


 The logo features the word "FIGHT" in large, bold, white capital letters on a dark grey rectangular background. Below it, the words "FOR IT" are written in white capital letters on a red, ribbon-like banner that overlaps the bottom of the grey box.

FIGHT FOR IT

Fight For It: Friendships

This is the opportunity for your group to discover what God might be saying to you out of the weekend experience, and how you can respond individually and collectively.

Loneliness is actually a pretty crowded place. A recent survey revealed that one of out two people in the United State feel a significant sense of loneliness. This week we want to help you fight for your well-being, and become stronger than ever before by showing up for each other, and turning connection into community.

Questions for discussion:

1. Ice Breaker: Who's the best all-time TV friends? Why?
 - o Kevin Arnold and Paul Pfeiffer ('The Wonder Years')
 - o J.D. Dorian and Christopher Turk ('Scrubs')
 - o Khadijah James, Synclaire James-Jones, Maxine "Max" Shaw and "Regine" Hunter ('Living Single')
 - o Rachel Green and Monica Geller ('Friends')
 - o Betty Cooper and Veronica Lodge ('Riverdale')
 - o Someone else? Make a case for your favorite pair!

2. What stood out to you the most from the weekend message? Then to follow up: Why do you think that stood out to you most? What do you think God might be trying to say? (It's ok if you're just guessing. This will give you some space to process what it might be.)

Read Matthew 26:36-37

Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." 37 And taking with him Peter and the two sons of Zebedee (James and John), he began to be sorrowful and troubled.

3. What jumps out to you most here about what Jesus models here?

4. When you are in the midst of difficulties, do you tend to reach out to others or try to fight the battle on your own?

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4. This weekend, you were given the opportunity to make a list of “deal” friends, “real” friends, & possibly “couple” friends. If you did this, what did you discover or notice as you made these lists? *(Leader note: if your group hasn’t made these lists yet, feel free to pause for a couple minutes to give everyone time to start their lists, then discuss)*

5. How have you learned to prioritize relationships in the fight for your well-being? What barriers make it difficult for you to be intentional with your friendships?

6. One of this week’s next steps was to show up for someone else. Share about time when someone showed up for you in a way that made a difference OR a time when you showed up for someone else and found that you were impacted in the process.

Read Hebrews 10:22-25

Let us draw near to God with a sincere heart and with the full assurance that faith brings... let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds. Not giving up meeting together, as some are in the habit of doing.

7. As you hear this, what is one way you can respond to what God might be saying to you this week?

8. Now, share a prayer request for the week. Whoever loves taking notes can jot them down (and maybe put them in a group chat).

Wrap It Up

Make sure to go around the circle and pray for each other at the end of your meeting, and throughout the week.