

## Healthy Community-

2022:

- What is an obstacle that limits you from being in healthy community?
- What would a healthy community look like for you in this stage of life?
- There are multiple communities you are a part of- work, kids sports teams or clubs, church, family, school, etc. How are you intentionally working to make these healthy communities?
- What do we do when we step into a negative or toxic community?
- Do you have someone in your community that you go to when things aren't ok?

### *Archive of content:*

What does the word "community" mean to you?

One thing that really strengthens community is vulnerability.

Ask yourself or your group the following three questions:

- How do you feel when you are vulnerable about your weakness or a struggle?
- How do you feel about another person when *they* are vulnerable about a weakness or struggle?
- What was the difference between the answers of the two previous questions.

The lesson: We feel that we will be perceived as weak when we are vulnerable, but we see others as courageous when they are vulnerable.

What makes you afraid to be honest with someone?

How have you been hurt by community before?

How does community hold you accountable?

How have you handled critiques/encouragement from a community?

How would you describe healthy in the context of community?

When was a time where having a reliable group would have benefited you?

Frequency is vital in a healthy community, do you make healthy community a priority during the week?

Healthy community involves transparency. What is hindering us from living transparent lives with each other.

Being in community means being in messiness. Our lives are just messy. How do you handle other people when they share their messiness with you?

Read Acts 2:42-47 and ponder what it looks like in your life.

When thinking of healthy community, do you view it as receiving benefits or creating an environment

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