

## The Spirituality of Happiness | Week #08

The Friend Request | July 1<sup>st</sup> and 4<sup>th</sup>

### Anchor Verse:

Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the law of the Lord, and on his law they meditate day and night.

Psalm 1:1-2

### What's the Issue Anyway?

1 in 10 Americans feel \_\_\_\_\_ or \_\_\_\_\_ all or most of the time.

Social isolation typically refers to \_\_\_\_\_ that is unwanted and unhealthy.

Social isolation often involves \_\_\_\_\_ isolation.

Well-being and happiness seems to hinge on \_\_\_\_\_ relationships.

### Wisdom in Scripture about Relationships

Wisdom warns of the \_\_\_\_\_ of isolation and the \_\_\_\_\_ of companionship.

(Ecclesiastes 4:7-12)

Jesus \_\_\_\_\_ the power of meaningful relationships. (Mark 9:2-3, Luke 8:51-56,

Matthew 26:36-38)

Meaningful relationships were a hallmark of the \_\_\_\_\_

communities. (Colossians 3:12-14)

### Don't Miss This!

Meaningful relationships \_\_\_\_\_ God's love in our lives.

### What about my every day, peacemaking life?

Develop meaningful relationships with a \_\_\_\_\_ of people.

Do you feel safe to reveal \_\_\_\_\_ issues and feelings with this person?

The religious word for self-disclosure is \_\_\_\_\_. (James 5:16)

Am I committed to \_\_\_\_\_ communication practices with this person?

Can I give this person permission to speak difficult \_\_\_\_\_ into my life?

### How can this make me a better human and our world a better place?

Meaningful relationships teach us \_\_\_\_\_.

## What is God inviting you into today?

1. Get intentional and identify my inner circle.
2. Develop supportive communication practices.

## Thought Provoking Questions for Groups or Personal Reflection

1. Think of a time in your life where you felt isolated and lonely. What circumstances might have led to those feelings? How did you emerge from that season?
2. Why do you think Jesus thought it was important to have an inner circle of friends?
3. With whom in your life can you practice confession or self-disclosure? Why do you feel safe with that person?
4. Who have you given permission to speak difficult truths into your life? What is your natural response when confronted with something that is difficult to hear?
5. When has someone acted in a selfless way towards you? How did that impact your relationships?