



# A GUIDE TO DEEPER COMMUNITY

*intentionality workbook*



# WELCOME

*i'm so happy you're here*

Do you ever wonder why you are surrounded by people but still feel incredibly lonely? I've been there...longing to feel seen & known, longing to connect. The fact that you downloaded this guide means maybe you feel this too. Creating space for intentional, honest conversation has forever changed the way I view community. I have found it to be incredibly freeing to let others in to the deep spaces. Allow me to take your hand and show you a different way to gather with others. I can't promise you it will always be easy, but I can promise you the reward far outweighs the fears that keep you hiding. I can also promise you there is another longing for the same things.

I'm praying with you for deeper and richer friendships  
than you've ever known before.

*your friend, Caroline*



# FEARS IN GOING DEEPER

It takes bravery to cultivate a community of vulnerability. Take a few moments to reflect on the questions below and answer them honestly.

1

Do you feel lonely right now?

2

What spiraling thoughts hold you back from building deeper community?

3

How would it change things if you knew you were fully seen, known, accepted and even cherished no matter what?

*your notes*

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# BARRIERS TO GOING DEEPER

*and ways to fight them*

## 01 busyness

Lives are busy & full. We all feel this. The easy choice is often isolation but I want to challenge you to fight that urge and create intentional space to be with others. I promise you it is worth it to be seen & known.

## 02 comparison

"Comparison is the thief of joy." We've all heard this but it really is. If we let comparison get in the way of forming deep relationships, we will miss out on the beautiful part of friendship where each person's story matters & is purposeful.

## 03 fear

When you find your friend you feel safe with, invite them in. Share parts of yourself that will help them know & understand you better. Be willing to be brave, go first

## 04 laziness

This is me being blunt but we've all been there. Wouldn't laying on the couch binging Netflix be easier? Sure, maybe it would be. Deep community takes showing up and being willing to be present and consistent.

## 05 independence

We were created to do life with others & break bread together. We need someone there to celebrate all the mountaintops of life and sit with us and grieve the valleys. This is one of the most beautiful parts of friendship. A good friend's presence in all life moments can be just what we need. Don't miss it.

## 06 comfortability

Be willing to get uncomfortable. Honest, intentional friendship takes grit and bravery. It won't always feel easy but that's the powerful part about it--someone choosing to stay through it all.





# PRACTICAL STEPS TO GO DEEPER

*we all come into the world looking for  
someone looking for us. - Curt Thompson*

START WITH WHO  
IS RIGHT IN  
FRONT OF YOU

Notice who you see regularly at your job, church, kids' pickup or sporting events, etc. This could also be who you already gather with but conversation tends to stay surface level.

PUT YOURSELF  
OUT THERE, BE  
THE INITIATOR

Be the one to ask the new friend to meet up for coffee or lunch, ask for their number, be honest about how you would love to get to know her more, etc.

FOLLOW  
THROUGH/  
CREATE SPACE

Text/call your new friend to set up the lunch date, invite them over for a wine night, offer to bring her a coffee to the kids' next event.

INITIATE GREAT  
CONVERSATION

When you meet up with said friend, don't be afraid to ask her real questions about her life. More often than not people want to go deeper, they just don't know how. Be the one to go first. See the next page for conversation starter ideas.

*A GENTLE REMINDER THAT SOMETIMES PEOPLE WILL SAY NO. THAT IS  
OKAY AND NOT A REFLECTION ON YOU. MOVE ON AND TRY AGAIN.*





# CONVERSATION STARTERS

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## *growing up*

- ☐ WHAT WAS YOUR FAMILY DYNAMIC GROWING UP? WHAT IS IT NOW?
- ☐ IF YOU COULD GO BACK AND TELL YOURSELF ONE PIECE OF ADVICE, WHAT WOULD IT BE?
- ☐ IF YOU COULD RELIVE ANY MOMENT GROWING UP, WHAT WOULD IT BE?
- ☐ DO YOU EVER REMEMBER FEELING SHAMEFUL ABOUT SOMETHING AS A KID?
- ☐ WHAT IS ONE OF YOUR FAVORITE MEMORIES FROM YOUR CHILDHOOD?

## *relationships*

- ☐ WHAT IS YOUR GREATEST JOY AND BIGGEST STRUGGLE IN MARRIAGE?
- ☐ WHAT DO YOU OFTEN FIND YOURSELF FEELING GUILTY ABOUT IN MOTHERHOOD?
- ☐ WHAT HAVE FRIENDSHIPS LOOKED LIKE FOR YOU IN THE PAST AND CURRENTLY?
- ☐ IF YOU COULD SAY I'M SORRY, I LOVE YOU, AND I FORGIVE YOU TO THREE PEOPLE WHO WOULD THEY BE AND WHY?
- ☐ IS THERE A LIE YOU BELIEVE BECAUSE OF A FAILED RELATIONSHIP FROM THE PAST?

## *personal*

- ☐ WHAT IS A HIGH AND A LOW FROM YOUR WEEK?
- ☐ WHAT IS A LIE YOU ARE BELIEVING OR AN AREA YOU FEEL INSECURE ABOUT?
- ☐ WHAT PROBLEMS ARE YOU CURRENTLY FACING/WHAT ARE YOU CURRENTLY WORRYING ABOUT?
- ☐ WHAT ARE YOU LEARNING RIGHT NOW?
- ☐ WHAT ARE YOUR STRENGTHS AND WEAKNESSES?

## *dreams*

- ☐ WHAT IS A GIFT YOU FEEL LIKE GOD HAS GIVEN YOU?
- ☐ HOW DO YOU FEEL YOU ARE USING THAT GIFT OR COULD USE THAT GIFT IN THE FUTURE?
- ☐ WHAT DREAMS OR IDEAS MAKE YOUR HEART BEAT FASTER?
- ☐ WHAT DO YOU FEEL LIKE IS A CALLING IN YOUR LIFE YOU COULD LEAN MORE INTO?
- ☐ FILL IN THE BLANK... "I AM HAPPIEST WHEN \_\_\_\_\_"



*friend,*

I'm so happy you grabbed this guide. I hope it was helpful, thought provoking, and gets you excited to go deeper in community. I encourage you to take the risk--ask deep questions, listen to what others have to say, be vulnerable, confess to one another, pray together, talk about what is going on in your life, encourage one another, do fun things together and experience the kind of community I truly believe we were all created for. It is out there and available to each of you.

I'd love to hear from you on how it's going!

*I'm in your corner.*

*- Caroline*