







**STRONGER  
TOGETHER**







DAVID KIM

MADE TO  
BELONG



FIVE PRACTICES FOR  
CULTIVATING COMMUNITY  
IN A DISCONNECTED WORLD

“[Loneliness is] the ache of being disconnected from people who matter.”

- David Kim (pastor)



NEW YORK TIMES BESTSELLER

Vivek H. Murthy, MD

19TH SURGEON GENERAL  
OF THE UNITED STATES

# Together



The Healing Power of  
Human Connection in a  
Sometimes Lonely World

“Fascinating, moving, and essential reading.”

—ATUL GAWANDE, author of *Being Mortal*

“You can feel lonely even if you have a lot of people around you, because loneliness is about the quality of your connections.”

- Dr. Vivek Murthy (Surgeon General)



















<sup>7</sup> Again I saw something meaningless under the sun:

<sup>8</sup> There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. “For whom am I toiling,” he asked, “and why am I depriving myself of enjoyment?” This too is meaningless—a miserable business!

Ecclesiastes 4:7-8 (NIV)







<sup>9</sup> Two are better than one, because they have a good return for their labor: <sup>10</sup> If either of them falls down, one can help the other up. **But pity anyone who falls and has no one to help them up.**

Ecclesiastes 4:9-10 (NIV)







<sup>11</sup> Also, if two lie down together, they will keep warm. But how can one keep warm alone?

<sup>12</sup> Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Ecclesiastes 4:11-12 (NIV)



















HOW TO

BREAK UP

WITH YOUR

PHONE

CATHERINE PRICE

“If you wanted to invent a device that could rewire our minds,  
if you wanted to create a society of people who were perpetually distracted, isolated, and overtired . . .



HOW TO

BREAK UP

WITH YOUR

PHONE

CATHERINE PRICE

“if you wanted to weaken  
our memories and damage  
our capacity for focus and  
deep thought,

if you wanted to reduce  
empathy, encourage self-  
absorption, and redraw the  
lines of social etiquette . . .



HOW TO

BREAK UP

WITH YOUR

PHONE

CATHERINE PRICE

“you’d likely end up with  
a smartphone.”

- Catherine Price (journalist)









January 5 – Created for Relationships  
January 12 – Building Healthy Relationships  
January 19 – When Relationships Go Wrong  
January 26 – Growing Stronger Together









Join a Group





Join a Group  
Do the Hard Work





# THE HUB



[blackhawk.church/hub](https://blackhawk.church/hub)





Join a Group  
Do the Hard Work  
Re-Think Your Phone



# Re-Think Your Phone





# Re-Think Your Phone

- Turn off your notifications



# Re-Think Your Phone

- Turn off your notifications
- No phones at meals



# Re-Think Your Phone

- Turn off your notifications
- No phones at meals
- Phones away while playing with kids



# Re-Think Your Phone

- Turn off your notifications
- No phones at meals
- Phones away while playing with kids
- Remove social media apps for a week





Join a Group  
Do the Hard Work  
Re-Think Your Phone  
**Be Intentional**







## Reflection Questions:

How would you describe the quality of your relationships right now?

Are there any areas of your life where you're sensing a need for more meaningful connection?



## Reflection Questions:

Is there a current relationship that comes to mind that's in need of greater attention or intentionality?

What's a step that God might be leading you to take toward greater connection in 2025?