



Understanding
Loneliness
Four Benefits for
Companionship or
Friendship
Part 2

An Unrivaled Solution to Loneliness: Friendliness

A Premise for Companionship (v. 9a)

It is not good that man should be alone

Two are better than one

A Blueprint for Companionship (vv. 9b-12a)

Four Benefits for Companionship

1. Mutual Reward

2. Mutual Reassurance (vs.10)

An Unrivaled Solution to Loneliness: Friendliness

Four Benefits for Companionship

3. Mutual Refreshment (vs.11)

4. Mutual Reinforcement (vs.12)

An Unrivaled Solution to Loneliness: Friendliness

A Promise of Companionship (v. 12b)

“Though one may be overpowered by another two
can withstand him and a threefold cord is not
quickly broken”

Food for Thought

How many close friends do you have? I'm not talking about casual acquaintances but about true companions. Is your life meaningfully tied to a loving and accountable group of God's people?

Write your friend a note to express your appreciation. Follow it up by a verbal affirmation.