

#### 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



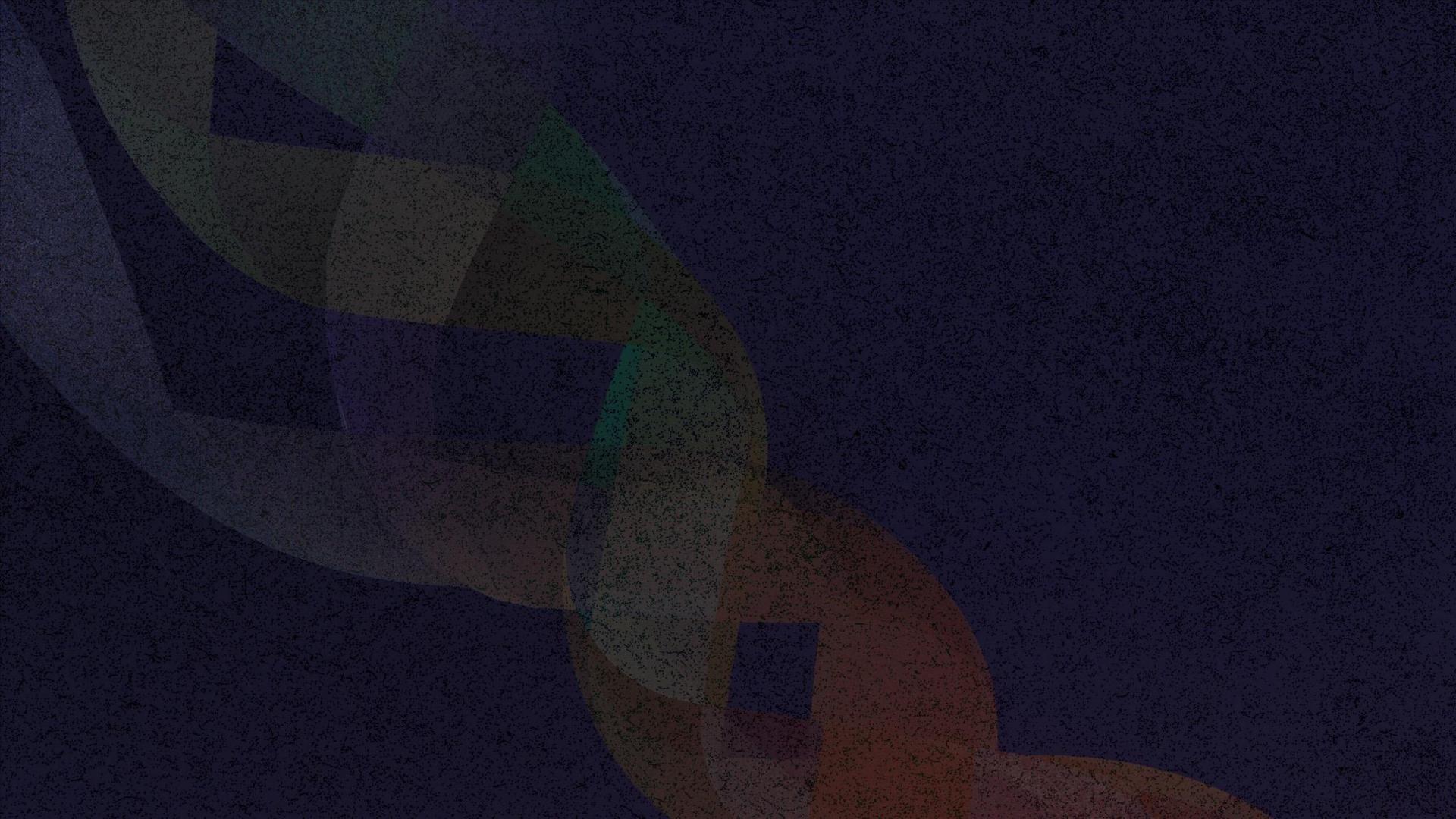
The Healing Power of Human Connection in a Sometimes Lonely World

"Fascinating, moving, and essential reading."

—ATUL GAWANDE, author of Being Mortal

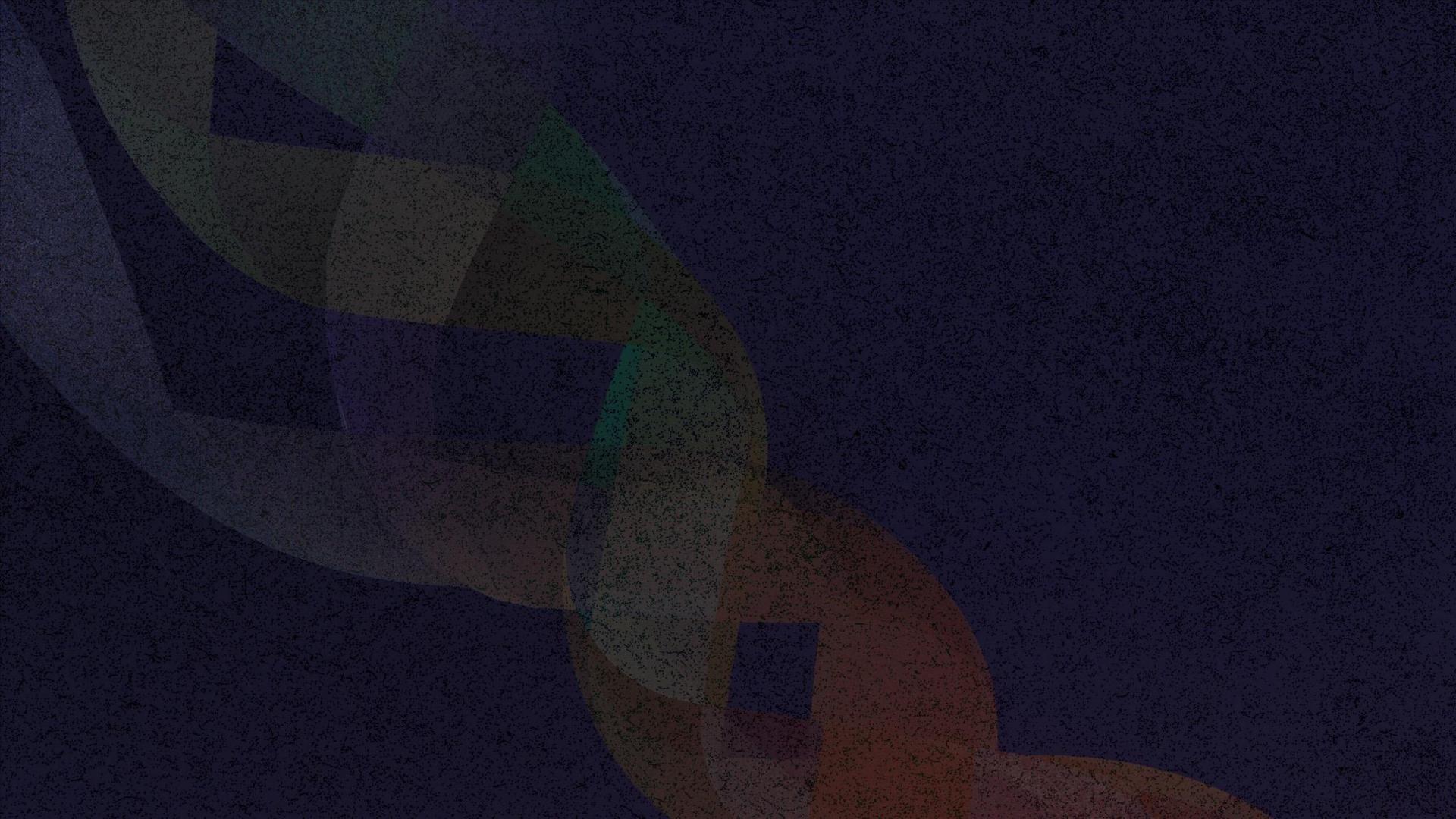
"You can feel lonely even if you have a lot of people around you, because loneliness is about the quality of your connections."

- Dr. Vivek Murthy (Surgeon General)



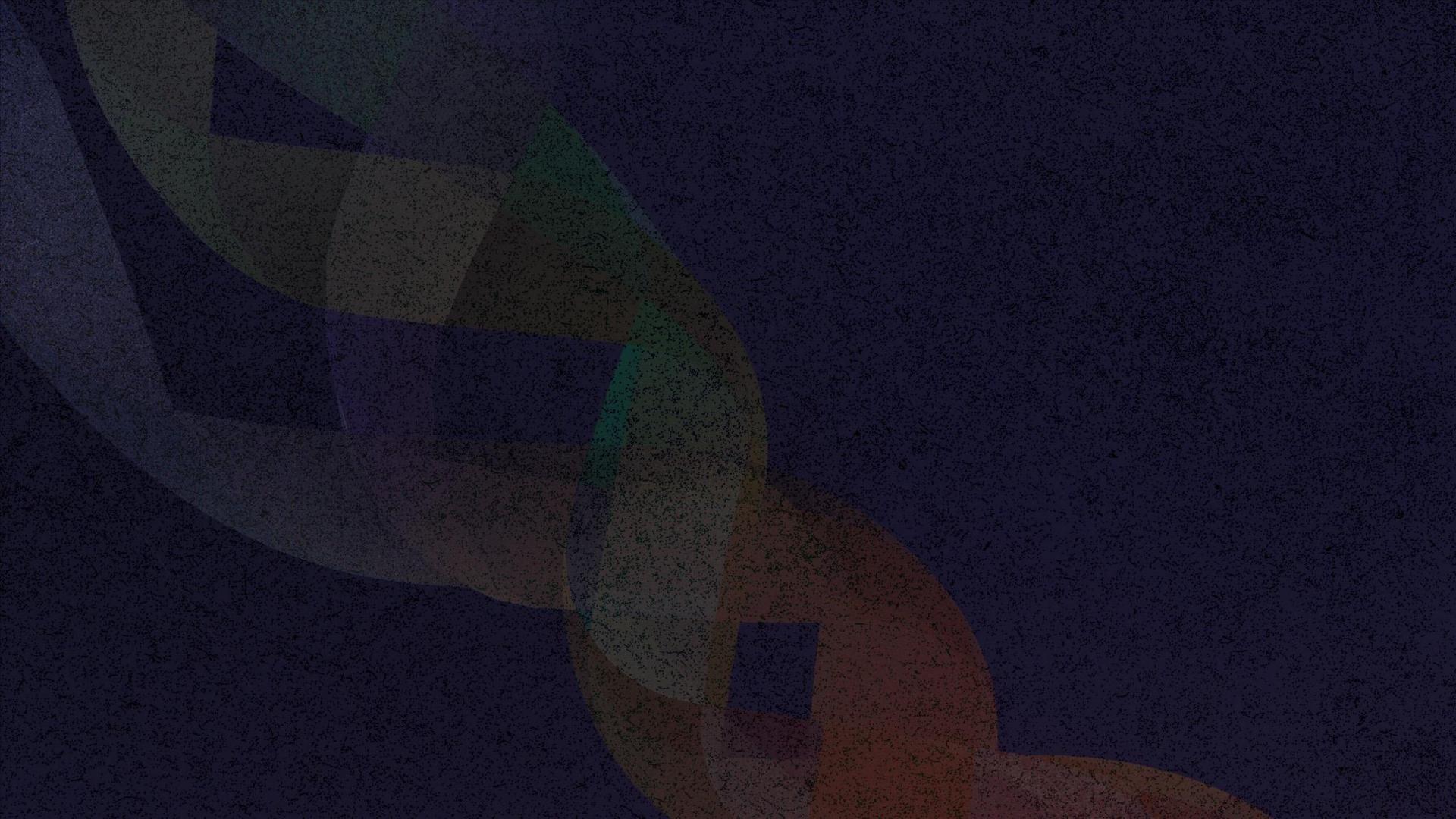






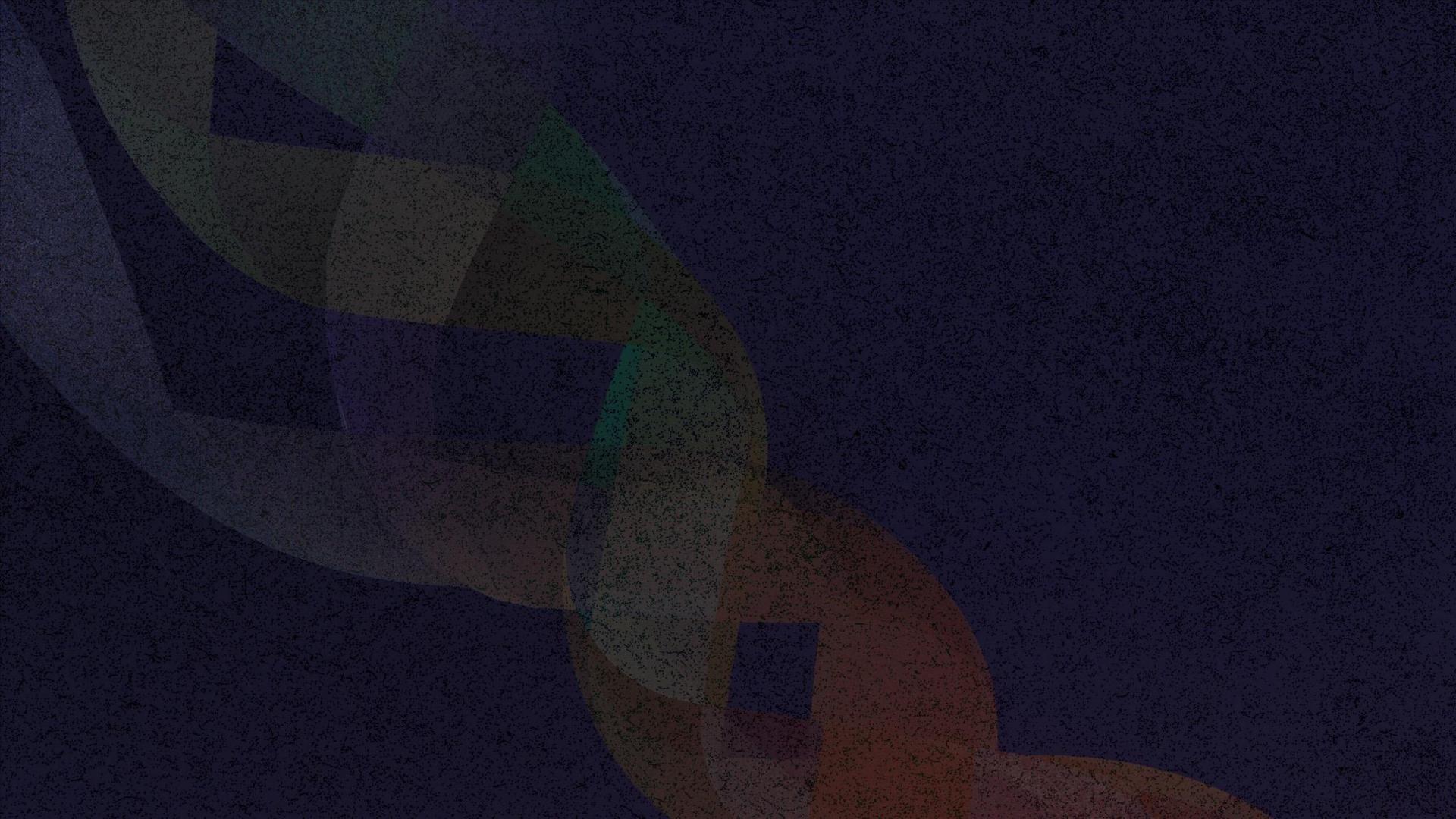
- <sup>7</sup> Again I saw something meaningless under the sun:
- <sup>8</sup> There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. "For whom am I toiling," he asked, "and why am I depriving myself of enjoyment?" This too is meaningless—a miserable business!

Ecclesiastes 4:7-8 (NIV)



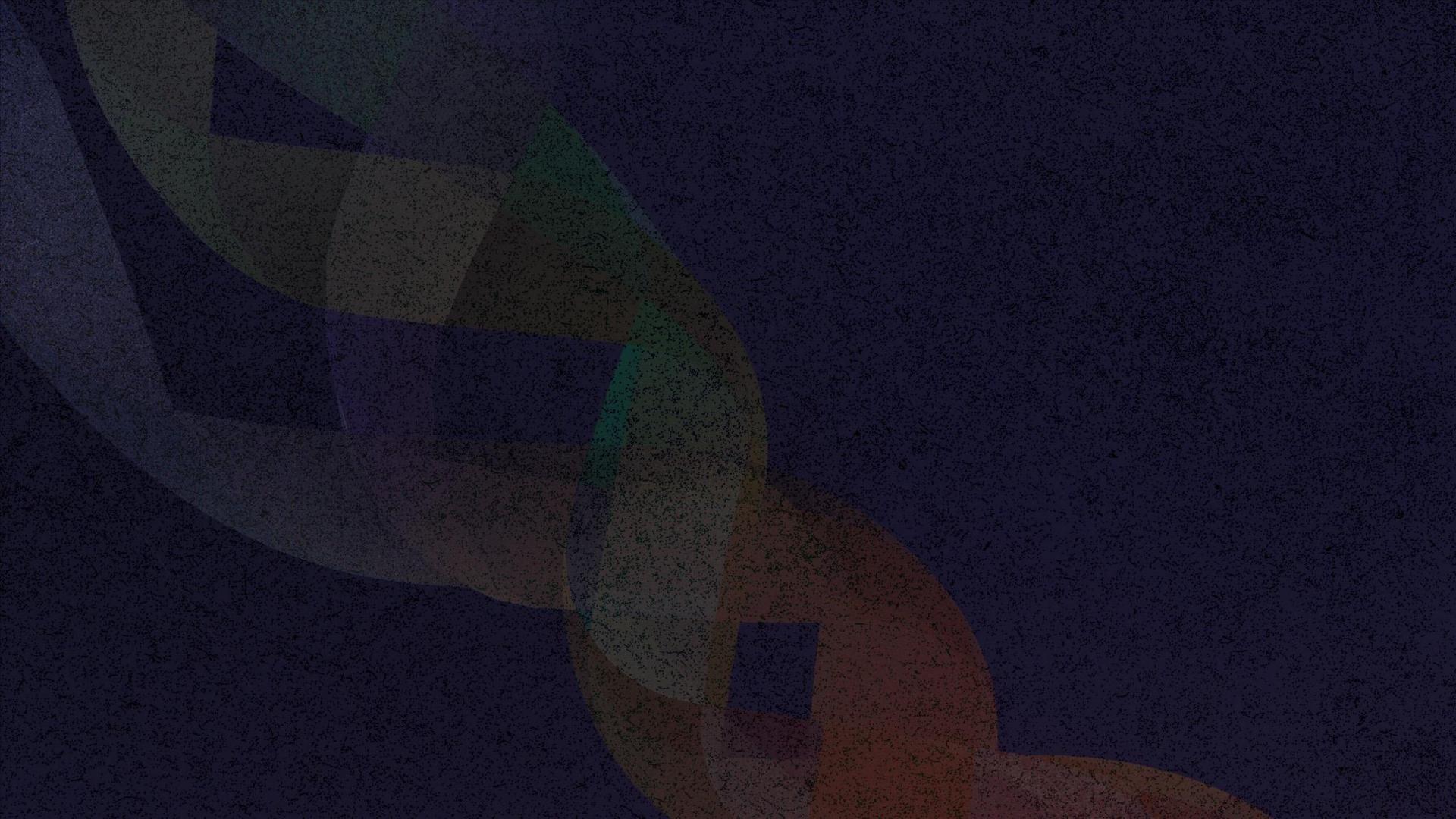
<sup>9</sup> Two are better than one, because they have a good return for their labor: <sup>10</sup> If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

Ecclesiastes 4:9-10 (NIV)



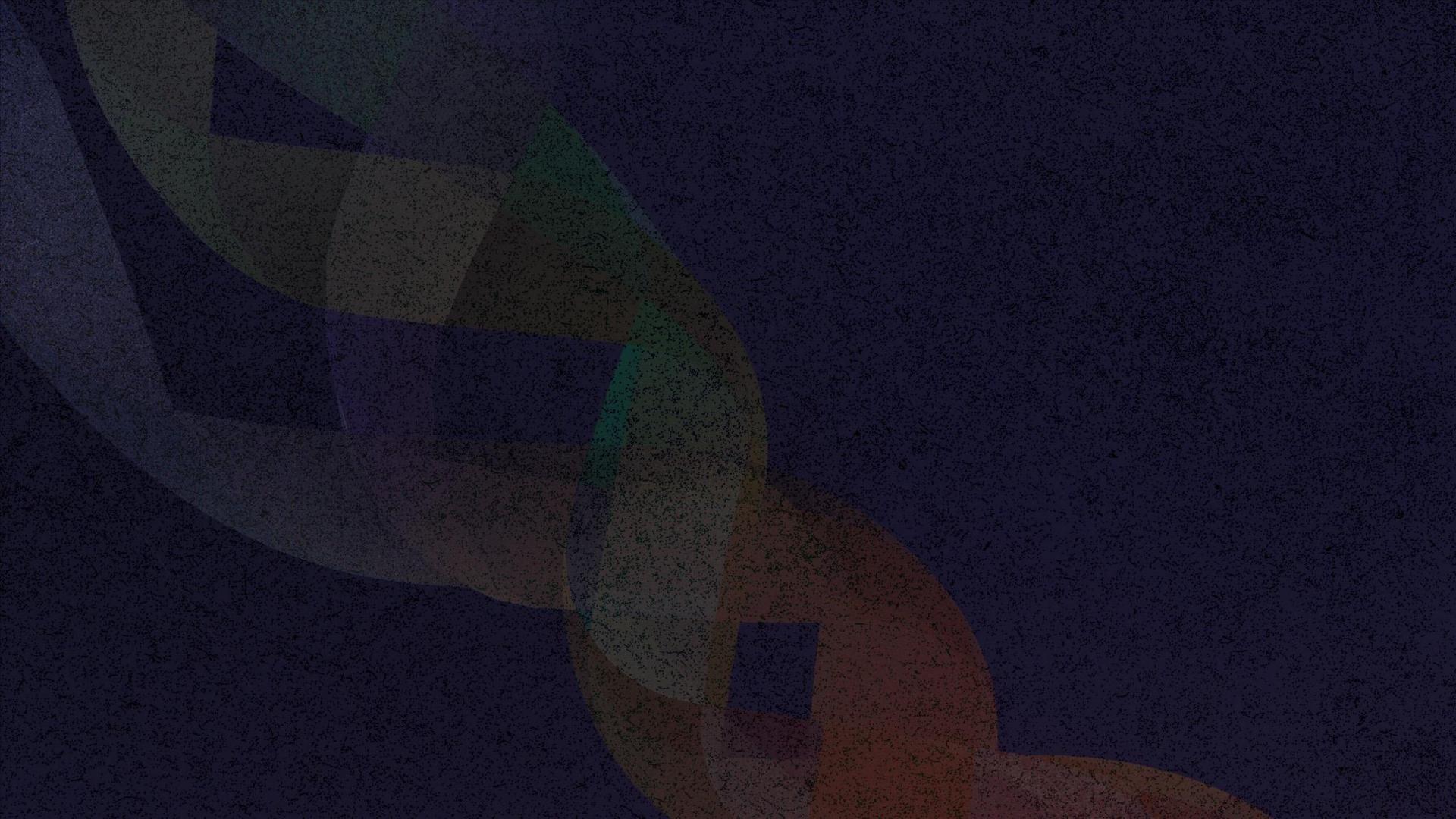
Also, if two lie down together, they will keep warm. But how can one keep warm alone?
Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

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 selfabsorption, and redraw the lines of social etiquette . . . HOW TO

BREAK UP

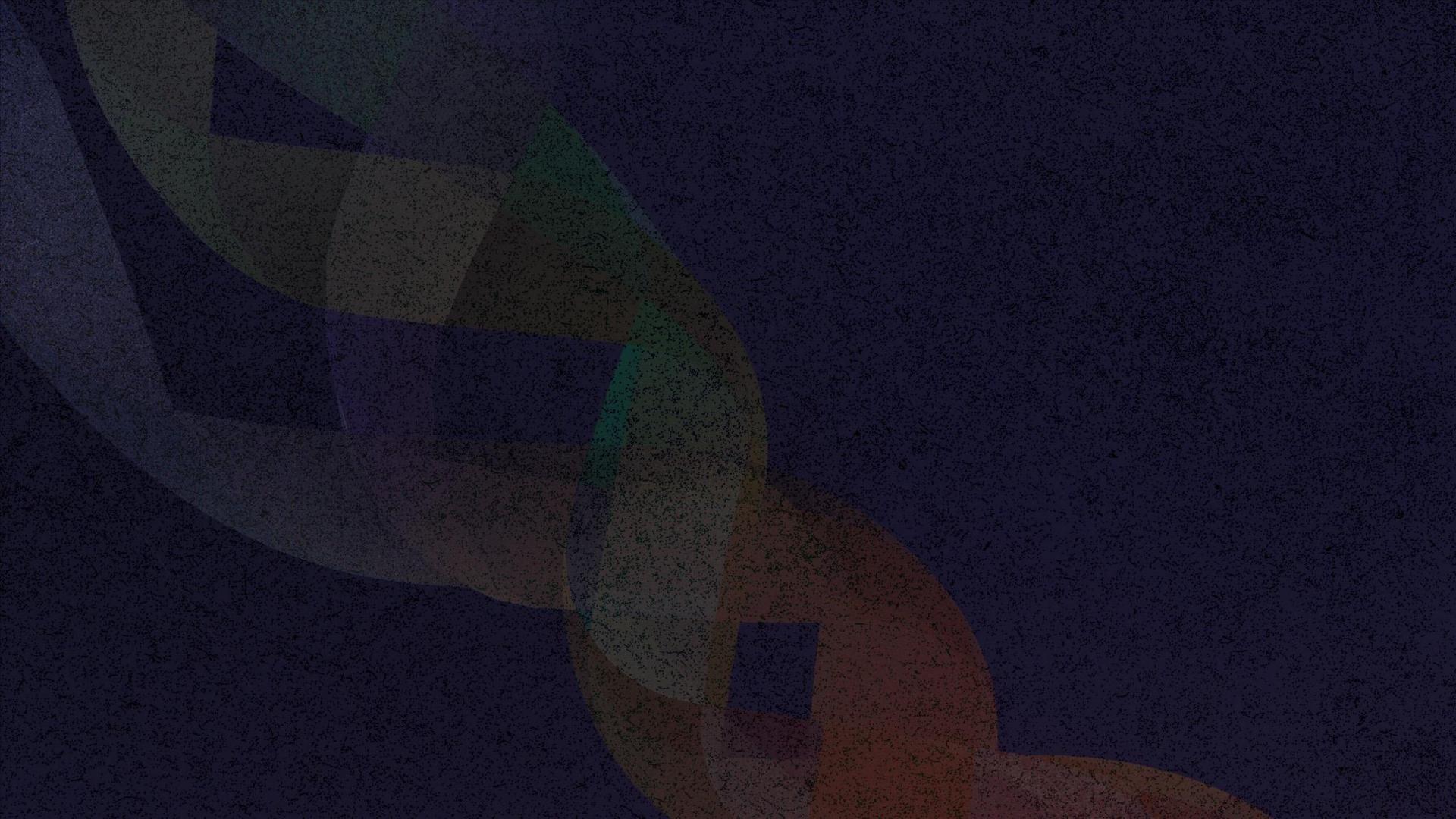
WITH YOUR

PHONE

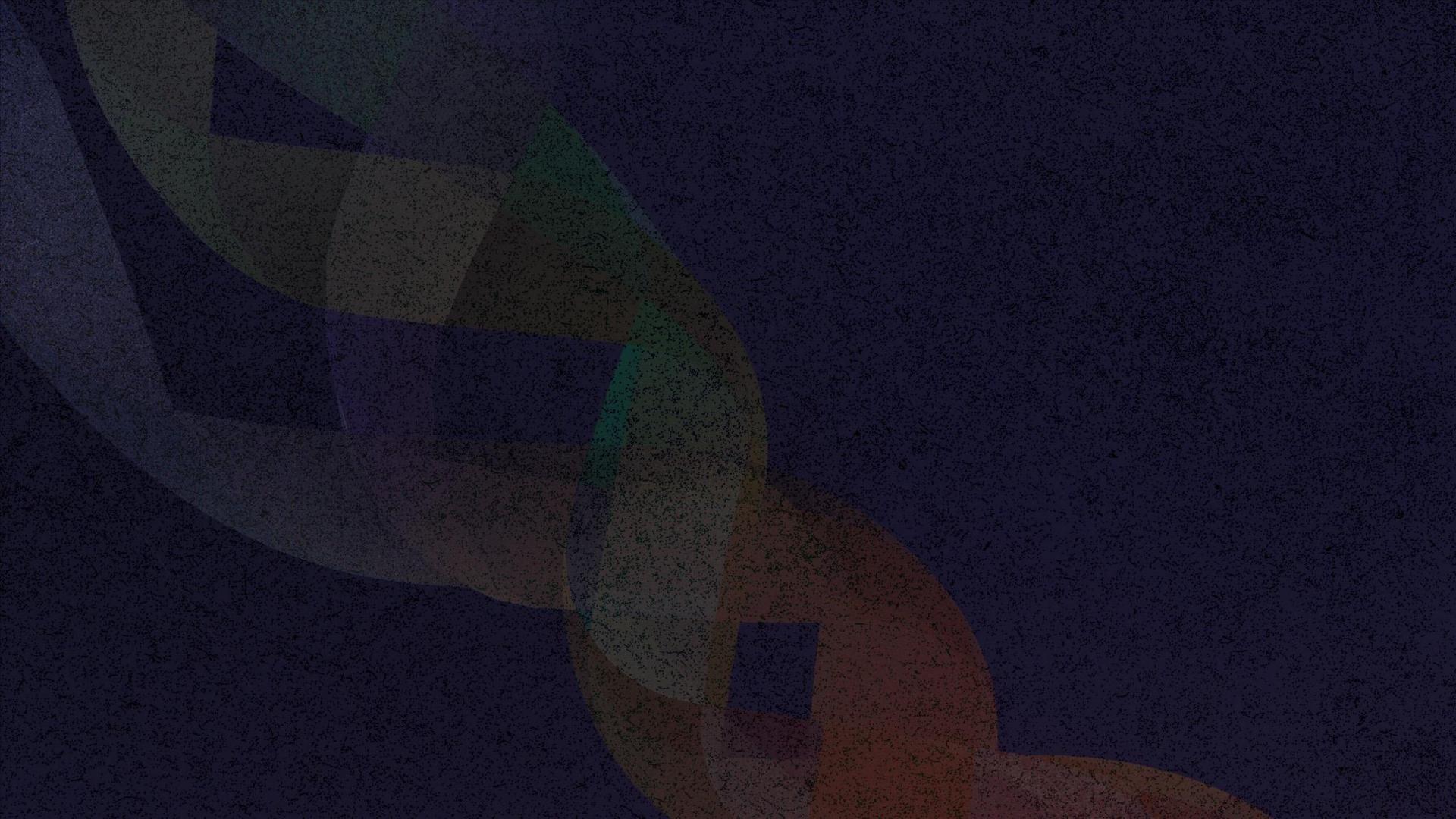
CATHERINE PRICE

"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 Do the Hard Work



## THE HUB



blackhawk.church/hub

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



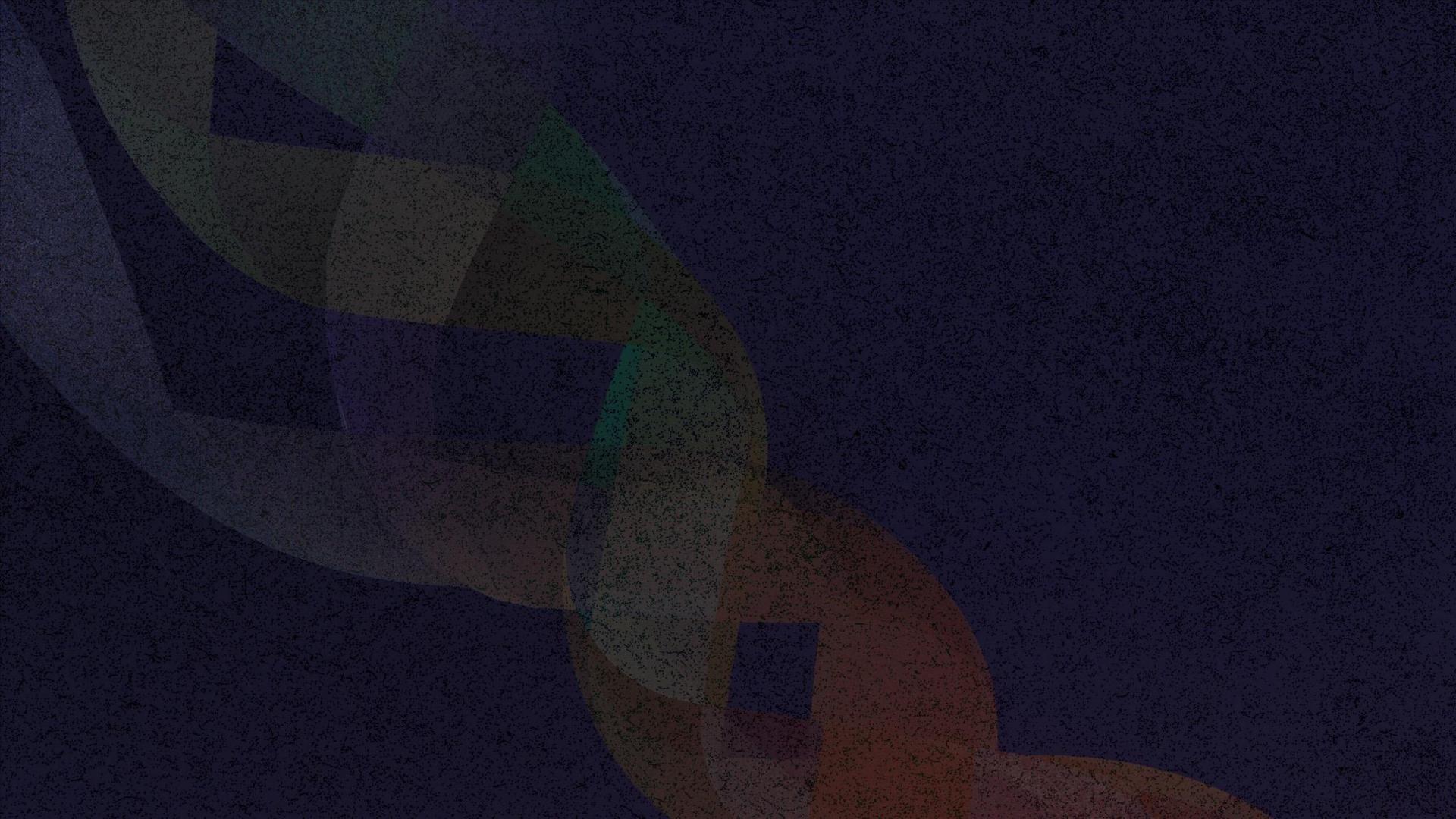
Turn off your notifications

- Turn off your notifications
- No phones at meals

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

- 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?