



Strengthening Your Soul

facing life with courage from the inside out

WEEK 3. CONNECTING DEEPLY

Recapping last week: Last week we focused on practicing empathy. In looking at the story of Jesus and the woman caught in adultery (John 8:2-11), we saw how Jesus meets this woman right in the midst of her sin, doesn't condemn or judge her, protects her, and believes for her to be able to turn away from sin.

For those that were here last week, how have you been able to practice empathy since last week's lesson?

Framing this week's lesson: Over the last two weeks we have discussed courage and empathy in lifegroup. The reason we have focused on these two topics, and why they are both so important, is because both are necessary to foster deep connection between people. Brené Brown defines connection as "the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship" (Strengthening Your Soul, 19). All of us are wired for connection. More than that, we need connection to thrive emotionally, physically, and spiritually. This lifegroup is meant to be a place for such deep connection to exist. This is what we'll be focusing on tonight.

Introduction Question: Where did you have a meaningful connection this week?

Connection Activity: Instead of getting into a Bible study tonight, we're going to take the next 1-1.5 hours to connect in small groups of 3-4 (gender-specific if you'd like). You might prepare, or ask folks to bring, snacks and desserts to enjoy during this. More than engaging in simple small talk, the purpose of this time is for us to connect more deeply than we might typically be able to. Encourage your folks to purposefully use this opportunity to be courageous in opening up about their lives, look to practice empathy, and connect deeply.

Possible Discussion Questions:

- Where do you feel like your life is going well?
- Where do you feel like you're struggling in life?

- How are you seeing God move in and around you?
- What are some key lessons you feel like God is trying to teach you?
- Is there anything you'd like to share with the group?
- How might you be needing prayer right now?