



What have you done recently that was new or challenging?

Why do you think some people sometimes choose to do things alone instead of asking others for help?

Have you ever felt like nobody gets you? What made you feel that way?

**Read Ecclesiastes 4:9–10**

According to the verse, what changes when someone has people around them compared to being on their own?

Do you agree with the statement “Connection doesn’t happen by accident?” Why or why not?

Why is it hard sometimes to be honest about what’s going on in your life? What helps you open?

What’s one practical thing you could do this week to help someone else feel like they belong?