

A hand holding a small, dried, golden-brown plant against a textured, cream-colored cable-knit sweater.

# living union

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*25 life-giving results of  
friendship with God*

# intro

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friendship with God is a sacred unfolding that transforms us at the deepest levels as we grow in intimacy with Him.

in this simple activation list, you'll discover what begins to emerge when friendship with Him deepens—and how to cultivate those results in your everyday life.

1

**friendship with God restores wonder.**

slow down and notice His nearness. as you do, ordinary moments begin to awaken awe.

2

**friendship with God steadies the heart.**

in the midst of busyness, remind yourself that being with Him matters more than doing for Him—it's revelation that anchors the heart.

3

**friendship with God ignites courage.**

take the next brave step, however small—His presence gives boldness to move forward.

4

**friendship with God awakens conversation.**

talk with Him throughout the day—out of desire, not duty—conversation is vital to any healthy relationship.

5

**friendship with God anticipates a response.**

remember that conversation is a two-way street—pause to listen, giving space for Him to speak.





12

**friendship with God renews joy.**

set your focus on Him instead of what drains you; joy rises naturally in His presence.

13

**friendship with God releases creativity.**

invite Him into all you do and say—inspiration and creation flow through communion.

14

**friendship with God strengthens resilience.**

draw courage from His consistency; what tests you today will testify of His faithfulness tomorrow.

15

**friendship with God awakens gratitude.**

look for good in all things, however small—thankfulness cultivates a celebratory heart.

16

**friendship with God makes you a better listener.**

union is a catalyst for compassion—which expands your ability to be present for others.







**friendship with God brings freedom from perfection.**

23

He's not after flawlessness—just nearness. release the need for perfection, and rest in the experience of His delight.

**friendship with God annihilates anxiety.**

24

as friendship deepens, heaviness lifts—peace is the atmosphere of His presence.

**friendship with God awakens your dream life.**

25

invite Him to speak to you through the night. pay attention to the impressions and details you recall—journal them, pray for insight, and use a trusted reference to help bring clarity. God loves to speak through dreams (job 33:14-16, 29, nlt).

