

7 Steps to Friendship by Vannetta Chapman

Friendship is certainly a gift from God. Some people need a lot of friends, and some people are happy with one or two. We all long for at least one person we can call any time, especially in a world where it's easy to feel isolated. What can you do to nurture friendships? As my momma used to say, if you WANT a good friend then BE a good friend.

1. **FIND time.** I know we are all busy. Trust me, I do know. But if we can't find time for our friends, then we're too busy. Whether it's a regular once a month coffee time or a weekly walk, *take the time to be with your friends.*
2. **RELAX together.** While you're with a friend, relax. For a short time, we can forget our to-do list and our busy schedule. We can enjoy our hour together. Don't spend this time texting someone else, talking on our phone, or checking our email. *Relax and allow yourself to be fully present.*
3. **INSPIRE.** You can be an inspiration by being a good listener. Whether we're visiting in person or on the phone, LISTEN -- rather than just waiting our turn to talk. LISTEN -- beyond their words to the heart of what they're saying. You might not have the answers, but inspire your friend by *caring enough to listen.*
4. **ENCOURAGE.** We can encourage our friends by praying for them, and we should let them know when we take the time to do this. *What a comfort a praying friend can be.*
5. **NURTURE others.** There are so many ways to show someone we care, even when our budget is tight. Cooking dinner? We can cook double and share. Crocheting? Make a gift. (It doesn't even have to be Christmas!) Cleaning out closets? Offer the bounty to our friends before we put it in a garage sale. *Nurture your friends by putting your words into action.*
6. **DIAL a number.** Texting, chatting and emailing are great tools, but sometimes a person needs to hear a voice--one that cares about them. We can pick up our phone and call someone who is on our heart. Even if you just leave a phone message, you will have brightened their day.
7. **SEND a message.** Technology isn't bad, but we sometimes forget that we can use it to bless each other. Text an encouraging message to your friend. You don't want to be a pest, but once a week will *bless someone's day.*

Vannetta Chapman writes Fiction Full of GRACE. Her Amish stories are filled with romance, mystery and friendship. You can find out more at vannettachapman.com and on her [blog](#).