

WEEK 1

SMALL GROUP GUIDE

LIFELINES

Do you have any friendships you can really count on – the kind of friendships you might call your "lifelines?" God designed us to have friendships we can trust, but God also knew we'd need some help figuring out how to build friendships that are lifelines for each other. In this 4-week series, we'll look at the kind of friendship Jesus models for us: friendship that gives us **a place to be real**, gives us **a chance to grow**, gives us **a group when we feel alone**, and can even **change the world**.

THIS WEEK

THE BIG IDEA

Godly friendships let you be real.

THE BIBLE

John 4:1-29; Ephesians 5:1-2; Hebrews 4:13

- **Where do you feel most comfortable being yourself?**
- **What's something weird, awkward, or uncool that you do when you're really being yourself?**
- **Who is someone you can be real with? Why do you feel comfortable being real with them?**
- **Make a list of qualities that make a friendship real. Talk about each one.**
- **What's one thing Jesus did for the Samaritan woman that you would want a friend to do for you?**
- **Look at the list we made earlier. How does Jesus embody the qualities of a real friend?**
- **How well do you think you embody these qualities in your friendships?**
- **Has a friend ever told you they were doing "fine" when you knew they weren't? What can we do to let our friends know it's okay to be real with us?**
- **Do you ever hide parts of your story from others? If you do, what's keeping you from sharing?**
- **Read Hebrews 4:13. What's one thing you can do this week to . . .**
 - be more real with God?**
 - be more real in your friendships?**
 - help others feel safe enough to be real with you?**

ACTIVITY

Listen together to the song *Out of Hiding*, by Steffany Gretzinger. Take turns sharing one word or phrase that stood out to you and why you think it stood out to you. Make a list of everyone's names and chosen words or phrases, and then share that list with the group. This week, use that list as a reminder to pray for or encourage each other to be more real.