

COMMUNITY PACKET

“God designed us to need people. You cannot experience God the way you were made to until you experience him alongside others.”

— *Justin Earley*

The goal of this worksheet is to give reflection and direction for your relational commitments. For community to impact us, we must make a commitment to receive from and give to others. This packet will give you reflection and some creative ideas on how to live in community.

Some Initial Reflection:

Take time to look back, reflect, and pray about those who have crossed paths with you in your life. Reflect on the good and the poor relationships that have shaped us. Pray through this list of people.

Write down the names of people who have blessed you because of their presence in your life.

Write down the names of people you have blessed through your presence in their lives.

Write down the names of people who have hurt you because of their presence in your life.

Write down the names of people you have hurt because of your presence in their lives.

RELATIONAL INVENTORY

RELATIONAL TIERS

British anthropologist Robin Dunbar's theory on the number of relationships we have the capacity for resonates with reality. We have a small capacity for 'loved ones', or 'those who know our secrets': 5 people. We have a larger capacity for those we have good friendships with, or 'those I spend the most time with': 15 people. Then we have a number of those in our larger community, or 'those I know the name of': 150 people. Then we have big communities or organizations we are part of: 150+ people. Spend time filling these out with names and groups that you are part of.

TIERS	NAMES OF PEOPLE OR COMMUNITY
<i>my 5</i>	
<i>my 15</i>	
<i>my 150</i>	
<i>my 150+</i>	

RELATIONAL ROLES

Spend time thinking of some of the relational roles you carry currently (Husband (Wife), Friend, Father (Mother), Son (Daughter), etc.). Think of some practices that you can implement or that you currently have to bring intentionality to these roles.

ROLE	TO WHOM	PRACTICES	CONSISTENCY
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<i>Example: Father</i>	<i>Lilly and Jared</i>	<i>Dinner at table</i>	<i>3 times a week</i>

RELATIONAL PRACTICES

RHYTHMS

Find creative rhythms to connect with people around you. Here are some ideas:

One Meal with Others: Everyone has to eat, so find others to join you. This might be time with family, a coworker, a friend, or a fellow church member.

Daily Time with Phone Off: Set a specific time each day to have the phone completely off or away. Create space to be completely present with others or in silence with yourself.

Time in Conversation: Call someone. Grab a cup of coffee. Or invite someone over. Spend as little as a couple minutes or as much as an hour in good conversation.

10 Min of Encouragement: Set a timer: 5 min, 10 min, 15 min, etc. Choose a time and spend that time texting encouragement to those who have blessed you in life.

Letter Writing: Writing slows us down. Also, rarely do we get a handwritten letter from anyone these days. Bless someone's day by connecting through writing to them.

Prayer List: Our prayers come to life when we focus on others. Start small, but begin a list of names and prayer requests to pray for the good of others. Allow others to do the same for you.

Confession: We all need someone to know our secrets, to remind us of our freedom in Jesus, and to encourage us toward a future of freedom. Choose someone you trust and share as vulnerably as you can the sins you need to release from the dark.

DISCIPLINES IN RELATIONSHIP

Look through our 7 other practices: Sabbath, Vocation, Scripture, Simplicity, Fasting, Generosity, and Hospitality. Find others and create ways to practice these together. Go through the resources to find ways to sabbath or read scripture with each other. Maybe try simplicity and have a communal yard sale. Maybe practice generosity and raise money with a group of people for a project at the church. Whatever you do, the hope is to see that these practices come to life in community.

PRACTICE	WITH WHOM	HOW
<i>Example: Fasting</i>	<i>with Luke and Jack</i>	<i>fast from food on Tuesday from sunrise to sunset. pray for our wives.</i>

RELATIONAL COMMITMENT

TIME AUDIT - Like a budget serves to reveal where we spend our money, this time audit serves to display where we spend much of our time. Put in simple answers to help reflect on your time spent and if it directly correlates with your community vision.

ACTIVITY	LOCATION	HOURS PER WEEK	OTHER BELIEVERS

MAKE A COMMITMENT

The key to deep relationships is commitment. We must make the commitment to our local church to experience the blessing of community.

Sunday Mornings: Commit to being at church every Sunday.

Baptism: If you want to publicly proclaim your faith in Jesus and your commitment to following him, sign up to be baptized at church.

Becoming a church member: If you call Redemption North Mountain your home, becoming a member is the way to display your commitment to the people, mission, doctrine, and values of Redemption Church North Mountain.

Serving: Serving in church provides a way to connect with people and to make the church environment not just a place that you receive and connect, but a place that you also contribute to.

Redemption Communities: Join one of our several smaller groups formed out of the overall Redemption North Mountain family, in which people can know and be known by others in a more intimate space.

Ministry Spaces and Events: Join one of our ministry spaces to connect with others from our church (Men's, Women's, Local, etc.)