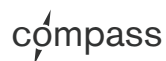


Suggestions for Pursuing Connectedness

- Turn off the TV, put down the screen. If you are at home alone, use the time to write a letter or call a friend. If you are not alone, spend time with the other person.
- Learn to ask good questions and focus conversations on others, not you.
- Share life experiences with others. Invite friends and acquaintances from church to join you for birthday parties, a meal, hikes, visits with family, trips to the city, or movies.
- Ask God to reveal those areas of your life where you pursue isolation instead of community. Give those areas to him.
- Strike up a conversation with your neighbour or shower them with kindness by cutting their grass, or raking their lawn.
- Be intentional to leave time in your calendar, room in your small group, and space in your friendships. Ask God to fill it with someone of his choosing. You might be surprised who he sends your way and the blessing they will become in your life.



CONNECT (BUILD RELATIONSHIPS)

1. Think of a time in your life when you experienced real community and connectedness with other people (a team, friends in school, a great work place?) Where do you experience community with others now?
2. People in North America, even Christians, are some of the loneliest people in the world. We often gather for church physically tired, emotionally drained, unaware that our greatest need is simply to be loved by God and by others and to love God and others in return. What are some of the barriers that keep people from opening up and experiencing a deeper level of community?
3. Describe the first time you connected with Compass? What brought you here? What was that experience like? Do you remember who your first conversation was with?

THRIVE (EXPLORE BIBLICAL TRUTH)

4. Read Exodus 33:11 & John 15:15. How do you respond to the idea that God wants to be your friend? (Intimidating? Exciting? Indifferent?) Why?
5. Read Genesis 2:15-25. What do you learn about loneliness and the human need for community from this passage? How is the Church, in addition to our families, an answer to this need?

6. Read Ephesians 2:12-13 & Ephesians 2:9-22. How is the reconciling work of Jesus like new citizenship? Like a new family? Like a temple?

COMMIT (BE ON MISSION)

7. Make a list of three people from our church family who you want to affirm. Tell them why you appreciate being in community with them. To help you be specific, think of them and finish this statement: "If you were suddenly taken out of my life, I would miss your..."
8. Where could you make a connection with some new people in our church over the coming year? Maybe this is the right time to join a Compass group or begin to serve. Compass has a Connections Ministry dedicated to helping people feel welcomed and cared for during our Sunday gatherings. You can find out more about how to connect at thisiscompass.com/volunteer.
9. Growing in your relationship with God involves making space in your life to be with him. Sit down with your schedule for the coming week and write down when you will spend time with God, reading the Bible, praying, listening to music, or maybe just being still and aware of his presence.

Ponder, Reflect, Memorize

"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

"Come near to God and he will come near to you."
James 4:8