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譯：DeepL；校：SMH。

今天，其實有許多男人爲維持與其他男人之間的友誼而感到掙扎。不接受反駁，我們知道這個情況。我自己也是一樣，我有一個糟糕的同性友誼史。特別在我早期的事工中，我尤其缺乏同性友誼，這實際上抑制了我作爲人的充分表達。我仍有很長的路要走。

但我還在學習。我越來越清楚地看到，耶穌和祂的門徒是真正的朋友（約15:15）。他們花時間深入分享自己。甚至在耶穌有門徒之前、在祂創造世界之前，祂就是天父和聖靈的朋友。通過成爲朋友，我們彰顯了上帝的形像。

那麼，男人如何才能在這老派但又有迫切需要的友誼之藝中取得成功？下面有八個建議：

第一，將愛鄰舍與做朋友區分開來。

神的兒女的確應該愛他們所有的鄰舍，包括那些不招人喜歡的人。但這樣做並不意味著我們有朋友。朋友分享的不僅僅是資源和尊重，朋友分享自己。他們領受了保羅的呼籲，有著「寬宏的心」（林後6:13）。他們實踐團契和相交（林後6:14），培養共同生活，分享親身的陪伴、情感的開放，和屬靈上的理解。

做一個好鄰舍，這是耶穌的命令，但友誼比成爲有愛心的鄰舍所要求的更多。

第二，不要讓你的妻子成爲唯一的朋友。

你的妻子可以是你最好的朋友，但她不能是你唯一的朋友。如果你依賴你的妻子作爲唯一的友誼，你會阻礙你自己成長，並且也阻礙了她的成長。你最終會期望她來滿足你對所有關係的需要——而神原本設計了讓更大的共同體來滿足這一需要。如果沒有通過親密的同性友誼帶來的洞見，婚姻上的討論也會停滯不前。

第三，要有情感。

約翰·加爾文指出，詩篇激發了「所有的悲傷、難過、恐懼、疑慮、希望、憂慮、困惑，總之，所有的......情緒」，這些情緒衝撞著我們的心靈。這很美，對嗎？然而，男人往往抵制在友誼上付出情感。

大衛爲自己和朋友之間即將來臨的分離而哭泣（撒上20:41-42）。在拉撒路的墳墓前，耶穌泣不成聲，因爲他愛他的朋友（約11:35-36）。以弗所的長老們在保羅離開時抱著他的脖子親吻他（徒20:37）。

「男兒有淚不輕彈」這種觀念扼殺了自己的性情，是愚蠢的。

第四，要有交流。

好的友誼往往具有準盟約的性質，因爲盟約定義了關係。大衛和約拿單莊嚴宣告了他們的友誼之約（撒上18:3，20:8，23:14-18）。當你與你的朋友在一起分析你們的友誼意味著什麼時，你可能會驚訝於自己的發現。

真正的朋友會鼓勵對方，也會造就對方。記住，你的友誼也取決於你在背後如何談論你的朋友。當友誼對大衛來說是一個死亡之吻時，約拿單卻向他保持真誠（撒上19:4）。帕斯卡曾經說過，如果人們知道朋友對他們的評價，那麼世界上的朋友就會很少很多。要成爲少數人中的一員！

第五，要有慶祝。

好朋友知道如何享受生活。聖經將神的國度描述爲一個派對，這絕不是爲了趕時髦（啓19:9；參考約翰福音2:1-11）。慶祝是那些知道上帝現在（而不僅僅是未來）就賜下恩典之人的回應。有人說，「現代人......總是不斷地相信，真正的好事將在未來發生。」慶祝提醒朋友們，真正的好事現在就在發生。

第六，不要總是做事。

肯特·休斯（Kent Hughes）承認，「男人的友誼通常以做事爲中心，而女人的友誼則以分享爲中心。」男性通常認爲友誼「是一路走來的熟人，而不是關係」。因此，他指出，男性友誼「很少接近女性通常與其他許多女性所進入的深度」。

不受干擾的面對面聊天解除了做事帶來的安全網，並邀請對方分享。我們必須抵制保護自己的衝動，這種衝動旨在使自己免受節奏緩慢、可能尷尬的接觸，而這種接觸實際上可能使我們的友誼進入更深的層次。

第七，包括耶穌。

我19歲時一個人前往加州求學。爲了擺脫一個帶來破壞的錯誤選擇，我決定了新朋友必須是能幫助我與神同行的人。良好的友誼是神使我從屬靈後退中恢復過來的方法之一。但是，即使是這些友誼也常常缺乏屬靈的慎重。在我放假橫跨全美回家的前一天晚上，我最好的朋友說：「我們從來沒有一起禱告過。」我們很少談論敬虔，這算是怎樣的基督徒友誼？

真正的男人不會隱藏他們的信仰。他們不會在屬靈問題上僞裝自己，而是真心實意地說出他們在生死中的唯一安慰。他們與其他男人以耶穌共同朋友的身份談論救主。

第八，被福音激勵。

法則本身不能使我們成爲更敬虔的人或更好的朋友。只有福音——上帝之子完美的贖罪工作——才是上帝救贖的力量（羅1:16）。然而，正如《比利時信條》提醒我們的那樣，上帝的道德律「誠實地規範我們的生活，榮耀上帝。」（第25條）。

當我們在基督友誼的激勵下實踐友誼的法則時，我們就會更好地認識祂，並從祂那裡學到如何作爲朋友生活。

https://tc.tgcchinese.org/article/8-ways-men-friendships

Many men today struggle with maintaining male friendships. This claim doesn’t need to be argued. We know it. I personally have a sporadic friendship track-record. Particularly in my early years of ministry, my lack of male friendships was actually inhibiting the full expression of my humanity. I still have a long way to go.

But I’m learning. It has become more clear to me that Jesus and his disciples were genuine friends (John 15:15). They spent time sharing deeply of themselves. And even before Jesus had disciples, before he created the world, he was a friend to the Father and the Spirit. By being a friend we show forth the image of God.

So how can men succeed in the old-fashioned but desperately needed art of friendship? Here are eight suggestions.

1. Distinguish Loving Your Neighbor from Being a Friend

God’s children must love all their neighbors, including the hateful ones. But doing so doesn’t mean we have friends. Friends share more than resources and respect. Friends share themselves. They embrace Paul’s call to “be open” (2 Cor. 6:13). They practice fellowship and communion (2 Cor. 6:14), cultivating a common life with shared physical presence, emotional openness, and spiritual understanding.

Being a good neighbor is non-negotiable, but friendship goes beyond the call of neighborliness.

2. Don’t Depend Solely on Your Wife for Friendship

Your wife can be your best friend, but she can’t be your only friend. If you depend on your wife for friendship, you will stunt yourself and stifle her. You’ll end up expecting her to fulfill your need for shared life—a need God intends to be met by a community. Marital discourse can stagnate without fresh insights gained through close same-sex friendships.

3. Be Emotional

John Calvin observed that the Psalms animate “all the griefs, sorrows, fears, doubts, hopes, cares, perplexities, in short, all the . . . emotions” that convulse our minds. Beautiful, right? Yet men often resist emotional friendships.

David wept over the impending separation between himself and his friend (1 Sam. 20:41–42). At Lazarus’s tomb Jesus sobbed, among other reasons, because he loved his friend (John 11:35–36). The Ephesian elders fell on Paul’s neck and kissed him as he departed (Acts 20:37).

The notion that men should restrain emotion is character-stunting folly.

4. Define Your Friendship with Words

The best friendships have a quasi-covenantal character, for covenants define relationships. David and Jonathan solemnized the terms of their friendship (1 Sam. 18:3; 20:8; 23:14–18). You might be surprised what happens when you articulate with your friends what your friendship means.

True friends also speak well to and about each other. And remember, your friendship also hinges on how you speak of your friends behind their backs. Jonathan stayed true when friendship to David was a kiss of death (19:4). Blaise Pascal once said that if men knew what their friends said about them, there would be few friends in the world. Be among the few.

5. Practice Celebration

Good friends know how to enjoy life. It’s no accident that God’s coming kingdom is described as a party (Rev. 19:9; cf. John 2:1–11). Celebrating life is a revolt against hoarding by those who know God’s grace is present, not just future. It’s been said that “modern man . . . always keeps on believing that the real thing is going to happen tomorrow.” Celebration reminds friends that the real thing is happening now.

6. Don’t Always Do Something

Kent Hughes acknowledges that “men’s friendships typically center around activities, while women’s revolve around sharing.” Men commonly view friendships “as acquaintances made along the way, rather than as relationships.” As a consequence, he notes, male friendships “rarely approach the depth of disclosure a woman commonly has with many other women.”

Undistracted face-to-face time removes the safety net of the activity and invites sharing. We must resist the urge to protect ourselves from a slow-paced, potentially awkward encounter that might actually move our friendship to a deeper level.

7. Include Jesus

I moved to California by myself at 19. Attempting to escape a destructive web of bad choices, I resolved that new friends must be people who would help me walk with God. And good friendships were one of the ways God restored me from backsliding. But even these friendships often lacked spiritual deliberateness. The night before I moved back across the country, my best friend remarked, “We’ve never prayed together.” We had rarely, if ever, talked about godliness. How is that Christian friendship?

Real men don’t hide their faith. They don’t dance around spiritual matters. They are genuinely vocal about their only comfort in life and in death. They talk with other men about Jesus as a mutual friend.

8. Be Energized by the Gospel

On their own, rules cannot make us godlier people or better friends. The gospel alone—the perfect atoning work of God’s Son—is the power of God unto salvation (Rom. 1:16). And yet as the Belgic Confession reminds us, God’s moral law “regulate[s] our life in all honorableness to the glory of God, according to his will” (Art. 25).

As we practice the laws of friendship, energized by the friendship of Christ, the better we will both know him and learn from him how to live as friends.

https://www.thegospelcoalition.org/article/8-ways-men-friendships/