

## *Introduction*

We all understand the need for accountability and encouragement when it comes to things like our finances, our professional lives, or our fitness goals. We hire trainers to help us reach our fitness goals. We join networking groups to be meet people who think like us and want to grow. But we often do not realize how significant it is to have the same kind of intentional relationships when it comes to our personal and spiritual lives.

## *Discussion Topics*

In the creation story in Genesis, God only describes one thing as “bad”. Adam is alone and God isn’t happy with that. He created us to be in relationship not only with Him, but also with others. We are incomplete when we are alone. Our need and desire for community is innate.

1. Talk about a time in your life when you needed support or encouragement from someone else. What do you think would have happened if you didn’t have the support you needed?

If we wait until we need community to develop community, it may be too late. Relationships and community do not happen accidentally and it doesn’t happen quickly. It takes time and intentionality to develop.

2. Do you have someone or a group of people you have given permission to speak into your life?

Read Hebrews 10:23-25

3. What makes it difficult to open up to others or to ask for help?  
How do we overcome that fear of rejection, judgement, or ridicule?

## *Moving Forward*

Not everyone in our church is in connected and intentional community with others. As a church body, we have an opportunity to create places for others to experience what we are experiencing right now. How can we find ways to provide opportunities for other people to experience this kind of community, friendship, and support?