

Questions for Individual or Groups:

1. Is loneliness or disconnection something you struggle with?
2. Which of the disconnecting habits most resonate with you? Are there others that are particularly difficult for you?
3. What habits or changes can you make that will allow you to connect more and love others better?
4. Take a look at the suggestions for a rule of life in the notes. Which of these resonate most with you?
5. As a group, develop a connecting rule of life.
 - It could be 1 or 2 of these or all 5
 - You can use these or create some of your own
 - They can be daily habits or weekly habits
 - Agree on the practices, and practice them together. Hold each other accountable.



The Struggle to Connect

The distinguishing mark of followers of Jesus is _____.

- Matthew 22:37-39
- John 13:35
- Galatians 5:6
- Romans 13:8

Love is intensely _____.

“Man is by nature a social animal whose inclination it is to live in the company of others.”

–Aristotle

The Problem: We are materially _____, but relationally _____.

Personal Barriers

- Social _____.
- Season of _____.
- Inconsistent _____ hours.
- _____.

Societal Barriers

- _____ mindset
- Overcommitment
- The drive to _____.
- Social _____ and Streaming

The Solution: The _____ that commits to a different kind of life.

Rule of Life:

An intentional set of _____ that govern how you spend your _____ that shapes the kind of person you become.

“Only when your habits are constructed to match your world view do you become someone who doesn’t just know about God and neighbor, but someone who *actually loves God and neighbor.*”

– Justin Whitmel Early

A Connecting Rule of Life

Jesus Creed 3x Daily

“Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.” (Mt 22:36-40)

Bless Three People this Week

“The one who blesses others is abundantly blessed; those who help others are helped.” (Proverbs 11:25)

- Words of _____ (note, text, email, phone call)
- Acts of _____ or _____
- _____

Eat with _____ people (outside your family) this week (Acts 2:42)

- YOU make the invite
- Invite a _____.
- Hospitality does not mean a _____.

Be Intentional about Media Use

- Limit consumption to X time per day
- _____ phone for one hour per day
- Don’t use it to fend off _____

Faithfully Gather with Believers

- Worship Service
- Small Group
- Social Opportunities