



EPISODE 2: THE POWER OF CONNECTION

Group Questions

1. WHAT HOLDS YOU BACK FROM BEING VULNERABLE WITH PEOPLE IN YOUR LIFE?
2. WHAT MIGHT GOD BE ASKING YOU TO SAY NO TO, SO THAT YOU CAN BE MORE PRESENT WITH THOSE IN FRONT OF YOU?
3. AUTHENTIC CHRISTIANITY IS NOT LIVED IN ISOLATION. WHAT IS ONE WAY YOU CAN BREAKTHROUGH THE ISOLATION AND CONNECT WITH YOUR COMMUNITY MORE REGULARLY?

Journal Questions

1. HOW CAN YOU BE MORE PRESENT TO THE PRESENT MOMENT AND BE A GIFT TODAY?
2. WHAT IS MOST PERSONAL IS MOST UNIVERSAL. WHAT IS A DESIRE THAT YOU HAVE IN RELATIONSHIPS THAT YOU CAN OFFER TO ANOTHER PERSON?
3. WHO DO YOU NEED TO REACH OUT TO IN YOUR LIFE AND CREATE OPPORTUNITIES FOR DEEPER CONNECTION?

Quote to Ponder

“VULNERABILITY SOUNDS LIKE TRUTH AND FEELS LIKE COURAGE. TRUTH AND COURAGE AREN'T ALWAYS COMFORTABLE, BUT THEY'RE NEVER WEAKNESS ”

- BRENE BROWN