THE COURAGE TO CONNECT

The Inspired Podcast Companion Guide

EPISODE 5— LEARNING TO TRUST

We were created for connection and yet, deep community can feel surprisingly hard to find. Throughout this season of the Inspired Podcast, we are going to get honest about the barriers that keep us from the relationships we crave. Together, we'll explore what Scripture says about God's design for community and discover what it looks like to overcome these obstacles and courageously move toward one another.

Our hope is that this guide will help you take the discussion away from the table and make it real for you by studying scripture for yourself and applying what we're learning to your own friendships.

This week, we're exploring how past hurt can make it difficult to trust others and open ourselves up to friendship again. Through Scripture and reflection, consider where you may need healing, how to practice wisdom and healthy boundaries, and what it might look like to take a courageous step toward connection at your own pace.

READ - *Scripture for the week*

- Ephesians 4:31-32
- Romans 12:17-21
- Psalm 34:18
- Proverbs 4:23

CONNECT - *Your courageous step*

Identify one small step you can take toward healthier, more trusting relationships this week.
Invite God in to this process, asking Him to show you what healing, wisdom, and a next step toward connection might look like.

REFLECT - *Questions to ponder*

- As you spend time with God, ask Him to reveal how past friendship hurt may still be shaping the way you approach relationships today. What might He want you to see, heal, or begin to trust Him with?
- What's the difference between having healthy boundaries and building walls?
- What's the difference between guarding your heart and closing it off?
- What does forgiveness make possible in our relationships? Does forgiveness always mean restoring the same level of closeness?
- How does knowing God meets us in our pain help us navigate relational hurt?