



Week 2: Trading Isolation for Connection

- All of humanity was made for _____.

It is not good for the man to be alone, so I will create a companion for him, a perfectly suited partner.

Genesis 2:18 (VOICE)

For in him we live and move and have our being.

Acts 17:28 (NIV)

- We are made to live in _____ on God and _____ with others.

What makes connection and community difficult?

- We are _____.
- We are _____.
- We are _____.
- We are _____.

I need connection and community that will:

- Challenge me _____.

*Wise friends make you wise,
but you hurt yourself
by going around with fools.*

Proverbs 13:20 (CEV)

- Support me _____.

By helping each other with your troubles, you truly obey the law of Christ.

Galatians 6:2 (NCV)

- Strengthen me _____.

Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives.

Colossians 3:16 (NLT)

Discussion Questions

1. Genesis 2:18 reminds us that it is “not good for the man to be alone.” Where in your life do you notice a pull toward isolation, and what does that reveal about your need for connection?
2. What most often keeps you from meaningful relationships, and why?
3. Who are the people who currently challenge you to grow mentally and spiritually, and how are you investing in those relationships?
4. Prayerfully identify one step you can take this week to live more interdependently with God and others—whether by joining a small group, initiating a deeper conversation with a friend, or offering support to someone in need—and then invite the Holy Spirit to guide and sustain that step.

Recommended Resources

- [The Good and Beautiful Community, by James Bryan Smith](#)
- [Made for Friendship: The Relationship that Halves Our Sorrows and Doubles Our Joys, by Drew Hunter](#)
- [Closer Than A Sister: How Union with Christs Helps Friendships Flourish, by Christian Fox](#)
- [No Greater Love: A Biblical Vision of Friendship, by Rebecca McLaughlin](#)
- [Sacred Companions: The Gift of Spiritual Friendship and Direction, by David G. Benner](#)

(VOICE) The Voice
(NCV) New Century Version

(NIV) New International Version
(NLT) New Living Translation

(CEV) Contemporary English Version

Week 2: Trading Isolation for Connection - FILL

- All of humanity was made for connection.

It is not good for the man to be alone, so I will create a companion for him, a perfectly suited partner.

Genesis 2:18 (VOICE)

For in him we live and move and have our being.

Acts 17:28 (NIV)

- We are made to live in dependency on God and interdependency with others.

What makes connection and community difficult?

- We are mobile.
- We are distracted.
- We are afraid.
- We are busy.

I need connection and community that will:

- Challenge me mentally.

*Wise friends make you wise,
but you hurt yourself
by going around with fools.*

Proverbs 13:20 (CEV)

- Support me emotionally.

By helping each other with your troubles, you truly obey the law of Christ.

Galatians 6:2 (NCV)

- Strengthen me spiritually.

Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives.

Colossians 3:16 (NLT)

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