

# Cultivate Discussion Guide

## The Cure to Loneliness - Coming Out of Hiding August 17 and 18, 2019

If you missed this weekend's message, view it at [cultivate.sc/discussion](http://cultivate.sc/discussion)

### Tips for leaders:

- Prepare for your group. Your goal is to choose the questions that will lead your group into REAL conversation about the topics most meaningful to you. It's okay if you don't answer them all!
  - To help everyone follow along, ask them to print the Discussion Guide or pull it up on their phone.
  - If questions remain unanswered, encourage women to work through them as they cultivate God's word on their own throughout the week.
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**Reflect:** We live in a social media culture where it's easy to put our "best life" on display while hiding the real facts. This "reality" can make us feel connected to others with total absence of REAL relationship - which can ultimately lead to isolation and loneliness. **How does this idea of connection vs. relationship impact you personally? Does it feel easier/safer to connect with a "double tap" or "like" rather than pursue a relationship?**

**Cultivate Truth:** It's a bible story almost everyone knows: Eve taking that fated bite of the forbidden fruit, Adam close behind. Imagine for a moment, what it must have been like for God to watch the kids He adored choose momentary satisfaction over eternal paradise.

We do that all the time, don't we? We choose the temporary, BUT GOD STILL longs for us to experience Him intimately. NOTHING is hidden from Him and He faithfully pursues us with relentless love eager to restore and forgive, bless and provide.

**#1: God is eager for intimate [all access] relationship with you. How does that truth make you feel?**

- Is there anything keeping you from being REAL with God today?
- Can you pray/confess/call out to Him right now, knowing He loves you?

**#2: Describe what a meaningful relationship looks like to you. Talk about...**

- What makes you feel seen and known?
- Your expectations of others.
- What it takes for you to move from friendly to friendship - and vice versa.

**#3: As a group, have a REAL conversation about whether your description, expectations and desires seem healthy, reasonable and attainable. Speak wisdom and truth over one another WITH love and kindness.**

**The way forward is through vulnerability.** The depth of our relationships is directly related to our degree of vulnerability and our willingness to let people into the closet of our soul.

### Vulnerability:

- Deepens relationships.
- Must be with the right people.
- Must be horizontal (with God) and vertical (with others).

**#4: The battle between what our soul craves and what we're willing to give can be a barrier to meaningful relationships. What barriers keep you from pursuing the relationships you crave? Is vulnerability one of them?**

**#5: Vulnerability places the REAL you at the table.**

- **What steps are you willing to take to work through your barriers and invest in the relationships you crave?**
- **OR how have you seen vulnerability deepen your relationships?**

***Dig Deeper Challenge:*** Take some time this week to reflect on the depth of your existing relationships as well as the relationships you crave. How do you need to be REAL with self (self-awareness, self-discovery) so you're able to pursue healthy relationships? In what ways do you need to be REAL with God? What about others - who are the right people for you to let into the closet of your soul?

**Read Philippians 2:7 TPT:**

“[Jesus] emptied himself of his outward glory by reducing himself to the form of a lowly servant. He became human! He humbled himself and ***became vulnerable***, choosing to be revealed as a man and was obedient. *He was a perfect example*, even in his death.”

**Cultivate Prayer:** Jesus knows vulnerability. Tried as a criminal and crucified, He became vulnerable SO THAT we could have a REAL relationship with Him. Not only is He our example, but He goes before us, comes behind and stands at our side. JESUS IS FOR YOU! Ask Him for the courage to step out in faith and pursue the meaningful relationships your soul craves.