



“asking for a friend”

week 1 | july 2

introduction

Welcome to the *Asking for a Friend* series! Together, we'll explore answers to a variety of topics each weekend that matter to you and your Little Iowa. So even if you're just 'asking for a friend' - let's talk. In week one, we spent time on romantic relationships with Pastor John, isolation with several young adults across our campuses, and grief with PLC's staff counselor Ari Henderson.

discussion

1. Pastor John provided five unchanging truths for romantic relationships:

- Learn to be content with yourself.
- Deal with your baggage.
- You've been shaped by your family.
- Take care of your past mistakes.
- Own your spiritual journey.

No matter your relationship status, we can apply and grow in these truths. Take time to rate your health in each of them as “Red” (unhealthy), “Yellow” (increasing/decreasing in health), or “Green” (healthy) for **you**, personally. Share “the why” behind your ratings and any themes you notice with your group.

2. While we live in a world more connected than ever, 61% of young adults report feeling “serious loneliness.” What statements from these individuals was surprising, relatable, or clarifying for you?
3. Each of these young adults voiced fears about whether people noticed or cared about them. Who in your Little Iowa might need you to reach out and simply check in? If a name comes to mind, say it out loud, write it down, and reach out.
4. Ari Henderson shared grief is not a linear process. It shifts, changes, and doesn't truly leave us – it becomes assimilated into our everyday lives. How does this perspective comfort or challenge you? Share examples about how you've experienced this in your own grief.
5. We may not know how or why great loss fits into God's plan, but we can know our emotions can be brought to him, he'll listen, he'll be patient, and meet us in the moments however difficult they are. First, rest in this reality. Second, imagine how your own willingness to engage with God in this way could help you grow and model this same presence to those in your Little Iowa who are grieving now. Talk about this with your group.

application

These are the topics people in your Little Iowa are most curious about. Over the course of this series, we have the opportunity to show how Jesus and the church can be a place for real-life answers to their questions.

When you think of someone who would benefit from these videos, we encourage you to reach out, start a conversation, and send the video their way. You can access each individual video (and links to share them) on our [Resource Page](#) by texting “friend” to 99581.

Don't ignore the nudges and names that come to you during the next few weeks. Whether it's a text to a friend or post on social media, you have the opportunity to share a glimpse of God's love and character in a simple and accessible way.