

### Y-WoW Nation

#### **F-R-I-E-N-D-S**

##### *Scripture:*

*Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken. (Ecc. 4:9-12 NIV)*

In May 2004, more than 50 million viewers bid farewell to one of television's biggest sitcoms ever. *F-R-I-E-N-D-S*, a staple in NBC's powerful Thursday night "Must-see TV" line-up, ended its 10-year run. For a full decade, the show reigned supreme garnering rave reviews from both fans and critics alike, winning the primetime ratings game, earning truckloads of money for the network, snagging numerous awards for its producers and launching its six main cast members to worldwide superstardom. The series followed the lives of six 20-somethings trying their best to negotiate the pitfalls of life and love in the Big Apple. Through times good and bad, happy or sad, Rachel, Ross, Monica, Chandler, Joey and Phoebe could always count on receiving love and support from their family of friends.

Though life is not a long-running sitcom, very often friends do play an integral role in our lives. They care, share and bear with us through situations and circumstances that impact us as life unfolds. And while it may seem cool to have a ton of friends on Facebook, the number of people who are friends in spirit and in truth tends to be considerably lower. That being the case, it's important to know how to distinguish between the two—between casual acquaintances and the genuine article. To that end, consider a different twist on the following simple mathematical operations as they pertain to friendship.

**Add** – To increase, enhance or improve. Good friends are those who bring value to your life. They are people who enrich your experiences and help improve your overall well-being.

**Subtract** – To take away or deduct. People who drain you physically, mentally, emotionally or financially on a routine basis or people who, by and large, deduct from your overall well-being may not have your best interest at heart. So, be careful about crowning them "besties".

**Multiply** – To increase or augment. A familiar maxim states "teamwork divides the effort and multiplies the effect." Good friends are those who do the same. As suggested by the theme

## Women of Worth | Word for the Week

---

scripture, good friends help you get up when you fall; they help you keep warm when you're cold; and, they watch your back. They help you defend yourself when enemies attack.

**Divide** – To separate, disconnect or divorce. Divide and conquer has long been an effective strategy of the enemy. So, if someone is notorious for isolating you from family, separating you from friends or otherwise disrupting your ability to maintain relationships with others, that may be a sign of an unhealthy relationship. In that case, it might be wise to seek counseling or redefine the relationship. Either way, proceed with caution.

Friendships are so important especially during the teen and young adult years. That's why it's imperative to know how to distinguish between fair-weather friends and true blues. Genuine friends are hard to come by, but when you find them they're well worth keeping. So use the new math shown here to help you evaluate your current relationships and decide who's who. As you continue to grow, you'll become a better judge of character to the point that you'll know what to look for in terms of sizing up prospective pals. And as your circle of friends expands, remember the words of a campfire fave familiar to Girls Scouts. "Make new friends, but keep the old. One is silver and the other's gold."

Be blessed.

Elle Bailey