THE COURAGE TO CONNECT

The Inspired Podcast Companion Guide

EPISODE 6— GO FIRST: Be the friend you're waiting for

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.

As we wrap up this season, we're bringing everything we've explored about the courage to connect into one practical next step: putting love into action. This week's guide will help you reflect on the kind of friend you hope to find, consider how you can become that kind of friend to others, and take a courageous step toward connection.

READ - *Scripture for the week*

- Philippians 2:3-4
- Romans 12:9-13
- Galatians 6:9-10
- John 1:35-46

CONNECT - *Your courageous step*

This week, take the initiative! Notice the people around you. Say hi. Send that text you've been waiting to send. When you go first, you will be doing what Jesus always did- he took the initiative to connect with others, including you! Making friends as an adult is different from what it was when we were children. But it's not impossible. Take the initiative!

REFLECT - *Questions to ponder*

- Why do you think we're often willing to wait for someone else to initiate a friendship, even when we're longing for connection? What scares you about going first in friendship?
- How do we discern when to keep pursuing a relationship and when to let go?
- How does your relationship with God affect how you relate to others?
- What would it take for you to become a woman who notices people? How aware are you of the person sitting alone, someone new at church, or a friend who's been quiet lately?
- This podcast season we've talked through the barriers that keep us from connection. What is one thing you've realized about the kind of friend you want to become? What steps are you going to take?