

# THE WELL CHURCH CINCINNATI

## WELL TALK STUDY GUIDE

### Crowd vs Disciples — Building Healthy Community and Going Deeper Together

This combined study guide is designed to help our WellSpring groups grow as disciples, not just listeners. We were never meant to do life alone. God created us for community, healing, and spiritual growth together.

#### Key Scriptures

- Genesis 2:18 — It is not good for man to be alone.
- Ecclesiastes 4:9–10 — Two are better than one because they have a good return for their labor.
- Romans 12:10 — Be devoted to one another in love. Honor one another above yourselves.
- Proverbs 27:17 — As iron sharpens iron, so one person sharpens another.
- 1 Peter 5:5 — Clothe yourselves with humility toward one another.
- Galatians 6:2 — Carry each other's burdens, and in this way you will fulfill the law of Christ.

#### Crowd vs Disciples — Discussion

- Where have you experienced the difference between a crowd and true community?
- What keeps people committed to relationships when life becomes difficult?
- What does discipleship require that crowds often avoid?

#### Isolation and Trust — Discussion

- What experiences can cause someone to withdraw from community?
- How can isolation protect us from pain but also delay healing?
- What practical steps help rebuild trust after disappointment?

#### Boundaries and Healing — Discussion

- Why do people sometimes misunderstand boundaries?
- How can boundaries protect relationships instead of damaging them?

- What healthy boundary has helped you grow?

## **Healthy Community — CHANGE Model**

- Consistency — Showing up again and again.
- Honesty — Being truthful about where you are.
- Accountability — Allowing others to speak into your life.
- Nurture — Caring for one another.
- Grace — Giving room for mistakes.
- Endurance — Staying committed through seasons.

## **Intergenerational Community — Discussion**

- Who from another generation has shaped your life?
- What wisdom can younger and older generations share with each other?
- What intentional step can we take to build stronger relationships across generations?

## **Personal Reflection and Application**

- Where is God calling you to step deeper into community?
- Is there a relationship that needs forgiveness, healing, or a boundary?
- What is one action you will take this week to strengthen your spiritual circle?