THE COURAGE TO CONNECT

The Inspired Podcast Companion Guide

EPISODE 4— MAKING ROOM

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.

One big reason that we fail to develop lasting relationships is time. How can we fight back against the barrier of busyness and cultivate the practice of presence, learning to prioritize the people who we are trying to develop relationships with?

READ - *Scripture for the week*

- Luke 10:38-42
- Ephesians 5:15-17
- Hebrews 10:24-25
- Psalm 90:12
- Romans 12:9-13

CONNECT - *Your courageous step*

This week, spend time with a friend, whether it is a spur of the moment connection or a scheduled meet-up. Take the initiative to do this. It will bless you and them, too. As an extra step, before your time together ends, schedule another time to get together!

REFLECT - *Questions to ponder*

- What is the difference between spending time around people and being truly present with them? What distractions make it difficult for you to be present?
- When was the last time you spent time with a friend? Was it planned? Spontaneous? Which do you prefer?
- Read Luke 10:38-42 and Hebrews 10:24-25. What do these passages teach us about presence, priorities, and showing up for one another?
- Why do you think we often make getting together with a friend complicated? (think - a perfectly planned outing, a clean house, fresh baked cookies, etc). What are some simple ways you can connect with your friends?