



God Hears Her Podcast Transcript

Friendable

Season One | Episode Seven

- Elisa Morgan: Welcome to God Hears Her.. I'm Elisa Morgan.
- Eryn Eddy: And I'm Eryn Eddy. And if you're asked to define the perfect friend, how would you describe that person? What qualities do you look for in a close friend? What are the characteristics you would hope to see. On today's show, Elisa and I will be discussing this search to find someone who's friendable, and what it looks like to be a good friend to others. That's coming up in just a minute.
- Elisa Morgan: Before we jump into the show, just a heads up: we're going to list a bunch of friend tips on today's show and chances are you're in the middle of doing something else right now and that's okay. We have a list of today's friend tips for you and it could be found on the podcast description or on our website at godhearsher.org. There you'll also find links to resources mentioned on the show. We also have a link to a free resource from Our Daily Bread Ministries, which we'll tell you more about later in the episode. Again, the show notes can be found in the podcast description or on our website at godhearsher.org. That's godhearsher.org.
- Elisa Morgan: Okay, so Erin, pretend like you need to make kind of like an old fashioned 'wanted' add, and you're going to put it on some kind of an app or something.
- Eryn Eddy: Okay.
- Elisa Morgan: Because you're looking for a friend. Okay. So what would you say? How would you express it? You know, "Wanted blah, blah, blah."
- Eryn Eddy: I would say, "Wanted: honest, trustworthy, and extremely grace-filled."
- Elisa Morgan: That's good. That's a good one.
- Eryn Eddy: That's what I would, yeah.
- Elisa Morgan: Yeah. I thought about it myself and I put stuff down like age less, as in ageless. I don't care how old the person is...
- Eryn Eddy: Oh I like that.
- Elisa Morgan: Or location, I'd say present, as in with me.
- Eryn Eddy: Oh that's good.



Elisa Morgan: Here. And availability I would say, whenever needed. And then maybe like for skills, I resonate with you, Erin. It'd be like non-judgmental, listening.

Eryn Eddy: Yeah.

Elisa Morgan: And a voice given both to constructive criticism, but also compliments.

Eryn Eddy: Yes.

Elisa Morgan: Kind of a both hand.

Eryn Eddy: It's kind of hard with women, I think.

Elisa Morgan: Yeah. Why? What do you think?

Eryn Eddy: That's why I go back to like the honest. It takes a lot of confidence, I think, to be honest. And I think women, the reason that they don't necessarily give out compliments is because of jealousy.

Elisa Morgan: [crosstalk 00:03:29] competition kills friends, right?

Eryn Eddy: And B, competition.

Elisa Morgan: Okay. So take this direction then, maybe as we're talking about this, when have you found a friend who fit this bill? And what's she like?

Eryn Eddy: Oh.

Elisa Morgan: How old were you? How did you become friends? Tell me the story.

Eryn Eddy: I'm so thankful for my girlfriend, Tony. Her and I, we have like this quiet agree-ance, like we've never articulated it, but it's to compliment each other, support each other.

Elisa Morgan: Okay.

Eryn Eddy: Because we're in the same professions and it can be easy for us to kind of get jealous or envious or... And we are cheerleaders for each other.

Elisa Morgan: You just made a commitment to do that.

Eryn Eddy: We made a commitment.

Elisa Morgan: You called it an agree-ance.



Eryn Eddy: Yeah.

Elisa Morgan: I love that.

Eryn Eddy: Yeah.

Elisa Morgan: I think you made that up. I'm pretty sure.

Eryn Eddy: I did make it up.

Elisa Morgan: But I like that.

Eryn Eddy: But it's like we've agreed, as friends, that this will be something that we will protect and that we know about and maybe we know that this is what it takes to have a healthy relationship without... We've only been friends for a few years, but the depth of my friendship with Tony is a lot deeper.

Elisa Morgan: Have you hit any bumps?

Eryn Eddy: Mm-hmm (affirmative).

Elisa Morgan: And what happens then?

Eryn Eddy: We both respect and care about each other enough to bring it up.

Elisa Morgan: Okay.

Eryn Eddy: Instead of like skirt over it or dust under the rug.

Elisa Morgan: Okay. I've got a friend I've been friends with a zillion years, and I can remember one of the first times she confronted me, it was over a project at work that she saw differently than I did. And I was her boss.

Eryn Eddy: Oh wow.

Elisa Morgan: And she still confronted me and it actually deepened our relationship.

Eryn Eddy: Yeah.

Elisa Morgan: Okay. So I want to spin this a little bit differently because I'm pretty sure there are people listening right now who are going, "That's it. I don't have a friend."

Eryn Eddy: Yeah.



Elisa Morgan: And I think that is one of the deepest wounds in our souls. As women, uniquely, we long for a BFF, that archaic term now, but we think, "Everybody else has this BFF that they can call up at any second and she's there for them. And I long for that. Will I ever find that person?" It's not even like a guy friend, it's not even like a husband friend. This is a soulmate sister.

Eryn Eddy: Yeah.

Elisa Morgan: Right?

Eryn Eddy: Yeah.

Elisa Morgan: Do you think that's a myth or do you think that's real? Is that possible? Do we all have those?

Eryn Eddy: That's a really good question. The romantic in me says yes.

Elisa Morgan: Yeah.

Eryn Eddy: I absolutely think it's possible.

Elisa Morgan: Okay.

Eryn Eddy: But I think it's a fight to keep it.

Elisa Morgan: Okay. I appreciate that because we're talking about somebody being trustworthy and somebody being loyal and somebody being authentically in agree-ance, to keep the relationship pure and healthy.

Eryn Eddy: Yeah.

Elisa Morgan: Okay. I'm speaking to myself, and this is what I've learned Erin, and see what you think about it. I think instead of looking for that 24 seven, I think we need to learn to be it.

Eryn Eddy: Be it.

Elisa Morgan: And I call that being friendable.

Eryn Eddy: Yeah.

Elisa Morgan: That I am open to a friend by being a friend with others.

Eryn Eddy: That's good.



Elisa Morgan: Does that make sense?

Eryn Eddy: Absolutely.

Elisa Morgan: Yeah.

Eryn Eddy: In order to find the right person, you need to become the right person.

Elisa Morgan: I think so.

Eryn Eddy: Kind of, right?

Elisa Morgan: Yeah. We use that terminology like in dating or that kind of thing.

Eryn Eddy: But I think it's with friendship too.

Elisa Morgan: Yeah.

Eryn Eddy: I mean, I even think about in order for me to be trustworthy with somebody else's story, I think that I need to learn what mine is.

Elisa Morgan: Absolutely.

Eryn Eddy: And be confident in it.

Elisa Morgan: Because if you don't know what your story is, if you don't know what your stuff is, somebody's going to poke at you and it's going to come spilling out and it's going to be super embarrassing and you might ruin that relationship.

Eryn Eddy: Yeah.

Elisa Morgan: So yeah. Okay, so let's do some old friend tips here.

Eryn Eddy: Oh, I like it.

Elisa Morgan: How do we do this friendable stuff? How do we do it? I think you just hit on one of them is: you have to know your own story, right? What have you learned about knowing your story and how to share it? And we could have a whole conversation just on that.

Eryn Eddy: Yeah.

Elisa Morgan: But maybe just a couple of comments there.



Eryn Eddy: I feel like what I've learned in owning my story is that I am not scared of someone else's. I'm not threatened, there's no guilt or shame. If I'm carrying guilt and shame within myself, when I'm honest, I'm not scared of someone else's honesty. I think most times we project a lot of our insecurities on another person instead of seeing another person.

Elisa Morgan: I think that's right on target and it is kind of humbling, isn't it?

Eryn Eddy: It's hard.

Elisa Morgan: Yeah, it's super hard. I'm trying to think of some examples. I've done a lot of conversations in groups, like small groups, and people go around, "Tell us one thing about yourself." And it's easy to say, "Well I have a Master's of divinity," or something like that.

Eryn Eddy: Yeah. Right.

Elisa Morgan: "I work at such and such." But what we really want to say is, "My heart is full of holes coming from this messed up family and then trying to be perfect for the universe. And now my family's still growing." It's just difficult. So we clam up.

Eryn Eddy: Yeah.

Elisa Morgan: And we kind of pull back from the whole thing. But I think when we open up, it makes such a... Okay, so knowing your story, I think another tip that goes with that, is asking other people their story.

Eryn Eddy: Yeah.

Elisa Morgan: Right? Because when I say, "What is your story," and then listen to it. And when you're listening, you got to be really careful to never be like shocked.

Eryn Eddy: Yeah, go like...

Elisa Morgan: "You did what?"

Eryn Eddy: "That's horrible."

Elisa Morgan: Exactly. Because our response proves us to be trustworthy. Somebody else told me a great tip on this is use the elevator analogy. When you're asking somebody, "Tell me your story." You let them get in the elevator...

Eryn Eddy: Yeah.

Elisa Morgan: And they choose which floor they're going to. Isn't that great?



Eryn Eddy: Unpack that more.

Elisa Morgan: "So tell me your story, Erin," and you get in and you start talking, instead of me punching the lower basement button and, "Tell me the worst thing that ever happened to you." Instead, "Tell me your story," and it's an open ended question and I let the one who's responding, my hopefully someday friend, to pick their own floor of where they want to get off.

Eryn Eddy: I like that.

Elisa Morgan: And take you to explore.

Eryn Eddy: That in itself builds trust because you're not forcing anything.

Elisa Morgan: Yeah.

Eryn Eddy: You're just being.

Elisa Morgan: Yeah. And you get off and go with them where they take you.

Eryn Eddy: Yeah.

Elisa Morgan: The same kind of principle applies when we're sharing our story, we can go all the way to the basement or we can go to maybe floor three.

Eryn Eddy: Yeah.

Elisa Morgan: You let the vulnerability lay in the lap of the person you're trying to befriend.

Eryn Eddy: Yeah.

Elisa Morgan: Okay. Is this our friend-tip day, right?

Eryn Eddy: I love it. This is so good.

Elisa Morgan: Knowing your story and then really requesting the story of somebody else.

Eryn Eddy: Being curious.

Elisa Morgan: What else can we do to be friendable? You talked about competition. I think it's a big deal.

Eryn Eddy: It's a big deal.

Elisa Morgan: How do we kill competition? Maybe think of a story.



Eryn Eddy: For me, it's being confident in knowing...

Elisa Morgan: Tell me your story.

Eryn Eddy: Yeah.

Elisa Morgan: Tell me, go to floor B right now. Basement.

Eryn Eddy: Okay, for instance, I could easily compare my life with a friend that is like... Okay, so for instance, let me think of a story. I went through a divorce. When I went through that divorce, my life kind of came tumbling down.

Elisa Morgan: Right.

Eryn Eddy: And so it was really hard for me to be happy for other people. I mean, I'm having friends get married...

Elisa Morgan: Yeah.

Eryn Eddy: And buying cars and they're getting pregnant and they're so happy in their marriage. That was just a thing that I needed. I needed to look in the mirror. I needed to look in the mirror and go, "Can you be happy and confident knowing what God is doing in your life and what He will do, instead of comparing and looking around and seeing what He's doing in other people's lives?"

Elisa Morgan: Thank you for saying that. And I think whether it's we're stuck in our own circumstances, very painful...

Eryn Eddy: Yeah.

Elisa Morgan: Or whether we're looking just on Facebook and Instagram...

Eryn Eddy: Yeah.

Elisa Morgan: And everybody else that looks like they're just... All these people, these famous people, their arms around each other.

Eryn Eddy: Yeah.

Elisa Morgan: Are they really those good of friends? I don't think so. I think they're just smiling and praying and...

Eryn Eddy: Does your husband always kiss you when you sit on the counter top?

Elisa Morgan: Right.



Eryn Eddy: All those pictures?

Elisa Morgan: Yeah.

Eryn Eddy: Oh wait, that sounded bad. But people do do that.

Elisa Morgan: They do do that.

Eryn Eddy: It's a lifestyle photo shoot, they do it all the time.

Elisa Morgan: They do.

Eryn Eddy: That's not real.

Elisa Morgan: That's not real. No, I can't even get on the countertop. Right. Yeah. Exactly.

Eryn Eddy: But I mean, what about you? Have you experienced competition...

Elisa Morgan: Yeah.

Eryn Eddy: With friends and whether they feel like they've had to compete with you or you're competing with them?

Elisa Morgan: Yeah.

Eryn Eddy: How have you worked through that?

Elisa Morgan: Long ago I did have a friend. It's like I had a job in a certain place and then she applied there and then I went to a certain Bible study and then she came there and it was like, "What are you doing? Why are you trailing after me?" And in a way I loved it.

Eryn Eddy: Yeah.

Elisa Morgan: But it started bubbling up. And she was just looking for... She is a complete extrovert and I'm a little bit like an introvert, believe it or not.

Eryn Eddy: Are you?

Elisa Morgan: Yeah. I just fake it a lot. But anyway.

Eryn Eddy: Oh yeah, that's right. You're a fake extrovert.

Elisa Morgan: I'm a fake extrovert. Yeah. I mean, I just enjoy it, but then I'm done.



Eryn Eddy: Yeah.

Elisa Morgan: All over. But anyways, so she wasn't like trying to take my turf over. She just wanted to be with me and she just wanted to do the things I like to do that she liked them as well. And I had to get my head around that.

Eryn Eddy: Yeah.

Elisa Morgan: And I got kind of cray-cray for a while. I got kind of snarky and I had to work through that with her. Okay. I want to move on to another friend tip, if you will.

Eryn Eddy: Oh, yeah.

Elisa Morgan: Another thing about friendship. I think, Erin, in my life, I tend to look for friends in kind of the predictable places. And God has wooed me to be open to friends in unexpected places. Let me tell you a story about that. One summer, to make money for college, I had to work. And so I worked in my mother's doctor's office, filing medical records. Incredibly glamorous. It was awesome.

Eryn Eddy: Fancy.

Elisa Morgan: I was like way young. Everybody else was like my age now, my mother's age back then. But anyway, I faithfully showed up and I didn't know what to do at lunch. Nobody really talked to me, whatever. So I brought my little tuna fish sandwich and my diet Coke, my little bag of Lays potato chips, and I'd go sit out at the picnic table, in Houston, Texas, in the sweltering 120 degrees.

Elisa Morgan: Anyway, sat there. And every day another woman would come out and she would sit close by me on another table. And eventually she began to sit next to me. And her name was Arhalia. And Arhalia was a different age than me, different generation than me. And Arhalia spoke a different language as her native tongue than I spoke, attended a different kind of church than I attended. And Arhalia brought burritos to my tuna fish. But we eventually sat across each other at the picnic table and I could not believe how much of life we could share.

Elisa Morgan: And God's floored me ever since that friendship, true friendship with Arhalia. I can still see her smile. I can still receive the love that was in her eyes. And it only lasted for a summer, but she helped form me. And I think I in-formed her. So that thing about being open to the unexpected...

Eryn Eddy: Yeah.

Elisa Morgan: Whether it's a seatmate on the airplane...



Eryn Eddy: Yeah.

Elisa Morgan: Or somebody in front of you in line at the post office or whatever.

Eryn Eddy: Absolutely. Yeah, that's so beautiful. I want to touch on that. She's a generation older than you too, and I think that we can undervalue learning from somebody that is generations older than us.

Elisa Morgan: We're going to take a break, but when we come back, we'll offer a few more tips on how to find a friend and be a friend, here on God Hears Her.

Eryn Eddy: Hey guys, if you're enjoying the show today, would you please take a minute and write a quick review and rate us on iTunes and really on whatever podcast platform you listen to. Reviews and ratings help us reach more people because iTunes and other podcast platforms push highly rated shows in front of more people. So if you could take a minute, write a quick review and rate us. That would be so helpful in reaching more women with the message that God Hears Her.

Elisa Morgan: Welcome back to God Hears Her. I'm Elisa Morgan.

Eryn Eddy: And I'm Eryn Eddy, and in just a moment, we will offer a few more tips on how to find a friend and be a friend.

Elisa Morgan: But before we jump back in, we are keeping the list of today's print tips in the show notes, which are available at the podcast description. So if you think you missed anything, click on the podcast description or check out our website at godhearsher.org. That's godhearsher.org. And when you're on the site, check out the blog. It's full of articles about topics like friendship. That's located at godhearsher.org. Again, that's, godhearsher.org.

Eryn Eddy: So let's continue our conversation by considering a new question: can I ask God for a friend? You're listening to God Hears Her.

Elisa Morgan: So friend tips. We're back to this little list we're making. I don't want to be all didactic today, but I want to make sure we grab a couple of other handles, because I know that the listeners and you and me, we kind of want to go, "Well, how do I actually get a friend? That's what I want." So we talked about several things, but are there other ideas? And I came to one that kind of blew me away when I was really thinking about this. Can I ask God for a friend? Can God bring me a friend? Can I say, "God, I need a friend?" Have you ever done that?

Eryn Eddy: Yeah. I prayed that prayer about Tony.

Elisa Morgan: Yeah? And God answered?



Eryn Eddy: Yeah.

Elisa Morgan: Wow.

Eryn Eddy: She was the woman that I needed in my life right when I was going through the comparison, the...

Elisa Morgan: When you were really stuck in the hole in your divorce, looking at everybody else having everything?

Eryn Eddy: Yep. And he brought her into my life because she had experienced something similar. It was like God brought her into my life to show how he enjoys reconciliation and rebuild. And she leaned in and spoke His truth over me. And then I also just saw her life and thought it's beautiful how he's redeemed her. And our friendship was based out of God redeeming both of our stories separately, and then celebrating it together. But I had prayed for a friend like that. Because I had been pretty burned and betrayed by some close people in my life. We're wired for a connection and friendship, and I think that God listens and he wants to provide that friend that can meet us there.

Elisa Morgan: If we dare ask.

Eryn Eddy: Yeah.

Elisa Morgan: And that's a scary thing to do. I can remember a season when my husband was frustrated. And you don't think men really need friends the same way we do. But they do.

Eryn Eddy: Yeah.

Elisa Morgan: He was like wanting to do everything as couples: us with other couples and stuff. And I was in a season where I didn't have any bandwidth because of the responsibilities I was carrying as a young mom...

Eryn Eddy: Yeah.

Elisa Morgan: Leading an organization, blah, blah, blah. I was just stressed. And as I was trying to resolve how I could most honor him, I felt like I needed to pray that God would bring him some friends, different friends, that could maybe meet his needs differently than I could. Or a couple of [inaudible 00:18:35] could. And looking back at that and "Hey, sometimes it takes like decades," right?

Eryn Eddy: Yeah.



Elisa Morgan: To see these kinds of answers, this movement. God brought amazing friends in ministry. And we kind of just forget that he cares about that.

Eryn Eddy: Yeah.

Elisa Morgan: You said we were wired for connection and God cares about meeting that need and so, "Hey, why don't we ask Him?"

Eryn Eddy: Yeah.

Elisa Morgan: "Would You bring me a friend? Would You help me become more friendable? Because sometimes I think I push people away or sometimes I compete or sometimes I've disqualified myself."

Eryn Eddy: Yeah.

Elisa Morgan: "Would You help me to be friendable in such a way that You can bring friends to me?" And hey, cherry on top of this conversation, here's the real dare: might we ask God to be our friend? He longs to be our friend.

Eryn Eddy: Yeah.

Elisa Morgan: That's kind of a [inaudible 00:19:25] to think about in some ways.

Eryn Eddy: Yeah.

Elisa Morgan: But is it true?

Eryn Eddy: Don't some people say that God can't be our friend?

Elisa Morgan: I guess, because it feels human.

Eryn Eddy: Yeah.

Elisa Morgan: And like we're trying to make God in our image.

Eryn Eddy: Or equal.

Elisa Morgan: Yeah. That kind of thing. But I'm thinking about when Jesus is talking in the upper room and He's been praying over His disciples and He's getting ready to leave and He's radically changing. He has the whole time. His relationship with us, and He says, "You're my friends if you do what I command." This is in verse 14, I think. And then 15 He says, "I no longer call you servants, because a servant does not know his master's business. Instead, I call you friends." That's



why I think there's something different that God has provided for us by providing Jesus.

Eryn Eddy: Yeah.

Elisa Morgan: It is a kind of a friendship, as a spiritual friendship, but it's a companion. I mean, He also says later that, "I'm giving you the Holy Spirit as your companion. I'm not going to leave you as orphans. But I'll come to you." So how do you experience God as a friend?

Eryn Eddy: Well, I share with him the most intimate things that I go through and He loves me no matter what. When I have a conversation with God and I ask him questions and I'm decompressing from my day, I'm not married, and I would annoy all my friends if I always talk to them as much as I talk to Him, and he still shows up.

Elisa Morgan: Yeah, He does.

Eryn Eddy: With anything. I think I protect friendships by leaning into Him more...

Elisa Morgan: I love it.

Eryn Eddy: And not putting that weight that a friend should fulfill.

Elisa Morgan: So good.

Eryn Eddy: Or that I think a friend should fulfill in leaning on Him.

Elisa Morgan: Yes. So good.

Eryn Eddy: To fulfill those areas.

Elisa Morgan: And of course the objection comes, "Well I want somebody with skin on."

Eryn Eddy: Yeah.

Elisa Morgan: I know, I get it. Here's what I do to practice this friendship thing you're talking about.

Eryn Eddy: Yeah.

Elisa Morgan: Because He's in your head all the time if you just stop and listen.

Eryn Eddy: Yeah.



Elisa Morgan: He's there all the time. So I'll do really concrete things, like I'm sitting on the couch and I'll just go, "Okay, Jesus is sitting next to me. Okay." And I'll just maybe put my hand out and just think I'm holding His hand and we're just kind of hanging out. That's kind of weird to some people...

Eryn Eddy: No it's not.

Elisa Morgan: But I think He wants to be that close to us.

Eryn Eddy: Absolutely.

Elisa Morgan: Or I'm driving in the car and He's in the passenger seat.

Eryn Eddy: I love it.

Elisa Morgan: I wish He was in the driver's seat, but He's in the passenger seat. Or I'm walking through the airport, pulling my suitcase.

Eryn Eddy: Yeah.

Elisa Morgan: "Okay, he's right beside me." When we understand that's how God made us: to be wired for connection and to be connected to people, but that He first wants us to be wired and connected to Him.

Eryn Eddy: Yes.

Elisa Morgan: It changes everything. It changes what we have to offer and it changes, actually to begin with, what we have already.

Eryn Eddy: Yeah, it's so good. I love that. That's so good, Elisa. God does want to be our friend, and it may feel weird at first, but the more time you spend with Him, the more you realize how great of a friend God can be. You're listening to God Hears Her. I'm Eryn Eddy.

Elisa Morgan: And I'm Elisa Morgan. And we went through a whole bunch of friend tips on the show today, and chances are you're multitasking right now, you maybe missed one or two of them. If so, check out the show notes, which can be found in the podcast description or on our website, godhearsher.org. That's godhearsher.org. We have all of these friend tips listed along with any Bible passages that we mentioned in today's show, and a bunch of links to free resources as well.

Eryn Eddy: Thank you so much for joining us today, and don't forget: God sees you, He hears you, He loves you, because you are His.



Eryn Eddy:

God Hears Her would not exist without the help of Jody Rochelle and [inaudible 00:23:12]. Thank you so much for your help.