# We Are Family

By: Connie Jordan

## Nurturing Friendships and Connections to Extend Your Reach in God’s Kingdom

BTB Ladies Table Top Session Handout & Discussion Guide

## Opening Scripture:

* Ecclesiastes 4:9 — "Two are better than one; because they have a good reward for their labour."
* John 13:35 — "By this shall all men know that ye are my disciples, if ye have love one to another."
* Hebrews 10:24 — "And let us consider one another to provoke unto love and to good works."
* Genesis 2:18 — "It is not good that the man should be alone."

## Part 1: The Need for Connection

Our world is more digitally connected than ever, but more people are reporting loneliness, anxiety, and spiritual isolation. The U.S. Surgeon General declared loneliness a public health epidemic, equating the effects of social disconnection to smoking 15 cigarettes a day.

Even children’s TV character Elmo asked, "How is everybody doing?" The overwhelming response revealed a deep hunger for care and real connection.

God never intended for us to live spiritually alone. The Church is a family. We need one another.

## Part 2: Biblical Examples of Godly Connection

* Jesus and His Disciples – Sent out two-by-two (Luke 10:1)
* Ruth and Naomi – Friendship across generations (Ruth 1:16-17)
* David and Jonathan – Covenant friendship rooted in God (1 Samuel 18:1-4)
* Paul and Timothy – Mentorship and spiritual kinship (Philippians 2:22)

## Round Table Exercise: Branches on the Family Tree

Take 2–3 minutes to share:
1. A friend who has blessed or helped you grow spiritually.
2. A time you encouraged or supported someone else in their walk with God.

What one word or phrase describes that connection? (Write below or on your paper leaf to add to the group tree)

## Reflective Questions:

1. Who in your life do you consider a spiritual friend or mentor? What made that relationship meaningful?
2. Is there someone God is prompting you to reach out to? How can you be more intentional about cultivating connection?
3. What barriers do you face in building deeper relationships? How can God help you overcome them?
4. What spiritual gifts or qualities do you bring to your friendships? (e.g., Encouragement, prayer, listening, wisdom)

## Commitment Prayer:

Lord, help me to build godly friendships that strengthen the Body of Christ and extend Your Kingdom. Let me be both a receiver and a giver of encouragement, love, and spiritual support. Use me to reach someone who needs connection with You. Amen.

"We are family in Christ. Let’s live like it."

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