


GROWING DEEPER:

Questions to dig deeper into this week's topic 

**A LIFE LESS LONLEY:
MOVING FROM CONVENIENT TO CONNECTED
The New Technique**

1. As you think about the breadth and range of your relationships—friends, family, co-workers, church-mates, etc.—what is the most common form of “emotional bond”: anger, awe, joy, resignation, sadness, or peace?
2. Which emotional-type comes most naturally to you when you form relationships? Why do you think that is?
3. Read Luke 10:5-6. What do you think Jesus means when he describes his followers’ actions as meaning that “your peace will rest on them”? Or that for some others, Christ’s followers’ peace “will return to you”?
4. What might it look like for you to front load “peace” in your relationships, such that it would rest on the other people in your life?
5. What intentional change could you make this week so that you become a “germ-agent” for peace instead of any other emotion?