships by using this process of forgiveness?
5. Ask your friends how can you serve them and walk with them into a deeper relationship with God?
6. Have you had friendships that have lasted only for a season? Which friendships have met a need in your life? Do you have any lifetime friends?



#366 BE STILL AND BE LOVED: BEING WITH (JOHN 8:29)

Listen to the meditation here:



PRAYER PROMPTS

CONSIDER ENDING YOUR TIME BY PRAYING TOGETHER ABOUT THESE TOPICS:

- Ask God to show you the places you can grow in friendship
- Confess to God the ways you have sinned in friendships (gossiping, unresolved conflict, pride, etc). If needed, make time to seek reconciliation with that particular friend.
- Ask God to give you eyes to see the people in your life who need a friend
- Thank God for being your friend
- Ask God for your current friendships to grow in depth and intimacy