



CONNECT GROUP GUIDE: BETTER CONNECTED—WEEK 4

We were not made to be alone! At Calvary, we want to get better connected because we believe God created us in such a way that life is simply better when we are connected to one another and God.

Today we'll remember that it is fear that leads to isolation, and isolation always leads to pain. But being connected to others who care deeply about you always leads to joy!

DISCUSSION QUESTIONS

1. Name something in your life that you know is good for you, but you just don't like it.
2. How did you initially feel about joining a Connect Group? Be honest!
3. We all have people in our lives that have influenced us and contributed to who we are. Give everyone in your group 2 minutes to share a story or two about those people. How were those people important during that particular season in your life? How is your life different because of your connection to them?
4. We're in the last week of this series called, "Better Connected." At Calvary we believe that God created us in such a way that when we are connected to one another and to God, life is better; yet everything around us seems to send the opposite message. Social isolation is a growing epidemic. Since the 1980s, the percentage of American adults who say they're lonely has doubled from 20% to 40%. Where do you see isolation in the lives of the people around you? And, if you are ever so brave, share with the group a time when you have felt isolated and/or alone. What brought you out of that isolation?
5. **Read Acts 2:44-46.** Jesus has died, risen and now left the disciples. The disciples along with the first followers had just experienced the ultimate roller coaster of emotions. Jesus, their leader, is gone, and they are left wondering "What in the world do we do now?" What does this reading say that they did?
6. God gave those disciples an antidote for the isolation and loneliness they experienced: "Spending time together" and "breaking bread in one another's homes." It says that in doing this—in *sharing life together with a small group of trusted friends*—they were filled with "glad and generous hearts." Share a time when being together with a certain group of people filled you with a glad and generous heart.

MOVING FORWARD

Isolation was not a part of God's design for us. When we are connected deeply with others we experience the love of Christ—we experience Jesus. So, who are the people you need to surround yourself with so that you might experience God's gift of a glad and generous heart?

PRAYER

God of love and mercy, you created us in such a way that when we are connected to one another and to you our lives are better. Help us to grow deeper connections with one another, take away any fears we might have of others getting to know who we really are, and use our relationship with one another to deepen our faith in you. We pray this in your name. Amen.