

Friendology

Friendology – Week 2 Small Group Discussion Guide

Theme: Interdependence — Why you need a Nathan in your life.

Scripture: 2 Samuel 12:1–13; Proverbs 27:5–6; Galatians 6:1–2

Intro

We all have blind spots—areas of our lives we can't see clearly because pride, isolation, or self-deception clouds our vision. Scripture tells the story of David, a man after God's own heart, who made disastrous choices when he isolated himself. God sent Nathan to confront him, not to shame him, but to restore him. Healthy friendships aren't just about having fun; they're about having people who love you enough to tell you the truth before you self-destruct.

This week, we'll discuss how to invite that kind of courageous truth into our lives, and how to be that kind of friend to others.

Discussion Questions

1. **Starting Point** – Have you ever witnessed someone's success lead to disconnection from the people who once spoke truth into their life? What happened, and how did it affect them and their relationships?
2. **Scripture Insight** – Read 2 Samuel 12:1–10. What stands out to you about Nathan's approach? How does the parable help David see what he couldn't see in himself?
3. **Personal Reflection** – Are you where you are supposed to be right now, or have you "stayed behind" in some area of your life like David did when he should have been with his army? What makes you say that?
4. **Relational Inventory** – Who in your life will ask you the tough questions? How did they earn that role in your life? If you don't have someone like that, what's a first step you could take to invite one?
5. **Permission to Speak** – Have you clearly given someone permission to be direct with you, even when it's uncomfortable? Why or why not? How might doing so change the way you make decisions?

6. **Living It Out** – Think about the Seven Keystones of healthy relationships (Safety and Security, Learning and Growth, Practical/Physical Help, Romantic Intimacy, Fun and Relaxation, Emotional Closeness and Confiding, Identity/Affirmation/Shared Experience). Which one is strongest for you right now, and which one might you need to intentionally develop to build deeper, truth-telling friendships?
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Outro

The truth is, you can't see everything in your own life clearly. God often uses people to bring the clarity we need. But those kinds of relationships don't happen by accident—they require trust, vulnerability, and intentionality. This week, identify at least one person you can invite to be your Nathan. Give them permission to speak into your blind spots. And be willing to be a Nathan for someone else—offering grace and truth that lead to life.