

THE COURAGE TO CONNECT

The Inspired Podcast Companion Guide

EPISODE 2 — LETTING YOURSELF BE KNOWN

Vulnerability

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.

In this episode, we talk about the one big barrier to connection - vulnerability. Why is it so hard to let people in when we crave being fully known? How can we show up honestly in friendships without fear of rejection preventing us from doing deeper?

READ - *Scripture for the week*

- Psalm 139: 1-18
- Romans 8:31-39

CONNECT - *Your courageous step*

This week, choose one person and intentionally move beyond surface-level connection. Make time for a conversation and share something real about your own life. If it feels hard to take this step, go to God first and ask Him to remind you of your true identity in Him and the acceptance and love that he has already given you.

REFLECT - *Questions to ponder*

- Have you ever found yourself prioritizing being liked over being fully yourself? How does this impact your friendships?
- What are some of the things you tend to hide or only show once you feel "safe" - the messy parts, struggles, insecurities, doubts, failures, etc.? Take these parts to God and share them with him openly.
- Read Psalm 139:1-18 and Romans 8:31-39. What do these passages tell us about God's response to the most honest version of ourselves? And how might this truth change the way you relate to those around you?