



E4: How to Find & Cultivate REAL Friendships

with David Kim, Author of *Made to Belong*

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Reflect & Apply



5 Key Practices to Cultivate Community:

1. P - _____

2. C - _____

3. V - _____

4. E - _____

5. A - _____



3 Categories of Friendships to prayerfully consider (for expectation-setting):

1. _____

2. _____

3. _____



REFLECTION

1. **Out of those 5 practices above,** which one do you usually find most challenging? What could be some reasons why?
2. **How do you tend to respond to and cope with my loneliness?** In what ways could you be distracting yourself with unhealthy substitutes for *real*, God-centered community?
3. **Do you tend to be a “grace” person, or “truth” person?** In what way(s) could God be inviting you to be more like Jesus, in terms of holding both more equally in tension?
4. Take a minute right now to pray and ask God to help you clarify **which friendships he wants you to prioritize in your current season:**

Friends God is leading me to let go of:	Friends God wants me to invest in as mutually life-giving:	Friends God is calling me to sacrificially minister to:



ACTION

1. With your responses above in mind, **what do you think God could be inviting you specifically to do in this season to more healthily engage with community?**
2. During this episode, if God brought someone to your mind, write their name below and commit to **reaching out to re-connect with them** (text/call, set up a time to catch up, etc.):
3. **If you aren't plugged into a consistent small group** where you can share your burdens with others, grow in your faith, and receive prayer and support, we highly encourage you to look for one through a local church near you! *(Or ask people you know for recommendations!)*



PRAYER

God, I repent for all the ways in which I've tried to do life alone, have been jaded and passive about friendships and community, and have fallen for the enemy's temptation of self-sufficiency.

I acknowledge that you made me to run this race of faith WITH others, and I pray for a renewed heart to intentionally seek out - and build - the deep, life-giving friendships you desire for me.

I ask that you'd protect me from the schemes of the enemy to divide, discourage, distract, and isolate me - and give me your wisdom and strength to invest in and prioritize authentic connection.

Please bring people into my life who can encourage and support me in my walk with you - and I for them.

Amen.

KEY VERSES TO MEDITATE ON

- *"For just as each of us has one body with many members, and these members do not all have the same function, **so in Christ we, though many, form one body, and each member belongs to all the others.**"*
(Romans 12:4-5)
- *"And **let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.**"*
(Hebrews 10:24-25)
- *"**Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom** through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts."*
(Colossians 3:16)
- *"Two are better than one, because they have a good return for their labor: **If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.**"*
(Ecclesiastes 4:9-10)
- *"As iron sharpens iron, so **one person sharpens another.**"*
(Proverbs 27:17)

RECOMMENDED RESOURCES

- **BOOK:** [Made to Belong: Five Practices for Cultivating Community in a Disconnected World](#) by David Kim
- **VIDEO:** [Expand Your Friendship Circle while Prioritizing the Most Important Relationships](#) by Dr. Henry Cloud
- **VIDEO:** [How to Make Sure You Are Investing Time and Energy into The Right Relationships](#) by Dr. Henry Cloud

- **SMALL GROUPS:** If you're not already in one, we *highly* encourage you to look into small groups through a local church near you! (Or ask someone you know for recommendations!)
- **EPISODE #1:** [The #1 Most Important Thing In Life Is This.](#)