

NEXT RIGHT STEP



Week #3: Toward Relational Depth

Loneliness can cause us to be:

- Out of shape _____.
- Out of sorts _____.
- Out of touch _____.
- Out of order _____.

We are all created for belonging:

- To _____.

...Christ loved the church and gave himself for it to make it belong to God.

Ephesians 5:25-26 (NCV)

- To _____.

So it is with Christ's body. We are many parts of one body, and we all belong to each other.

Romans 12:5 (NLT)

"Love the Eternal One your God with all your heart and all your soul and all your mind". This is the first and greatest commandment. And the second is nearly as important, "Love your neighbor as yourself." The Rest of the law, and all the teaching of the prophets, are but variations on these themes.

Matthew 22:37-40 (VOICE)

How we create more belonging and relational depth:

- Stay _____.

"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing."

John 15:5 (NLT)

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

Hebrews 10:24-25 (NLT)

- Move _____.

*The generous will prosper;
those who refresh others will themselves be refreshed.*

Proverbs 11:25 (NLT)

- Make space for _____.

Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? ² Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose.³ Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves.

⁴ *Don't look out only for your own interests, but take an interest in others, too.*

Philippians 2:1-4 (NLT)

Discussion Questions

1. In what ways have you experienced loneliness affecting you physically, emotionally, relationally, or spiritually? What next right step can you take to begin to address just one of these areas to foster greater well-being?
2. How does the idea that you were created to belong to God and have deep relationships with him and others shape your sense of identity and purpose?
3. How can you intentionally cultivate a sense of belonging and community with those around you?
4. Of the three practices - staying connected, moving toward others, and making space for others - which do you find most challenging? How might you take one practical step this week to grow in that area?

Recommended Resources

- [Braving the Wilderness, by Brene Brown](#)
- [Strong and Weak, by Andy Crouch](#)
- [The Gospel Comes With a House Key, by Rosaria Butterfield](#)
- [Transformative Friendships: 7 Questions to Deepen Any Relationship, by Brad Hambrick](#)
- [You are More Than You've Been Told, by Hosanna Wong](#)

(NCV) New Century Version

(NLT) New Living Translation

(VOICE) The Voice

Week #3: Toward Relational Depth - **FILL**

Loneliness can cause us to be:

- Out of shape physically.
- Out of sorts emotionally.
- Out of touch relationally.
- Out of order spiritually.

We are all created for belonging:

- To God.

...Christ loved the church and gave himself for it to make it belong to God.

Ephesians 5:25-26 (NCV)

- To others.

So it is with Christ's body. We are many parts of one body, and we all belong to each other.

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Matthew 22:37-40 (VOICE)

How we create more belonging and relational depth:

- Stay connected.

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Hebrews 10:24-25 (NLT)

- Move towards others.

*The generous will prosper;
those who refresh others will themselves be refreshed.*

Proverbs 11:25 (NLT)

- Make space for others to belong.

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