



A Beautiful Thing

We're all carrying a burden right now, and no one should carry it alone. But how do we help others with their burdens when we feel weary and isolated? How do we carve out space for community in a chaotic and confusing season?

Discussion Questions

1. How long have you ever gone without person-to-person connection or contact? What happened? How did you feel?
2. When you're struggling with anxiety or despair, do you find it more tempting to dwell on your circumstances or avoid thinking about them altogether?
3. Read **Philippians 4:4–13**.
 - What stands out to you?
 - From verse 7, what do you think it means for God's peace to "protect you," or "guard your heart?"
4. Jesus said the greatest love anyone can have is to lay down their life for the well-being of their friends. It's easy to understand what this looks like in a more extreme sense, but how can we show this kind of love in our everyday life?
5. How can you be more aware of opportunities to share in someone else's pain this week? What daily reminders can you give yourself to ensure that concern for your community stays in the forefront of your mind?
6. Is there someone you should contact in the next few days and ask how they are doing?