

together.

Session 1

The Problem of Isolation

Day 01

Devotional

Genesis 3:7–10 “Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. But the LORD God called to the man and said to him, ‘Where are you?’ And he said, ‘I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself.’”

Be still

Read

Examine

Apply

Devote to prayer

Day 02 Devotional

1 Peter 2:9–10 “But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. Once you were not a people, but now you are God’s people; once you had not received mercy, but now you have received mercy.”

Be still

Read

Examine

Apply

Devote to prayer

Day 03 Devotional

Ephesians 2:14–16 “For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, and might reconcile us both to God in one body through the cross, thereby killing the hostility.”

Be still

Read

Examine

Apply

Devote to prayer

Day 04 Devotional

Psalm 133:1 "Behold, how good and pleasant it is when brothers dwell in unity!"

Be still

Read

Examine

Apply

Devote to prayer

Day 05 Devotional

Romans 12:9–10 “Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with brotherly affection. Outdo one another in showing honor.”

Be still

Read

Examine

Apply

Devote to prayer

**Watch the
teaching video
for session 01
here**



or visit clearcreekresources.org/8practices

Discussion Questions

1. David Brooks describes a “crisis of connection” driven by hyper-individualism. Where do you see this trade-off between autonomy and belonging playing out in your own life?
2. The session distinguishes “fitting in” (performance-based) from real belonging. Have you experienced a relationship or group that felt like performance rather than real community? What made it feel that way?
3. Why do we tend to say “I’m busy” or “I’m stressed” instead of naming loneliness directly? What does that avoidance protect us from?
4. How does the Genesis 3 account of Adam and Eve hiding and blaming each other explain patterns you see in your own relationships today?
5. David Brooks calls tribalism “the dark twin of community” — built on shared enemies rather than shared love. Where do you see tribalism offering counterfeit belonging in our culture right now?
6. Read 1 Peter 2:9–10 together. What is the difference between being “a collection of individuals” and being “a people”?
7. Ephesians 2:14–15 says Jesus broke down “the dividing wall of hostility.” What walls do you find hardest to believe Jesus has actually dismantled?
8. Why do small groups — not just Sunday gatherings — matter for experiencing real, gospel-shaped community? What makes a living room different from an auditorium?

Exercise

Community begins with the vulnerable step of showing up as you actually are, not the version of you that performs well.

- This week, identify one relationship — in your small group, at church, or in your life — where you've been managing the "easy" version of yourself instead of the real one.
- Choose one honest thing to share with that person: a struggle, a doubt, a hard week you've been hiding behind "I'm fine." It doesn't have to be your deepest secret — just one true, unperformed thing.
- Before you have the conversation, pray and ask God to remind you that you are already fully known and fully loved by him, so you don't have to manage your image with people.
- As you end this exercise, discuss with your group: What did it cost you to be honest instead of performing? What did you notice about their response?