

MEN OF INTEGRITY

IRON SHARPENS IRON

The Value of Godly Friendships

John Manley and Robbie England

A person's hands are holding a vintage black camera against a background of dry grass. A white circle is centered over the camera's lens, with a solid white dot at the top. The title text is overlaid on this circle.

BASICS OF FRIENDSHIP

Robbie England



You can always tell a real friend: when you've made a fool of yourself and he doesn't feel you've done a permanent job. ~Laurence J. Peter

Basics of Friendship

Breakdown of Social Circles - the average person has:

- **Close friends:** 3 to 5 people you trust deeply and confide in.

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Breakdown of Social Circles - the average person has:

- **Close friends:** 3 to 5 people you trust deeply and confide in.
- **Active social circle:** 10 to 15 people you regularly see or talk to.
- **Acquaintances:** 100 to 150 people whom you know by name and interact with occasionally.

Basics of Friendship

Factors Impacting Friendship Numbers

- **Age:** Younger adults often report having fewer close friends than older adults, who may have more stable, long-term social ties.

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Factors Impacting Friendship Numbers

- **Age:** Younger adults often report having fewer close friends than older adults, who may have more stable, long-term social ties.
- **Surveys:** Roughly 8% of adults report having no close friends at all.

Basics of Friendship

True or False: A good friend should be honest with you, even when the truth may be difficult to hear.

Basics of Friendship

True or False: A true friend will always agree with everything you say.

Basics of Friendship

True or False: Good friends should show kindness and respect toward one another.

Basics of Friendship

True or False: Gossiping about a friend can damage a friendship.

Basics of Friendship

True or False: A good friend is willing to forgive when a friend makes a sincere apology or when they don't apologize at all.

Basics of Friendship

True or False: You should only be friends with people who are exactly like you.

Basics of Friendship

True or False: Keeping a friend's confidence can be an important part of being trustworthy.

Basics of Friendship

True or False: A friend should encourage you to do what is right, even when it is unpopular.

Basics of Friendship

True or False: Being a good friend means getting your own way most of the time.

Basics of Friendship

True or False: Spending time together, listening, helping, and encouraging one another can strengthen a friendship.

Basics of Friendship

1. Provides perspective.

Basics of Friendship

1. Provides perspective.
2. Brings unforced joy.

UNFORCED JOY??

Surprised by my parents....

A face you DON'T want to make!



Basics of Friendship

1. Provides perspective.
2. Brings unforced joy.
3. Challenges you with their admirable character.

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4. Is safe enough to allow you to be significantly vulnerable.

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6. Creates rituals.

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4. Is safe enough to allow you to be significantly vulnerable.
5. Delivers appropriate accountability.
6. Creates rituals.
7. Shares sacred history.



**Be the friend TO OTHERS
that you want them to be TO YOU!**

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A person's hands are holding a vintage black camera against a background of dry grass. A white circle is drawn over the camera's lens, with a solid white dot at the top. The text "BLESSINGS OF FRIENDSHIP" is centered over the circle in a bold, white, sans-serif font.

BLESSINGS OF FRIENDSHIP

John Manley

friend

boss

spouse

coach

podcaster

teacher

pastor

celebrity

co-worker

entertainer

David saw that Saul had come out to seek his life. David was in the wilderness of Ziph at Horesh.

And Jonathan, Saul's son, rose and went to David at Horesh, and strengthened his hand in God.

I Sam. 23:15-16

And he said to him, “Do not fear, for the hand of Saul my father shall not find you. You shall be king over Israel, and I shall be next to you.

I Sam. 23:17

But Amnon had a friend, whose name was Jonadab, the son of Shimeah, David's brother. And Jonadab was a very crafty man.

II Sam. 13:3

Blessings of Friendship

Proverbs 27

1. The FAITHFUL friend - tells me what I need to hear. (6)

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3. The SHARPENING friend - brings out the best in me. (17)

Most Christian leadership is exercised by people who do not know how to develop healthy, intimate relationships and have opted for power and control instead. Many Christian empire builders have been unable to give and receive love.

-Henri Nouwen

Blessings of Friendship

Proverbs 27

1. The FAITHFUL friend - tells me what I need to hear. (6)
2. The WISE friend - gives good counsel. (9)
3. The SHARPENING friend - brings out the best in me. (17)
4. The STICKY friend - in it for the long run. (10)

Blessings of Friendship

Do not forsake your friend or your father's friend, and do not go to your brother's house in the day of your calamity; better a neighbor nearby than a brother far away.

Proverbs 27:10

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BARRIERS TO FRIENDSHIP

Robbie England



A lot of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down. ~Oprah Winfrey

Barriers to Friendship

Would you rather:

- (1) have a friend who lives far away or
- (2) a friend who lives nearby but rarely has time to spend with you?

Barriers to Friendship

Would you rather:

(1) try to become friends with someone who is very shy or

(2) someone who seems unfriendly?

Barriers to Friendship

Would you rather:

- (1) apologize first after an argument or
- (2) wait for your friend to apologize?

Barriers to Friendship

Would you rather:

(1) forgive a friend who hurt your feelings
or

(2) forgive a friend who broke your trust?

Barriers to Friendship

Would you rather:

(1) be left out of a group or

(2) have a friend misunderstand something you said?

Barriers to Friendship

Would you rather:

- (1) tell a friend that something they are doing is hurting your friendship or
- (2) keep quiet to avoid an argument?

Barriers to Friendship

Would you rather:

- (1) make friends with someone who has very different interests from you or
- (2) someone who has a very different personality?

Barriers to Friendship

Would you rather:

- (1) be friends with someone who sometimes annoys you or
- (2) miss out on a friendship because of small differences?

Barriers to Friendship

Would you rather:

(1) try to rebuild a friendship after a major disagreement or

(2) just start over and make a new friend?

Barriers to Friendship

Would you rather:

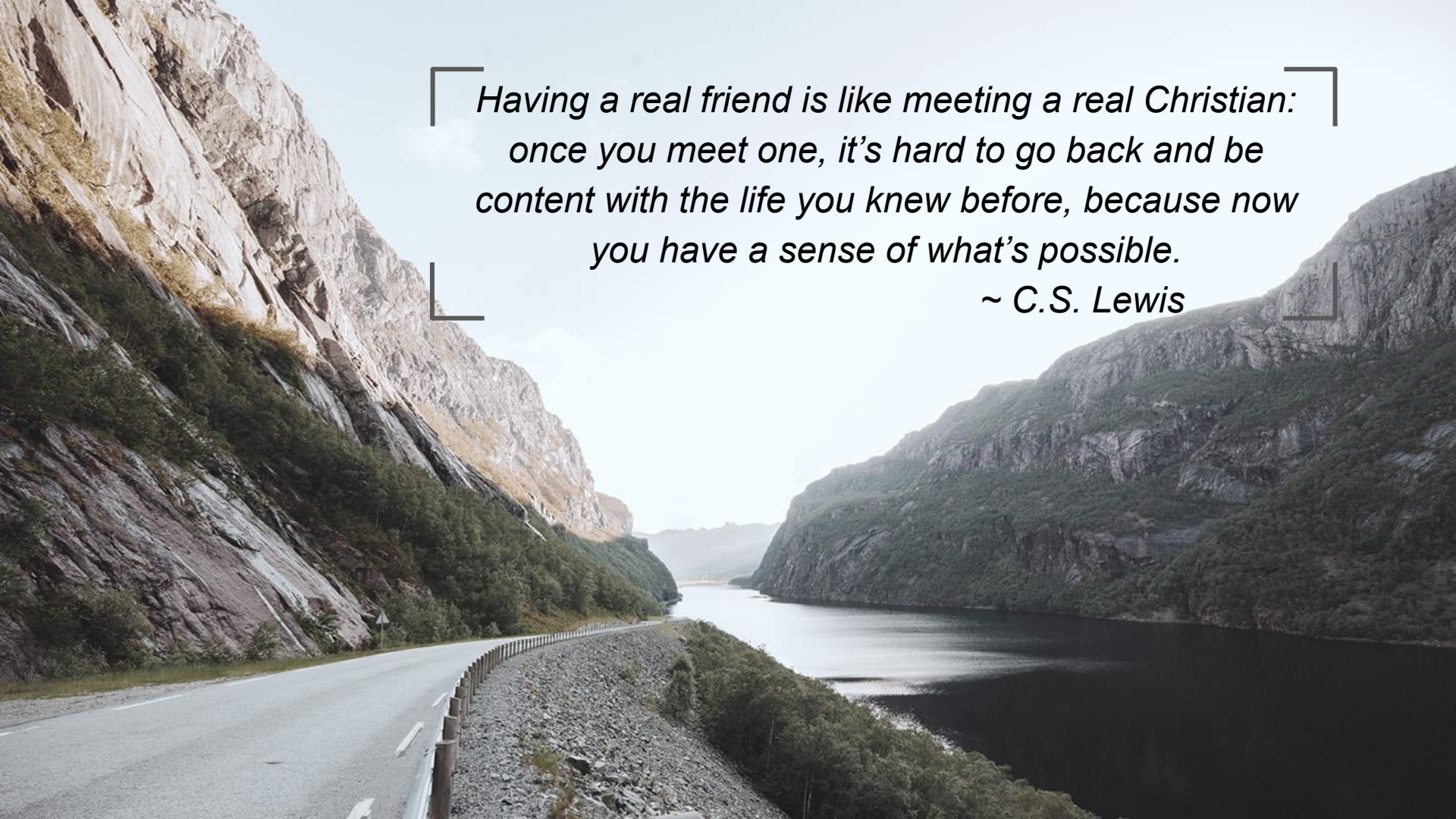
- (1) stand up for a friend when others are saying unkind things about them or
- (2) risk being left out of the group?

Barriers to Friendship

1. It's a rare experience.

Few value it because few experience it.

~C.S. Lewis



*Having a real friend is like meeting a real Christian:
once you meet one, it's hard to go back and be
content with the life you knew before, because now
you have a sense of what's possible.*

~ C.S. Lewis

Barriers to Friendship

1. It's a rare experience.
2. Misunderstanding the meaning of friendship.

Barriers to Friendship

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3. Idolization of work/increased mobility.

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4. Elevation of personal autonomy.

Barriers to Friendship

1. It's a rare experience.
2. Misunderstanding the meaning of friendship.
3. Idolization of work/increased mobility.
4. Elevation of personal autonomy.
5. Technology.

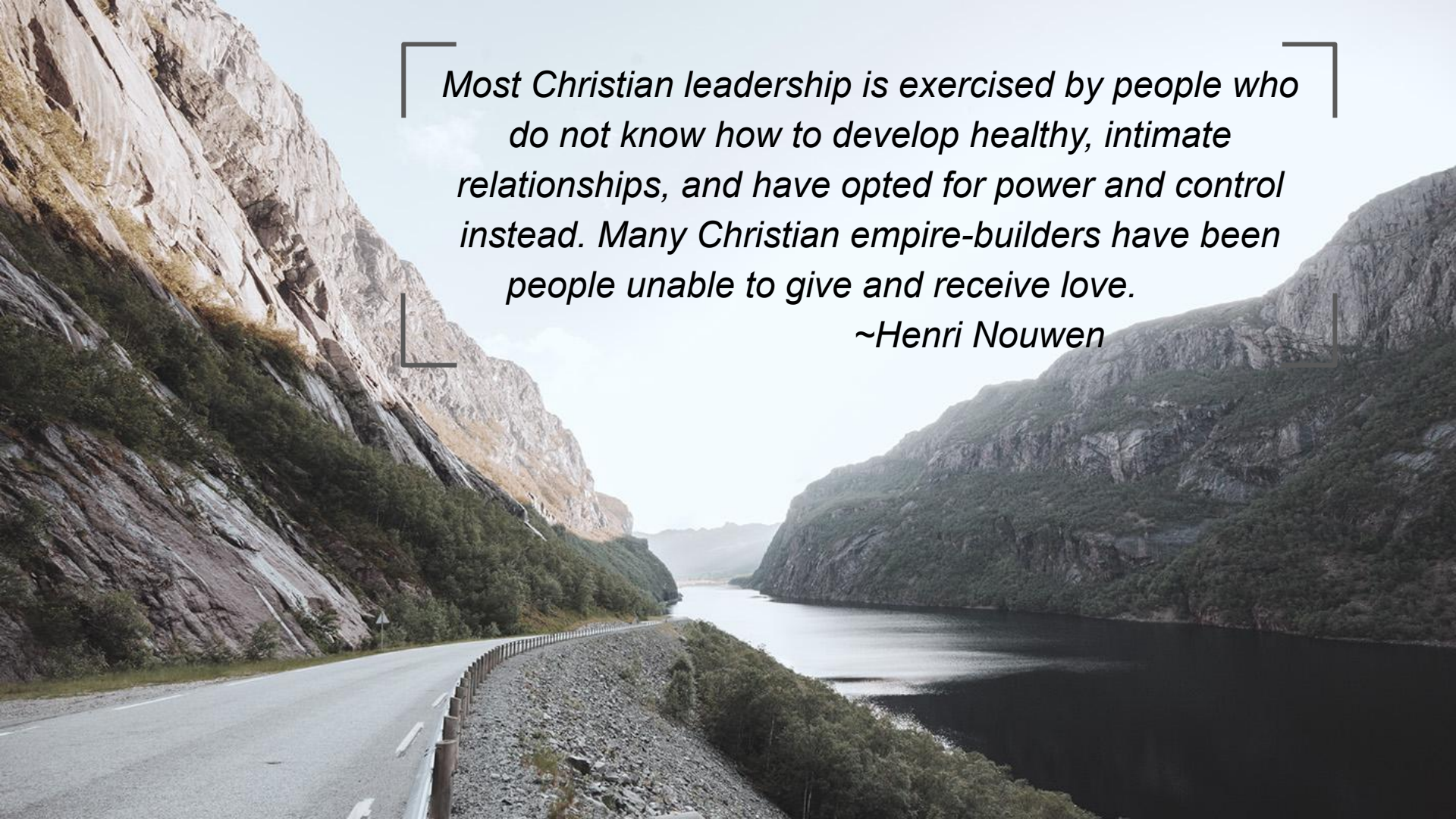


Barriers to Friendship

6. Loneliness.

Barriers to Friendship

6. Loneliness.
7. Betrayal.



Most Christian leadership is exercised by people who do not know how to develop healthy, intimate relationships, and have opted for power and control instead. Many Christian empire-builders have been people unable to give and receive love.

~Henri Nouwen

Barriers to Friendship

6. Loneliness.
7. Betrayal.
8. Cynicism.

Barriers to Friendship

6. Loneliness.
7. Betrayal.
8. Cynicism.
9. Lack of opportunities.



Barriers to Friendship

6. Loneliness.
7. Betrayal.
8. Cynicism.
9. Lack of opportunities.
10. Being misunderstood.

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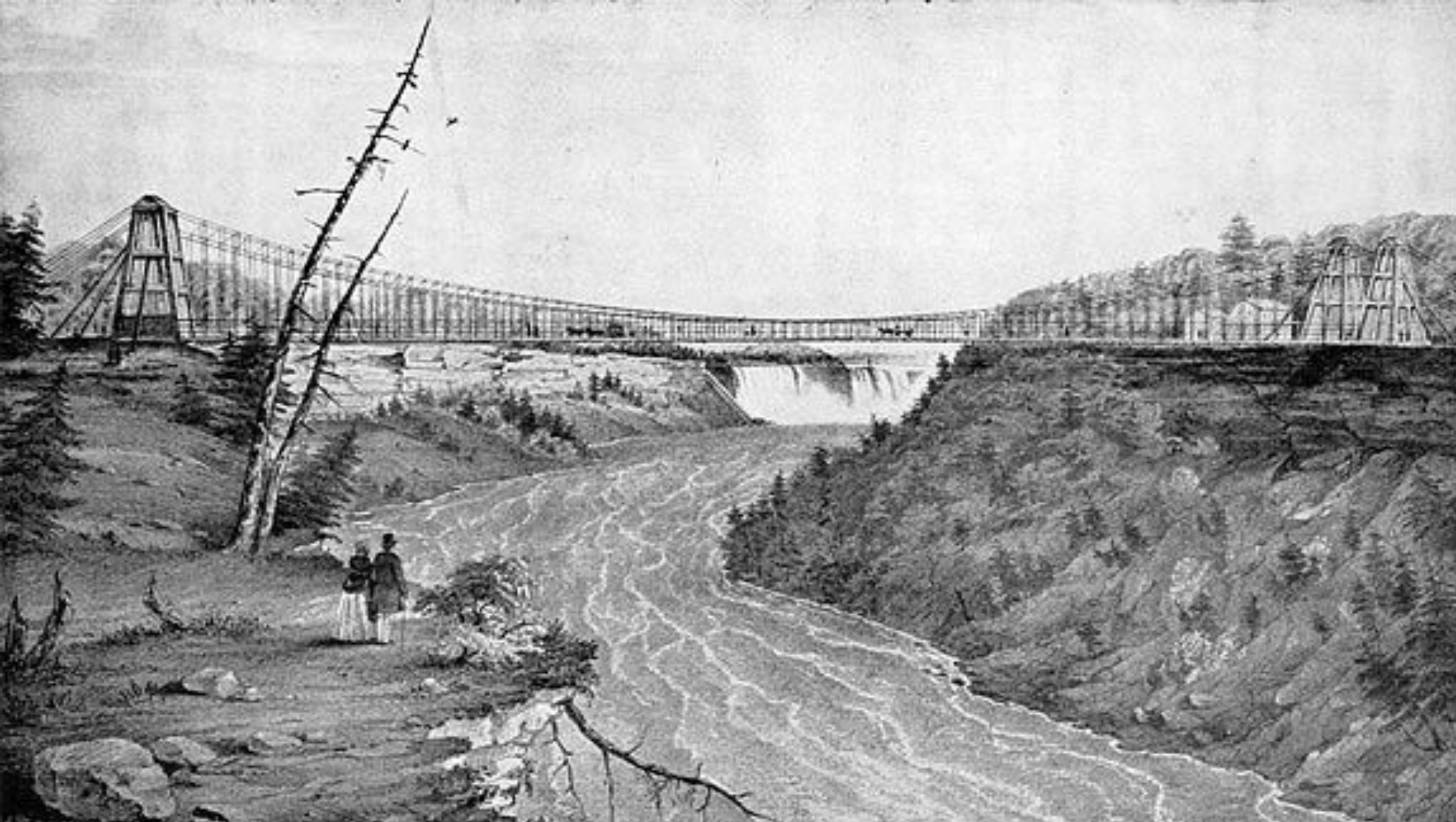
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BRIDGE OF FRIENDSHIP

John Manley



The Bridge of Friendship

42% of U.S. adults reported loneliness at least weekly in the American Psychiatric Association's April 2026 poll, compared with 33% in its 2025 poll.

American Psychiatric Association, 2026

The Bridge of Friendship

67% of U.S. Gen Z adults, born from 1997 to 2006, were classified as lonely in Cigna's 2024 online adult survey, published in 2025.

The Cigna Group, 2025

The Bridge of Friendship

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!

Ecclesiastes 3:9-10

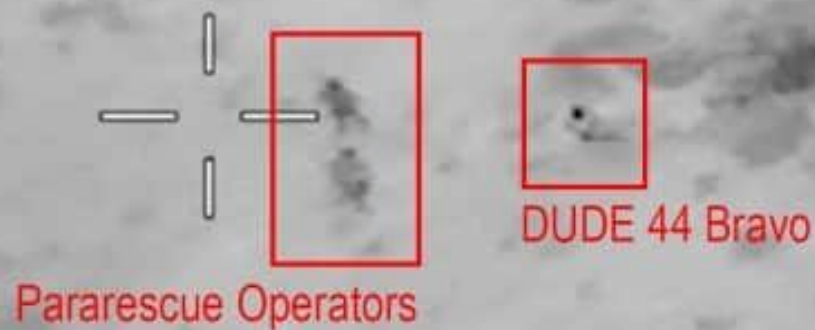
The Bridge of Friendship

And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.

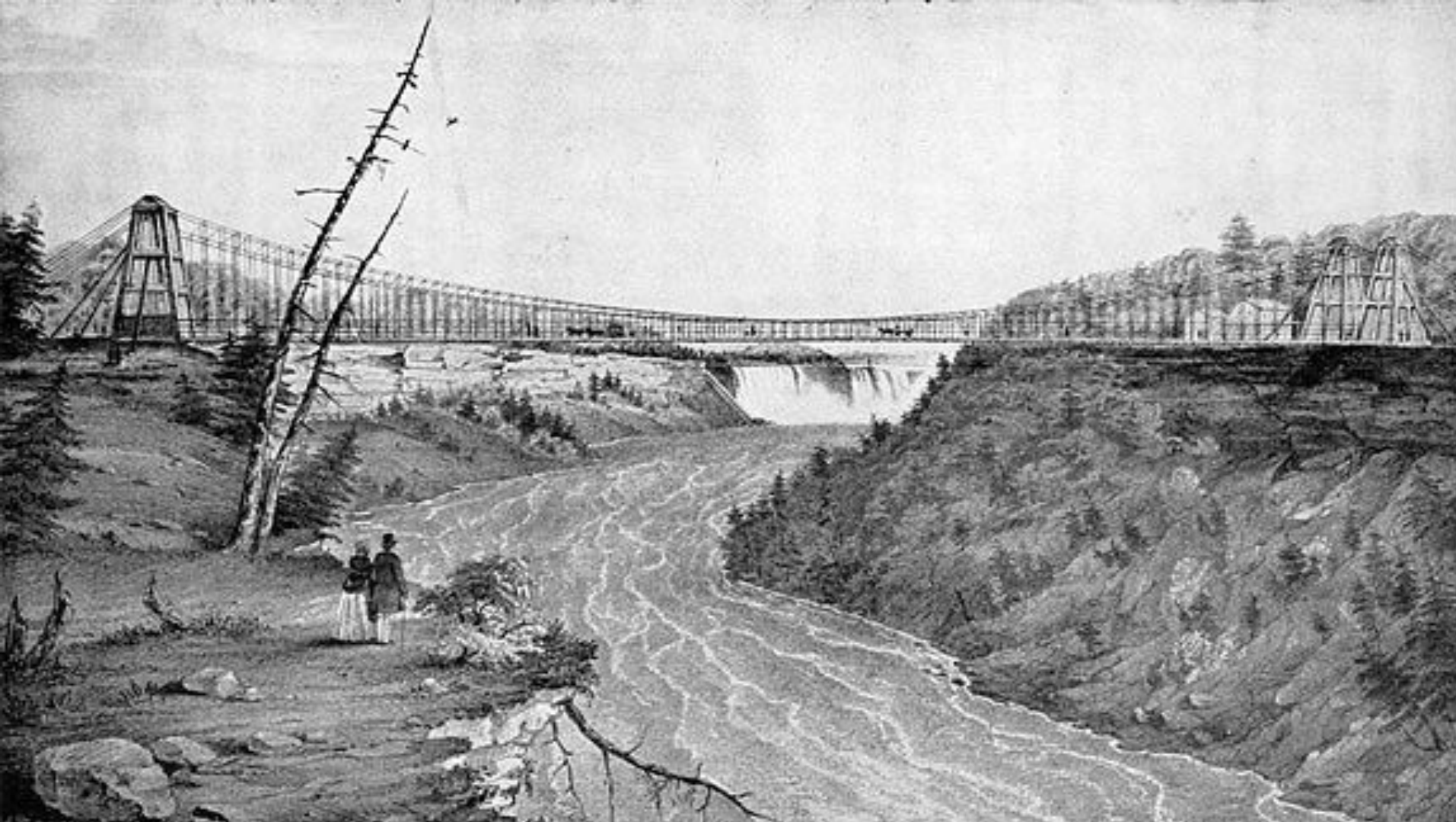
Ecclesiastes 3:12

UNCLASSIFIED

APRIL 5, 2026
DEPARTMENT OF DEFENSE



60
MINUTES



The Bridge of Friendship

Greater love hath no man than this, that a man lay down his life for his friends.

John 15:13

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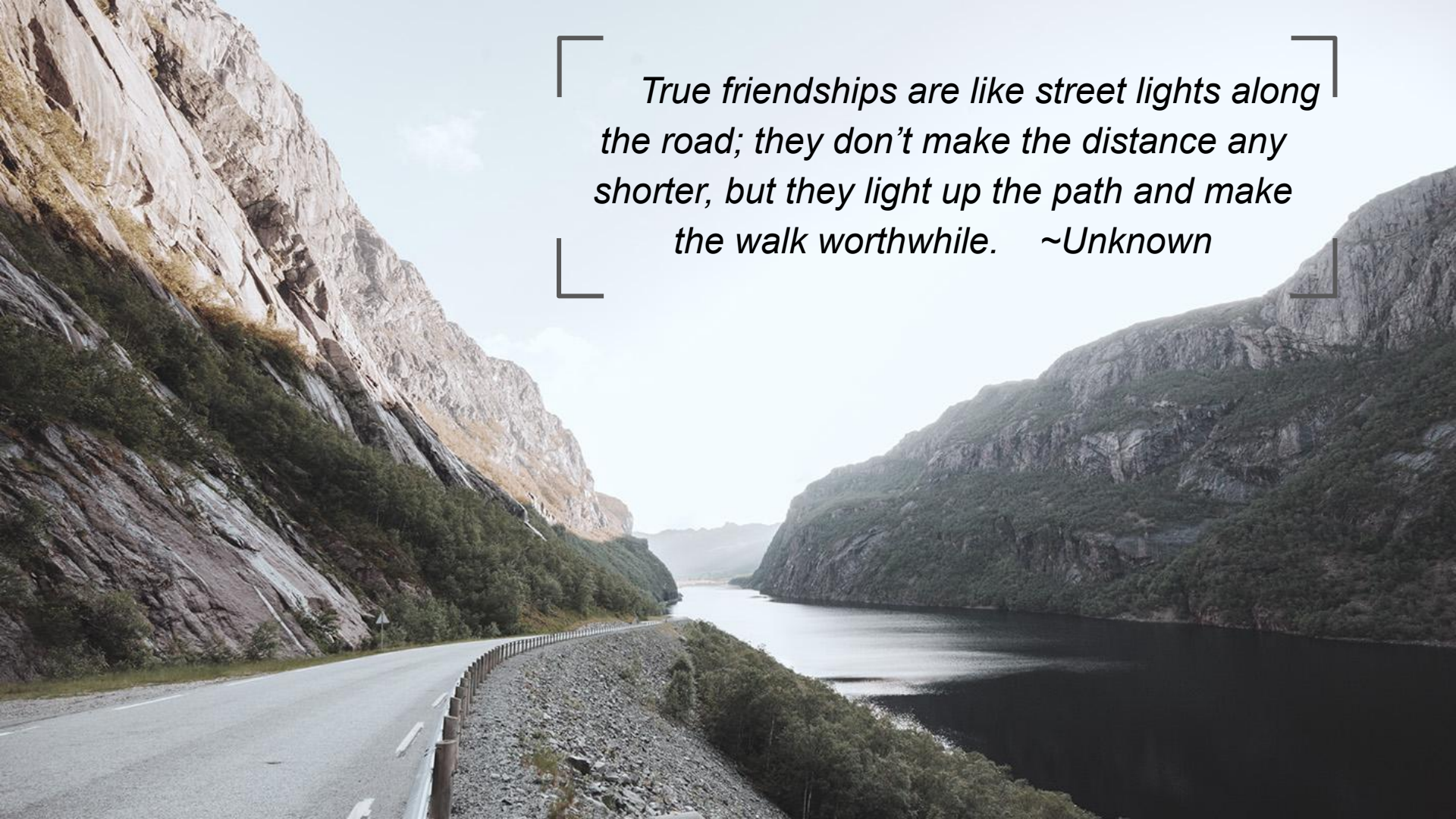
The Value of Godly Friendships

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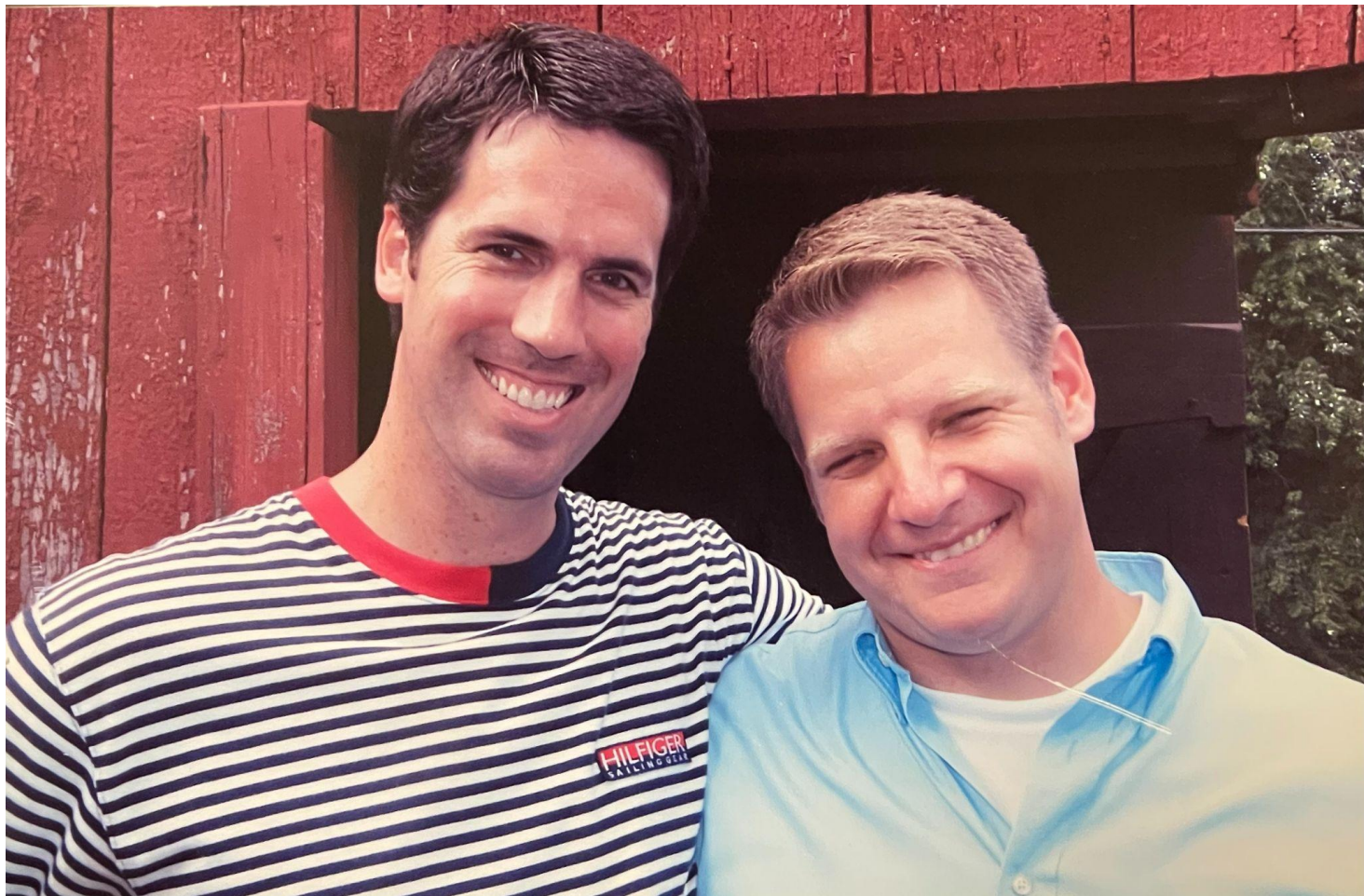
A person's hands are holding a vintage camera, likely a Leica M3, against a background of dry grass. A white circle is superimposed over the camera's viewfinder and lens area, with a solid white dot at the top center of the circle. The text "BUILDING A FRIENDSHIP" is centered over the circle in a bold, white, sans-serif font.

BUILDING A FRIENDSHIP

John Manley and Robbie England



True friendships are like street lights along the road; they don't make the distance any shorter, but they light up the path and make the walk worthwhile. ~Unknown





Building a Friendship

- Who coaches you?
- Who stretches your mind?
- Who listens to and encourages your dreams?
- Who will protect you?

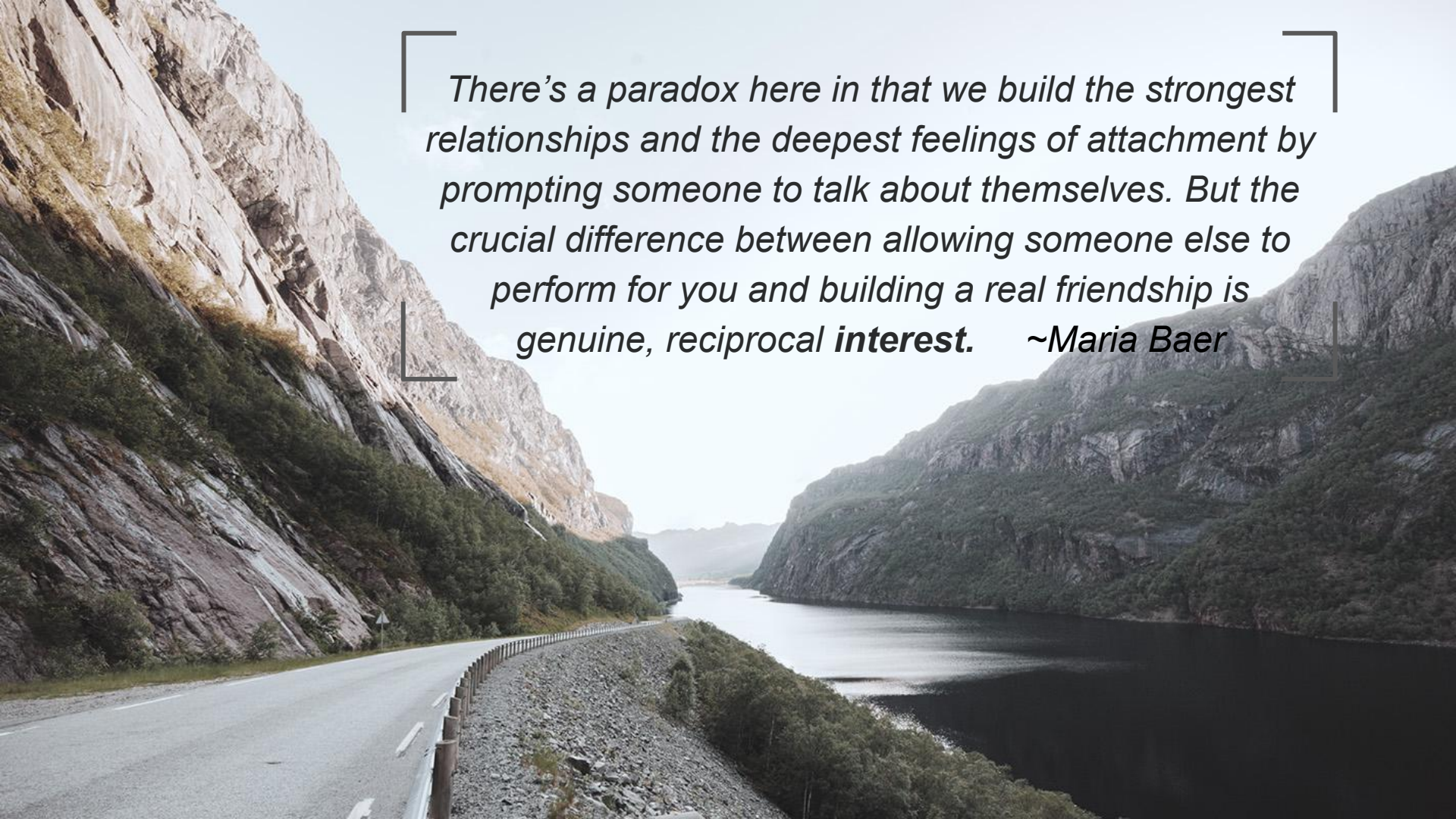
Building a Friendship

- Who are those who share your tears?
- Who rebukes you?
- Who among your happy few enjoys fun times with you?
- Who is it that seeks after God with you?



You can make more friends in two months by becoming interested in other people, than you can in two years by trying to get other people interested in you.

~ Dale Carnegie



*There's a paradox here in that we build the strongest relationships and the deepest feelings of attachment by prompting someone to talk about themselves. But the crucial difference between allowing someone else to perform for you and building a real friendship is genuine, reciprocal **interest**. ~Maria Baer*

Building a Friendship

Steps for Building a Friendship (as a Beginner):

1. Show up regularly at the same event.

Building a Friendship

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3. Choose activities that have a built-in distraction.
4. Be an active listener.
5. Give yourself an exit strategy.

Building a Friendship

***Suggestions for Raising the Bar With Friendships
(Picking up Speed):***

1. Just do it.

Building a Friendship

***Suggestions for Raising the Bar With Friendships
(Picking up Speed):***

1. Just do it.
2. Be yourself.

Building a Friendship

Suggestions for Raising the Bar With Friendships (Picking up Speed):

1. Just do it
2. Be yourself.
3. Get to know the other person.
 - a. Where are you from originally?
 - b. What do you do for a living?
 - c. What is the best book you have read recently?
 - d. What are your goals for the next 6 months?

Building a Friendship

***Suggestions for Raising the Bar With Friendships
(Picking up Speed):***

1. Just do it.
2. Be yourself.
3. Get to know the other person.
4. Find what you have in common.

Building a Friendship

***Suggestions for Raising the Bar With Friendships
(Picking up Speed):***

1. Just do it.
2. Be yourself.
3. Get to know the other person.
4. Find what you have in common.
5. Love them well.

Building a Friendship

***Strategies for Taking Friendship to the Next Level
(Keeping It Going):***

- Be curious
- Believe the best
- Express concern
- Share your life

Building a Friendship

The Six Conversations:

1. Social

Building a Friendship

The Six Conversations:

1. Social
2. Emotional

Building a Friendship

The Six Conversations:

1. Social
2. Emotional
3. Physical

Building a Friendship

The Six Conversations:

1. Social
2. Emotional
3. Physical
4. Cognitive

Building a Friendship

The Six Conversations:

1. Social
2. Emotional
3. Physical
4. Cognitive
5. Volitional

Building a Friendship

The Six Conversations:

1. Social
2. Emotional
3. Physical
4. Cognitive
5. Volitional
6. Spiritual

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A person's hands are holding a vintage rangefinder camera, likely a Leica M3, against a background of dry grass. A white circle is superimposed over the camera's viewfinder, with a solid white dot at the top center. The text "FRIENDSHIP Q&A" is written in a bold, white, sans-serif font across the middle of the image, partially overlapping the camera and the circle.

FRIENDSHIP Q&A

John Manley and Robbie England

