

**Stress-Free Living**  
*Making & Keeping Friends*  
Philippians 2:19-30

**I. Genuine Concern - v.19,20**

- A. Comfort = encourage or good spirits
- B. State = circumstances or condition
- C. Genuine concern allows us to rise above our personal circumstances and demonstrate love for others

**II. Faithfully Consistent - v.21-24**

- A. Timothy's journey was approx. 40 days
  - 1. Prov. 17:17
- B. Jesus repeatedly valued close & consistent relationships
  - 1. Matt. 26:36; Mark 14:34; Prov. 18:24
- C. Paul's stressful time requires a consistent friend

**III. Authentically Real - v.25-27**

- A. Epaphroditus demonstrates real friendship
- B. Authentic friendships require honesty & transparency

**IV. Valid Compliments - v.28-30**

- A. Paul encourages others by sharing Epaphroditus' success
- B. Compliments solidify friendships
  - 1. Proverbs 22:11

**V. Change Point: Am I the kind of friend others would be glad to have? Would they tell others about my faithfulness?**