

**“BUT WE’RE JUST FRIENDS”**

**Save yourself for “the one”!**

- ◆ Stay just friends with everyone until you find the “right one.”
- ◆ What does it mean to be “just friends”?
  - ◆ No kissing?
  - ◆ No hand-holding?
  - ◆ No verbal commitments?

# Are you really “just” friends?



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**Are you really “just” friends?**

**Ps. 15:2 "He that walketh uprightly, and worketh  
righteousness, and speaketh the truth in his  
heart" will be saved.**

**Ps. 51:6 "Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom."**

- ◆ “But we’re just best friends”
- ◆ “We’re just like brother and sister”
- ◆ “She’s a real sister in Christ”
- ◆ “He likes me, but I don’t like him that way, so we talked about it and...”



Often our real reason for seeking intimacy with someone of the opposite sex is because we're not getting it with God.

**Can a guy and a girl be just friends?**

- ◆ Most guy-girl friendships seem to fall into three categories:
- ◆ Long-term, not-too-intense friendships
- ◆ Temporary close friendships that fade when we move on
- ◆ Marriage

**Is it wrong to be more than just friends?**

**Are you really just friends?**

**1. When something good happens to you, or something bad, who is the first person you want to tell? If it's an opposite-sex friend, that person obviously holds a special place in your heart. Sharing such experiences builds bonds, and when we look for someone to share with, often that's our conscious or unconscious goal.**

2. Does your friendship itself feature as a topic of conversation between you? (“Your friendship means a lot to me/Thanks for being there for me/I always know I can count on you/What would I do without you?/I haven’t had many friends that I could trust like I can trust you.”)

**3. Do you find yourselves wanting to talk without other people around? You might like it when others go away and you are left at the table alone together. You may go on walks with others, but find yourselves talking more between the two of you, or even walking at a different speed than the others. Do you hope that you will get to talk with him/her about certain things that are close to your heart?**



**4. Do you find yourself wanting to touch your friend? You might look for excuses to ram an elbow into his/her ribs or playfully wrap an arm around a neck. Or do you enjoy it when they touch you (even accidentally)? Does your friend seem to find excuses to touch you? Chances are, if you are touching each other, both of you are aware that this does not feel the same as touching a same-sex friend. Hormones are involved.**

**5. Are your conversations about facts, like what happened in class, or do they include your feelings? They don't have to be feelings for each other—just feelings. ("I felt so down this morning..." or "Do you ever feel like...?") These are bond builders, and when two people start talking about their feelings, usually their conversations begin including them more and more.**

6. Do you ever find your eyes lingering on your friend, especially when they are not looking? Do you look for him/her when you come into a room?
7. Do other people think of you as a couple, or tease you about each other? Do you enjoy it when they do?

8. Do you sometimes think about—even if you would never mention it out loud—your friend's looks or outward attractiveness?
9. If your friend were the same sex you are, would you feel the urge to spend as much time together? Hormones are a remarkable friendship enhancer.

**10. Do you like being seen with your friend? Does he/she seem to enjoy it?**

**11. If you or your friend were to get married to someone else, would your friendship have to change in its intensity or its direction of growth?**

**12. Do you ever wonder if your friend finds you attractive? Does their opinion influence what you choose to wear, how you do your hair, etc.?**

**13. Do you cherish little mementos, notes, etc. that your friend has given you?**

**14. Do you often think warmly of little thoughtful things that your friend has done for you or with you? Do these things feature prominently in your mind especially when you feel “down” or lonely? (This can indicate emotional dependency.)**

**15. Would you be shocked if your friend started a committed relationship with someone other than you without talking to you about it first?**

**16. Do you sometimes say or do things purposely to be noticed by your friend? This may mean things like talking louder or joking more when they are around, or even the opposite, looking lonely when they are nearby. It might also mean strategically mentioning things to someone who you hope will also "mention"**

**17. Do you defend your friendship—to others, to each other or in your own mind—by pointing out that you or your friend are not interested in each other? (Saying, “But Rodney and Shari are together, and he and I both are really happy with that. Shari has no problem with us being best friends. And I would never want them to break up” may be a sign you’re trying to convince yourself.)**



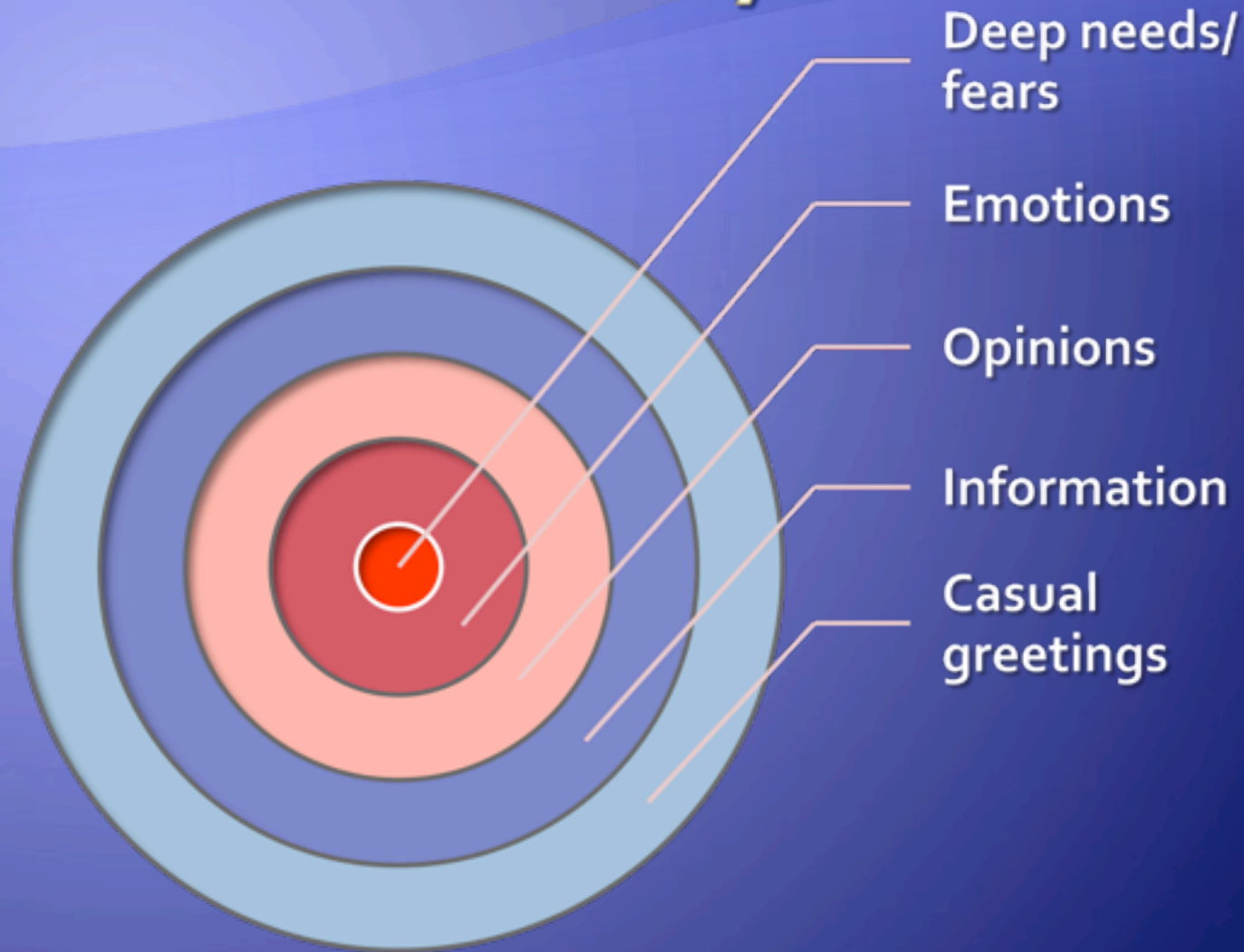
18. If you are in a committed relationship with someone else, does your significant other seem to mind your friendship as they see it?

19. If you are in a committed relationship with someone else, do you ever hide aspects of your friendship from your boyfriend/girlfriend (or husband/wife), or think things like, "I could certainly never let *Jeff* know that I thought that about Douglas!"

20. Have you ever thought, “Well, if he/she were available, I might be interested, but that’s not the way things are...”?

**Song of Solomon 8:4 “Young women of  
Jerusalem, promise me...never to awaken love  
before it is ready.”**

# Circles of Intimacy



- ◆ Intimacy without commitment spells trouble
  - ◆ Flirting
  - ◆ Being overly affectionate
  - ◆ Sharing secrets
  - ◆ Having little rituals