

Session Two



BELONGING

You Can't Do Life Alone

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BELONGING - *You Can't Do Life Alone*

Previously

- What did you discover about yourself from your conversation about the Spiritual Health Assessment you took for you?
- What did you learn from the Assessment your spouse or friend took with you in mind?

Session Two Overview

Session Purpose: Help participants understand that biblical fellowship is more than attendance. It is being known, encouraged, challenged, and strengthened in the family of God.

Big Idea: God designed believers to grow in relationship with Him and with one another. Strong believers are connected believers.

Video Note: Watch the *You Can't Do Life Alone* video.

Supplies Needed

- Bible
- Participant Guide
- Pen
- Spiritual Health Assessment Shared Copy

Icebreaker

Who is someone who made you feel welcomed or included at an important time in your life?

Video Notes

Video: *You Can't Do Life Alone*

Video Summary

- The video introduces fellowship as more than friendliness or attending the same service. Biblical fellowship means being known, encouraged, challenged, and spiritually connected to other believers.
- The Christian life needs a roadmap. Living the 5 gives the group a simple framework for balanced discipleship: loving God, belonging in community, growing spiritually, serving others, and sharing Jesus.
- The phrase “you can’t do life alone” reminds us that isolation is spiritually dangerous. A believer may attend church and still be disconnected if no one really knows their story, struggles, or next steps.
- Healthy fellowship creates space for honesty and encouragement. Hebrews 10 calls believers to “provoke one another toward love and good works,” which means we need *relationships* close enough to encourage *action*.
- The redwood roots image helps participants see that spiritual strength often comes through connectedness. Redwoods stand tall because their roots intertwine. Believers grow stronger when they are rooted together.

Key Verses

Hebrews 10:24-25 ²⁴Let us think of ways to motivate one another to acts of love and good works.

²⁵And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

Proverbs 27:17 ¹⁷As iron sharpens iron, so a friend sharpens a friend.

Acts 2:42-47 ⁴²All the believers devoted themselves to the apostles’ teaching, and to fellowship, and to sharing in meals (including the Lord’s Supper), and to prayer.

⁴³A deep sense of awe came over them all, and the apostles performed many miraculous signs and wonders.

⁴⁴And all the believers met together in one place and shared everything they had.

⁴⁵They sold their property and possessions and shared the money with those in need.

⁴⁶They worshiped together at the Temple each day, met in homes for the Lord’s Supper, and shared their meals with great joy and generosity—

⁴⁷all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved.

Discussion Questions

1. Did anything in the video surprise you or seem like new information to you?
2. Why do you think it is possible to attend church regularly and still feel disconnected?
3. From Hebrews 10:24-25, what does it mean to “provoke one another to love and good works?”
4. Who has sharpened you spiritually? What did they do that helped you grow (Proverbs 27:17)?
5. What makes vulnerability hard in a group? What can help make it safer?

Next Steps & Tools

Self Evaluation

Redwood trees can grow tall and strong because their roots connect with other redwood trees. Biblical fellowship and belonging work the same way. God never designed us to grow alone. Use the exercise below to see how well you are connected.

- People who know me: _____
- People who encourage me: _____
- People I can be honest with: _____
- People I am helping: _____
- People I need to move toward: _____

Fellowship / Belonging: Crawl, Walk, Run Steps

God understands us as no one else can. He always meets us where we're at. No matter where you are on your spiritual journey, there is a practical next step we can take. Which of the steps below is the right one for you?

- **Crawl:** I will introduce myself to someone or attend a group / event.
- **Walk:** I will share one real prayer request with my group.
- **Run:** I will help someone else get connected.

Action Item for This Week

Share with your spouse or a trusted friend which fellowship / belonging step you chose to take.

Close with Prayer - Write Down Requests
