



WEEK 5

DEPEND ON OTHERS

HAPPY START

Phone companies argue over who has the best, largest, and most reliable network. They do this because of one big reason: No one likes being disconnected. Nothing produces stress and anxiety like seeing zero bars or the words, “No Service,” at the top of our screens.

The connected life is a happy life. We certainly believe this with our phones. But it’s also true with our relationships. Several studies confirm the significant health benefits that come from good relationships and the detriment of being disconnected.

Real connection reaps real rewards. But to experience these benefits, we need to move beyond social media friend requests. Happy people are dependent on others. They’ve learned the value of vulnerability and deep, soul-level friendships.

- ☺ When was the last time you were out of cell phone service for a significant amount of time? How did being disconnected make you feel?
- ☺ How has technology improved the way we are able to connect with other people? In your experience, how has technology made it more challenging to be able to connect with other people?
- ☺ Did you do the SPADE exercise or daily devotions this week? Did God show up in any of those experiences?

HAPPY NOTES



Watch this week's video now. Use the space below to take notes. (Or doodle—whatever works best for you!)

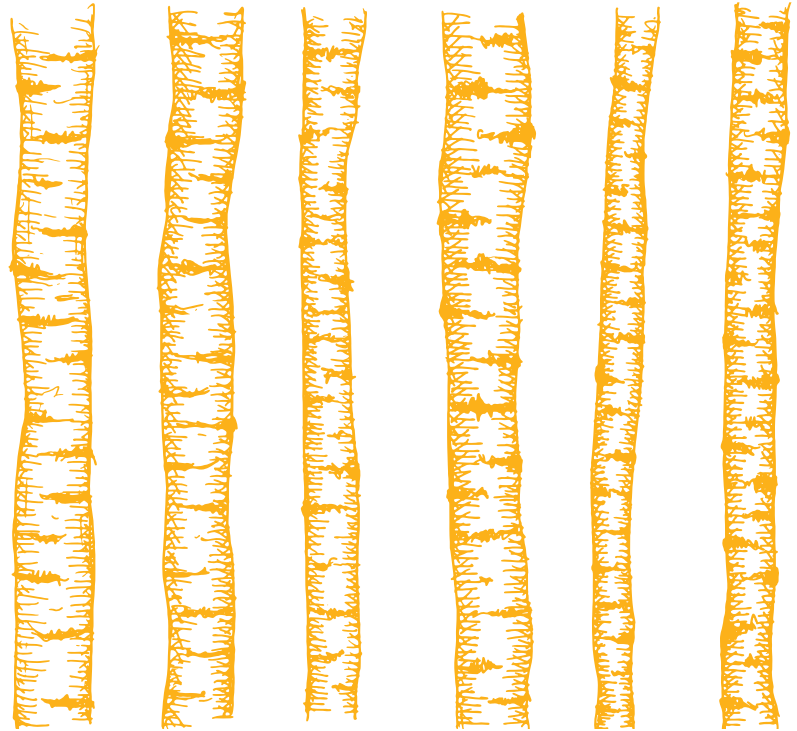
HAPPY FACT



If you visited Fishlake National Forest in Utah, you would see a lot of aspen trees—approximately 47,000 of them in **fact**. This colony of quaking aspens is known as Pando, Latin for “I spread out,” and it certainly has done that for a long time. Some scientists estimate Pando is over 80,000 years old, and it covers almost 107 acres.

But Pando is more than a large group of trees that has endured over time. It is actually just one tree. Genetic testing determined the entire colony to be one single organism with a massive underground root system, making it the largest and oldest living thing in the world.

Pando’s communal root system is incredibly beneficial. It makes it particularly resilient to droughts, climate shifts, diseases, and fires. These conditions often kill smaller plants, but Pando is able to survive underground until things improve and can quickly shoot up new stems afterwards or send resources to where they are most needed.⁸



8. <https://allthatsinteresting.com/pando-worlds-largest-living-organism>

HAPPY CHAT



- ☺ Describe a time where you felt really isolated or struggled to find meaningful relationships. How did this feeling of disconnection affect you?

READ JOHN 13:34, COLOSSIANS 3:16, 1 THESSALONIANS 5:11, HEBREWS 10:24, AND JAMES 5:16.

- ☺ From the verses we just read, what are some of the ways we are called to depend on and support one another?
- ☺ Many of us like to support or be there for other people, but few of us like being the person who needs help. Does the thought of being dependent bother you? Why or why not?
- ☺ The verse from Hebrews said we are to spur or motivate one another. Can you think of a friend who spurred you along in a key moment to help you become a better version of yourself? Share with the group.

NOW READ 2 CORINTHIANS 7:5-7 TOGETHER.

- ☺ What can we learn about Paul's situation from this brief passage? How did God choose to comfort him?

- ☺ Paul had cultivated a deep soul-connecting friendship with Titus. What have you learned about cultivating deep friendships like this? What does it take? Why is it so rare?
- ☺ One key to deep connection is authenticity. In your experience, what conditions need to be present for you to feel comfortable being authentic? What conditions kill authenticity?
- ☺ A new study says half of all Americans feel lonely. Does that number surprise you? If you are honest, are you feeling lonely? Share with the group.
- ☺ What is one way our group can grow closer together moving forward? If this is a newly formed group, do we want to continue on after *Happy Place*?

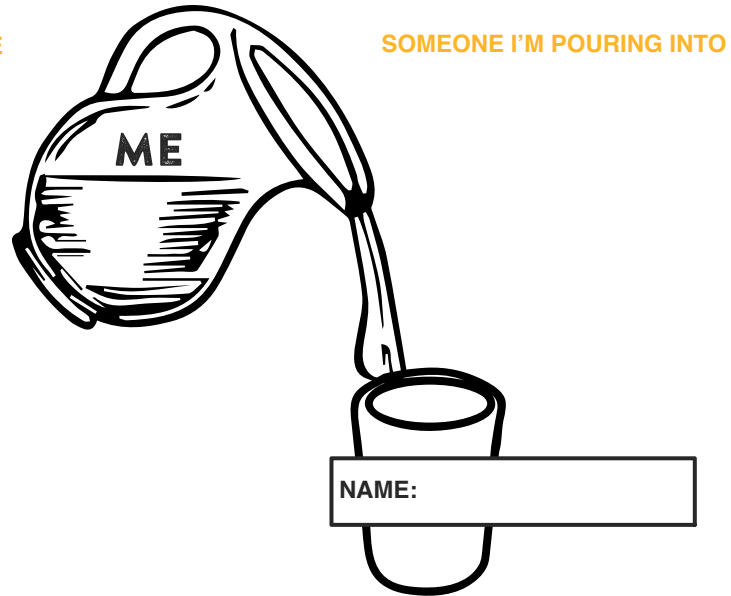
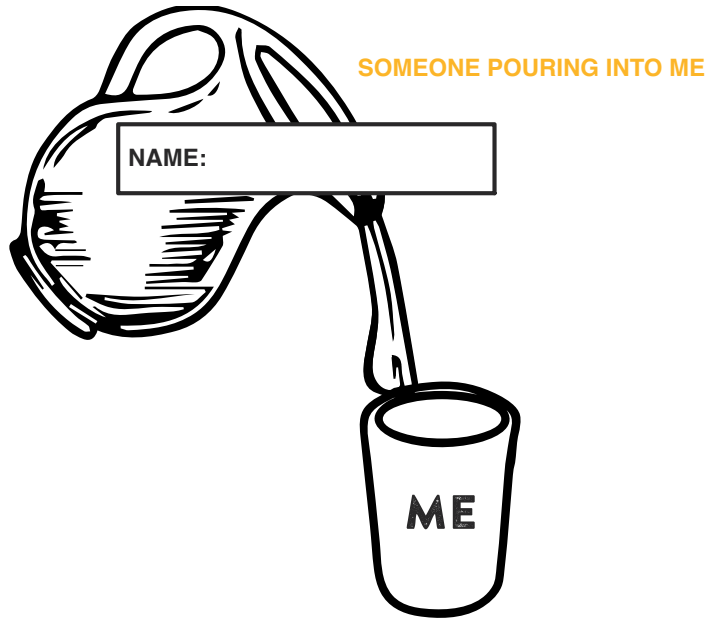
Close by praying for one another. Ask for prayer requests and lift up those needs before God. Also, encourage each other to do the Happy Step (found on the next page) and the daily devotions throughout the week.

HAPPY STEP



ONE AND ONE MENTORING

We are at our best when we have one person who is pouring into us (someone who asks us good questions, encourages us in our growth, and supports us without needing anything from us) as well as one person we are pouring into. Take a moment to think through who is or could be pouring into you. And think of a person you are or could be investing in. Who are (or could be) your two?



TIPS:

- ☺ High capacity leaders are coached 1-2 hours per week.
- ☺ We often need to go after coaches and mentors. These relationships don't naturally happen.
- ☺ Structure your time together. Consider reading a book around a helpful topic.
- ☺ Don't leave these boxes empty. Spend time thinking of someone or of multiple people.
- ☺ Don't get frustrated or discouraged if you meet and things don't fully click. It takes time to find people to invest in or who invest in us. But don't let that stop you either.

This week, get dates on the calendar with your two. And then devise a plan for how you could structure your time together.

HAPPY DAYS



DAY 1

READ JOHN 13:34

A new command I give you: Love one another. As I have loved you, so you must love one another.

REFLECT

Ask God to help you see like He sees and love like He loves today.

DAY 2

READ 1 THESSALONIANS 5:11

Therefore encourage one another and build each other up.

REFLECT

Who can you encourage today? Send them a text or leave a voicemail.

DAY 3

READ GALATIANS 5:26

Let us not become conceited, provoking and envying each other.

REFLECT

Is there a way you are feeling envious, conceited, or provoked? Give those feelings to God.

DAY 4

READ EPHESIANS 4:2

*Be completely humble and gentle;
be patient, bearing with one another
in love.*

REFLECT

It's not easy to be patient,
especially with each other. But it
can be a big way we express love.

DAY 5

READ ROMANS 15:7

*Accept one another, then, just as
Christ accepted you, in order to
bring praise to God.*

REFLECT

God has shown you surprising
grace. How can you surprise others
with His grace and acceptance?

REFLECTIONS:
