



MCA DISCUSSION GUIDE

APRIL 11

Week 1: Connection Goals

OPENING THOUGHT

Nothing is more important in life than a relationship with God and our relationships with other people. And yet, so many of us still feel disconnected, unknown, and alone. The only on-ramp to connection in relationships is vulnerability.

ICE BREAKER

- If a movie was made of your life, what actor would you choose to play you?
- When you hear the word vulnerable, what comes to mind?

BIBLE DISCUSSION

- Read Galatians 6:2 and James 5:16. What are these verses saying about vulnerability within the Christian community?
- Why would confessing our sins to one another bring healing?

LIFE APPLICATION

A recent Cigna Healthcare found that 46% of Americans report sometimes or always feeling alone. This number has doubled in the last 50 years. 43% say they sometimes or always feel like their relationships are not meaningful. 20% say they rarely or never feel close to people. 47% say they rarely or never have meaningful in-person interactions with others. 13% say zero people know them well.

Are these results surprising to you? Do you recognize yourself in any of those statistics? Vulnerability is the only on-ramp to a deeper connection to others, so we are all invited to take the vulnerability challenge. Discuss the four options below. Which could you try during this series?

- Answer honestly when people ask how you are doing.
- Admit a weakness.
- Give a compliment to another person.
- Speak up about a hurt.

CHALLENGE

It's essential to note that the level of vulnerability should always match the level of your relationship. The vulnerability challenge is not about spilling your guts to a former high school classmate who happens to pass you in the cereal aisle at Target. That will have the exact opposite result of "connection."

An example of being honest with your responses is: "I'm good, but I have been stressed about _____ this week." Answer honestly if something is stressing you out. Is it work? Family? Your health? Whatever it is, share it and be honest.