

# YOU'VE HEARD IT SAID



LifeGroups



## Key things you heard

- Stop consuming information in isolation.
- Loneliness has the same effect on your brain as physical pain.
- Physical distance can't stop emotional and spiritual connection.
- Don't miss out on real friends because you're too focused on finding the "right" ones.
- This podcast is designed to help facilitate conversation with you and your people.

**Pray:** *God, open my eyes to the people around me, and help me intentionally invest in my relationships. Give me the courage to seek out community, to be vulnerable, and to love others like You. In Jesus' name, amen.*



## Tweetable Moments



Consuming information in isolation rarely leads to transformation.



We can't allow our consumption of information to outpace our connection with others.



## Say What? Questions for conversation

**Icebreaker:** If you could call Bob Goff right now, what would you ask him?

- What was your biggest takeaway?
- How much time do you spend consuming information vs. connecting with others? What initial thoughts and feelings come up when you think about that?
- Share a time when you felt isolated. What happened?
- Why do you think God designed us to need relationships?
- Read **Romans 12:4-5**. How does that influence the way you see friendship?
- Who are your go-to people? How can you invest in those relationships this week?



## Now Go Do It Resources and next steps

**Challenge:** Have a conversation about what you heard with someone you care about, whether it's a friend, your LifeGroup, a neighbor, a family member, etc. Use a communication method that works best for your situation.

- If you're not yet in a LifeGroup, find or start one here: [www.life.church/lifegroups](http://www.life.church/lifegroups)
- Looking for more content on friendships? Check out [www.finds.life.church](http://www.finds.life.church) for articles and more stories.