

Group Notes

Unstuck † “Unstuck Relationally” (*Seven Ingredients for Friendship Attachment*)

GETTING TO KNOW YOU

We cannot fully live out God’s purpose for our life in solitude, and the Bible is clear that God created us to be in relationships. A 2022 study from the Journal of the American Heart Association found that social isolation and loneliness were linked to an almost 30% increase in the risk of heart disease. From Genesis to the gospels, the Bible is God’s recipe for healthier connections and getting unstuck relationally.

Ice Breaker – If you are responsible for completing a difficult task, would you rather complete it yourself or get some help from others?

SERMON NOTES REVIEW

Looking back at your sermon notes from this weekend's teaching, was there anything Chuck said that caught your attention, challenged you, or confused you?

DIGGING DEEPER

[Read Genesis 2:18](#)

1. As our creator, God knows exactly what we need in a relationship. Can you recall a relationship that was clearly a gift from God?
2. How do our relationships provide opportunities to be God’s image bearers?
3. In [1 John 1:3](#) and [1:7 \(NLT\)](#), our fellowship with God is critical to our fellowship. Read [Matthew 18:20 \(NLT\)](#) – How does our spiritual relationship with Jesus deepen our earthly relationships?
4. Read Psalm 133:1–3 (NASB). What are the blessings we should expect from Christ-centered fellowship?
5. How does the infinite love and grace of God in [Jeremiah 31:3](#) (The Message) help us to form healthy and lasting relationships?

As we GROW together in our relationship with Jesus, our relationships at church and everywhere else can be healed and strengthened.

Get in God’s Word – **R**eceive Instruction – **O**bey from the heart - **W**orship with Passion

6. Discuss the positive impact we will have in our community if we GROW and live out the promise in [Romans 8:31 \(NASB\)](#).

TAKING IT HOME

Commit to GROW this week. Use the checklist below to develop new ways to grow your relationship with Jesus and the people you encounter.

- G**et in God's Word
- R**ecieve Instruction
- O**bey from the heart
- W**orship with Passion

PRAYER TIME

As you close in prayer, acknowledge our need for a growing fellowship with God and a relationship with other people. Ask God to lead us to the people who need a relationship. Our prayer is that you use us all to be a witness of the love of Jesus to those who are lost. Finally, we pray that You will unite us in Christian fellowship.

ACTION ITEMS

- This week, try moving out of your comfort zone a bit and lean on God to get you through something you may not feel comfortable doing, like sharing the Gospel. We experience God when we allow him to be our strength. [2 Corinthians 12:8-9 NLT](#)