

**ISI Men's workout and breakout Session.  
Virtual Zoom - Saturday, November 20, 2021  
9:15 am Pacific Time (  
following keynote presenter)**



**Ron St. Hilaire**

## **FRIENDSHIP that makes a DIFFERENCE**



**This breakout focuses on the friendship that men need today ! It will share the realities men seek in our changing world focussing with engagement with real purpose. The value and importance of “real” friendship.....not just acquaintances.**

**Who are your friends?**

**Real friends are intentional pals you can share anything with in confidential trust.**

**They are Brothers in Christ.**

**Engaging, Encouraging, Supporting, and yes, holding each accountable.**

**We all need real and strong friends. This breakout touched on the realities ~ strength and purpose of “intentional friendship” with purpose from a**

**Christian perspective. 🙏😊✅!!**

***About the presenter....***

**Ron St. Hilaire**

**I am the Ministry Leader and Founder of Men in UNITY - started 13 years ago engaging men from 26 churches in Mission, BC, in addition to serving as leader of men's ministry at local church in Mission, BC. Today Men in UNITY has grown from Canada, North America & around the world.**

2.

On a personal note.... I am married  ... to my incredible wife for over 52 years....we have 2 daughters...6 grandchildren and one great grandchild. Presently we live in Abbotsford, BC. - our family is spread out in BC.

\* I was engaged & worked my whole life in communications...over 23 years as an award winning broadcast journalist, foreign correspondent travelling the world, sports commentator, writer, producer and author.

\* Owned a broad-based communications firm w/2 partners and a staff of 12 dealing mostly in crisis communications.

\* Then my last working position was in communications as a senior administrator for a large hospital~ Misericordia Health Centr in Winnipeg, Manitoba.

\* Over the years this ministry, to, through and for men, has grown....throughout North America and now through digital technology... connecting with men around the world.

***Thanks for taking in this breakout session.***

Now .....here is a review of what we shared...

**“FRIENDSHIP THAT MAKES A DIFFERENCE”**

The phrase “Iron Sharpens Iron” is found in Proverbs 27:17: “As iron sharpens iron, so one man sharpens another.” ~ this is friendship!

Men are searching and seeking... men need friends...perhaps, now more than ever. Us guys need to find balance and real engagement in support for and with each other in an ever changing world... in regular life... at home... at work... as a man, dad ..father, grandfather etc. Friendship is needed and IMPORTANT. It’s a gift and needed.

3.

Friendship is needed by all... an important “relational” part of life. I can't say that enough.

Let's be clear on this... a quick NO-contest example...

Jesus.... Has the ultimate relationship with God..... however, we know during his time on earth he spent time with 12 disciples... and as the Bible  tells us....



These were challenging times... So many challengers for Jesus like... Job, Moses, Peter and David to name just a few.

**NEEDED REALITIES...**Engaging, encouraging, supporting and caring for each other – Mentoring each other as brothers in Christ.

In closing men...wherever you are today in your journey.... My only point to you is to treasure the need and value of strong friendship....

And if there is a friendship gap in your life... search and seek to fill this important void in your life's journey.

Again...Friendship...should be intentional, relational, trusted, and confidential. When this happens... that friendship over time, will encompass ....engagement, be encouraging, support each other in every way...and help us be accountable...and that can be a strength and challenge. Guys friendship... is relational....we need it.....and God calls us to have it.... Friendship is a biblical call to action.

The next obvious question is HOW ? This is a good question!

4.

Reach out... ➡ REACH UP ⬆️ 🙏 ✓ find needed time to connect.  
Perhaps through mens ministries (and there are many) ...  
churches....and mens groups. My only strong suggestion is search  
and seek a men's connect that is Christian.

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**Friendship - Scripture offers valuable guidance when it comes to choosing friends. God knows our desire to be known and to be loved! He made us for companionship. Read Bible verses about friendship and how if chosen right, our friends can be the greatest source of love, healing, joy, and encouragement. Within this collection of Scriptures, you will also find advice on how to forgive others when you are hurt and how to handle difficult situations within friendship.**

***“A friend loves at all times, and a brother is born for adversity”.***  
***(Proverbs 17:17)***

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## **A prayer of Friendship**

**Lord Jesus, Thank you for bringing us together today... with interest in and with you... also Lord for giving me such a vibrant community of friends and new friends today to do life with.**

**I praise you for the people you have blessed me with, the ones who have come alongside me... these men today.... to love, encourage, support, and uplift me through all the twists and turns of life. I'm so grateful that I do not have to go through life alone, but that you have shown me examples of your love through my friends.**

**I pray that you would be present in all my friendships, that you would be drawing us together in deeper community with one another toward greater unity with you.**

5.

**I pray that you would help heal any places of brokenness or discord in my friendships, and that you would restore any friendships that have fallen apart. I pray for each and every man and their families... at this moment ...together we are connected with you....**

**We praise you right now... in Jesus name. Amen**



## **More prayerful thoughts...**

**Like your Word says in Colossians 3:12-13, may I clothe myself in compassion, kindness, humility, gentleness, and patience. May I be patient with my friends, and may I forgive freely like you have forgiven me. May I shine your light in my friendships, giving glory to you through all that I do, say, and think. Thank you for my friends, Jesus. Thank you for the ways they build me up and remind me of your goodness and faithfulness. In your name I pray, Amen.**

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**Scripture....**

**1 Corinthians 15:33**

**~ Do not be misled: “Bad company corrupts good character.”**

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**1 Thessalonians 5:11**

**“Therefore encourage one another and build each other up, just as in fact you are doing”.**

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**Colossians 3:13**

**“Therefore encourage one another and build each other up, just as in fact you are doing”.**

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**Job 6:14**

**“Anyone who withholds kindness from a friend forsakes the fear of the Almighty”.**

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**Proverbs 18:24**

**“Anyone who withholds kindness from a friend forsakes the fear of the Almighty”.**

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6.

**Psalm 133:1**

**“How good and pleasant it is when God’s people live together in unity!”**

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**Proverbs 17:17**

**“A friend loves at all times, and a brother is born for a time of adversity”.**

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**Proverbs 19:20**

**“Listen to advice and accept discipline, and at the end you will be counted among the wise”.**

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**Proverbs 13:20**

**“Walk with the wise and become wise, for a companion of fools suffers harm”.**

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**Proverbs 12:26**

**“The righteous choose their friends carefully, but the way of the wicked leads them astray”.**

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**When you Google the topic of friendship... one comparison is:  
The difference between real friends and Fake friends...**

**Fake friends will only contact you when they need something or want to know some juicy gossip. Real friends will contact you wherever and whenever because they are always interested in what's going on in your life. They don't have to know the latest gossip about your relationship.**

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**Making real friends ain't easy. Go forward...grow...engage in real friendship. You will know 😊✓ !!!**



**Thanks for this connect time...  
Questions ...talk....?**

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