

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- Making new friends as an adult can be tricky. So, we conducted an experiment where Abigail had to meet a new friend.
- We learned a good friendship is about good people coming together. It's about:
 - Going through tough stuff together
 - Being vulnerable
 - Taking risks
- Tips for building friendships:
 - Surrender the outcome to God.
 - Be bold and schedule time.
 - Give it a place and purpose.

Pray: *God, thank You for meeting us right where we are. Remind us that we were all created for community. You created us to need relationships. Help us to be bold this week as we step into vulnerability. Help us trust You with all current and future friendships. In Jesus' name, amen.*



Tweetable Moments



Train your brain to know that feeling awkward is a sign of growth.



You might be the friend someone else has been praying for.



Say What? Questions for conversation

Icebreaker: What is your favorite memory with a childhood friend?

- What one thing stuck out to you most?
- How easy or difficult is it for you to make new friends? Why do you think that is?
- Why do you think God created us to have community?
- Read **Romans 12:4-5**. What does Scripture say about the Body of Christ and our role in it?
- Share about a time when you've experienced making a new friend.
- What are some unnecessary barriers you might be putting on friendships that keeps you from growing closer to God and others?
- How can you remove those boundaries and replace them with growth mindsets?



Now Go Do It Resources and next steps

Challenge: Find someone you want to get to know better and ask them to coffee or ice cream.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start the *You've Heard It Said* Season 5 Bible Plan: www.go2.lc/relationshipadvice
- Invite someone new to your LifeGroup for an extra challenge this week.
- Read more about making friends in this article: www.go2.lc/makingfriends or this article: www.go2.lc/realfriendship