

TOOL: How Do You Connect?

One hour of significant friendship • Weekly



People connect in different ways. On a very basic level, there is a kind of connection we feel when we sit across the table from each other and share experiences or pieces of ourselves. There is another kind of connection that comes from doing activities where we face the same direction - side by side. This could be serving or working together, or as simple as watching a movie!

If you consider this - we've all experienced both kinds. We have connections with people who we played on a sports team with or served with in an intense situation. We have connections with people who we had a great conversation with over a coffee or dinner.

One thing we may notice about the people in our lives, is that - while we all connect in both ways - we may have a preference for what helps us feel connected. For example, some of us may have a hard time doing a deep conversation until we've had some side-by-side connection time. Some of us may have a hard time watching a movie together if we haven't first had the chance to connect about our day.

Becoming mindful of how you connect and how those around you connect can help you go deeper in your friendships.

Practice

In this practice, we're going to spend some time noticing the way we connect.

REFLECT

First, pick a day this week, and spend a few minutes thinking back over the connections in your life.

- Who are the people you've felt most connected with in your life?
- Think of when and how you first experienced that connection. Was it through a face-to-face connection or side-by-side?

NOTICE

Now, as you go through your week, try to be intentional about noticing how connected or disconnected you feel with the people around you. Try to notice and record moments of connection or missed connection.

| | Person | Interaction | Connection Status |
|-------|--------|-------------|-------------------|
| Day 1 | | | |
| Day 2 | | | |
| Day 3 | | | |
| Day 4 | | | |
| Day 5 | | | |
| Day 6 | | | |
| Day 7 | | | |

Reflect on what you noticed and continue to stay aware of how you connect with others and also how they might connect with you. Consider this as you pursue relationships in your life and as you practice the habit of significant friendship.

Debrief your experience

After practicing with this tool, debrief your experience with your Praxis Group. Below are some questions to process together:

- Check in on life. (Where are you experiencing Christ's presence this week? What burdens are you carrying?)
- What did you learn from this practice?
- Describe your experience with this practice. (What feelings came up, what went well, what got in the way? How has it impacted your relationship with God?)
- What is the next step for you?