



## OBJECTIVES

- Principles that create Healthy Community
- Reflect on your own Community

## Known & Loved

“To be loved but not known is comforting but superficial. To be known AND not loved is our greatest fear. But to be fully known and truly loved is, well, a lot like being loved by God. It is what we need more than anything. It liberates us from pretense, humbles us out of our self-righteousness, and fortifies us for any difficulty life can throw at us.” - Timothy Keller

“This is perhaps the greatest risk anyone of us would take: *to be seen as we truly are.*”  
Cinderella

## PRINCIPLE 1: VULNERABILITY

Definition — show emotion or allow one’s weaknesses to be seen or known.

But what if? ~ “The definition of vulnerability is uncertainty, risk, and emotional exposure. But vulnerability is not weakness; it’s our most accurate measure of courage.” ~ Brene Brown

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## RELATIONSHIPS & VULNERABILITY

As intentionality and trust increase, relationships progress in depth.

## VULNERABILITY

- **Safety**
  - Confidentiality
  - Their story is THEIR story.
  - Fear decreases.
- **Consistent**
  - Often takes time.
  - May change over time.
- **Trust**
  - Mutual Sharing
  - Esteem for each other.
- **Know**
  - Authentic, Realness
  - Learn from mistakes.

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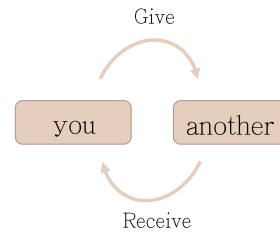
Principle 2 —  
Give & Receive

Membership

*“So we, being many, are one body in Christ, and every one members one of another.” Romans 12:5*

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PRINCIPLE 2:  
GIVE & RECEIVE



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PRINCIPLE 3 -  
LOVING WELL

1. Both vertical LOVE and horizontal LOVE.
2. Loving brings connection.
3. Grace AND Truth lens
4. Takes effort and may be awkward.
5. Boundaries

LOVING WELL - KEY BOUNDARIES

Maintain Appropriate Boundaries

- Maintain healthy priorities within your life and be aware when these priorities start to slide.
- Be honest about what is sustainable.
- Avoid sessions alone with the opposite gender.
- Respect each other's time limits and commitments.
- Remember, it is God's work, not our own.

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LOVING WELL -  
KNOW WHEN TO HELP

Responsible "for" Others

1. I fix, protect, rescue, control, and carry their feelings.
2. I feel responsible for the other person's behavior and choices.
3. I can't stand to see the other person make a mistake. I can't let go.

Responsible "to" others

1. I encourage, show empathy, share, confront, and am sensitive.
2. I expect the person to be responsible for him/herself and his/her own actions.
3. I encourage and support but recognize experiences (even mistakes) are often the best teachers.

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KNOWN & *Loved*  
REFLECTION

What does your past & current discipleship community/ies look like?

- Vulnerabilities
- Give & Receive
- Loving Well

What makes it difficult for you to be Known & *Loved* in community?

What makes it "okay" to be Known & *Loved* in community?

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