

DAVID KIM

MADE TO  
BELONG



FIVE PRACTICES FOR  
CULTIVATING COMMUNITY  
IN A DISCONNECTED WORLD

A PDF COMPANION TO THE AUDIOBOOK

*Made to Belong*

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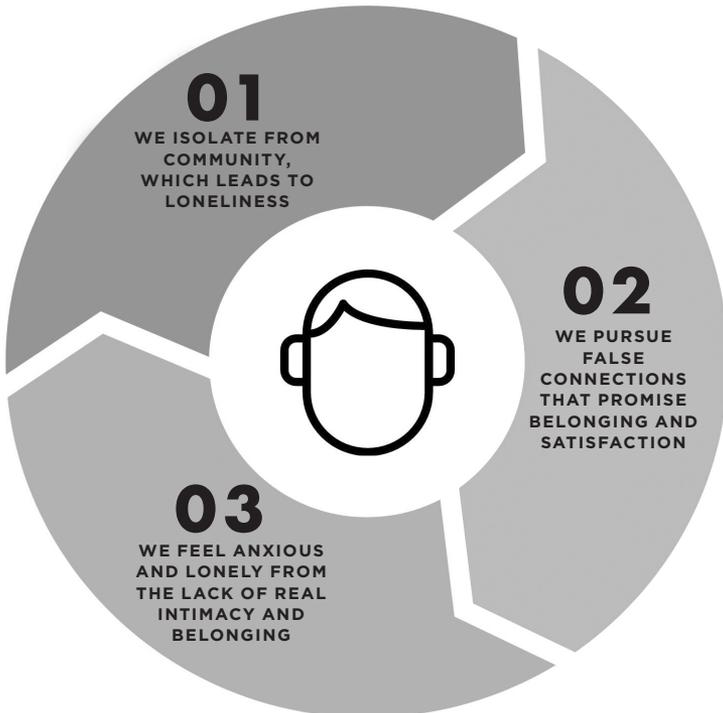
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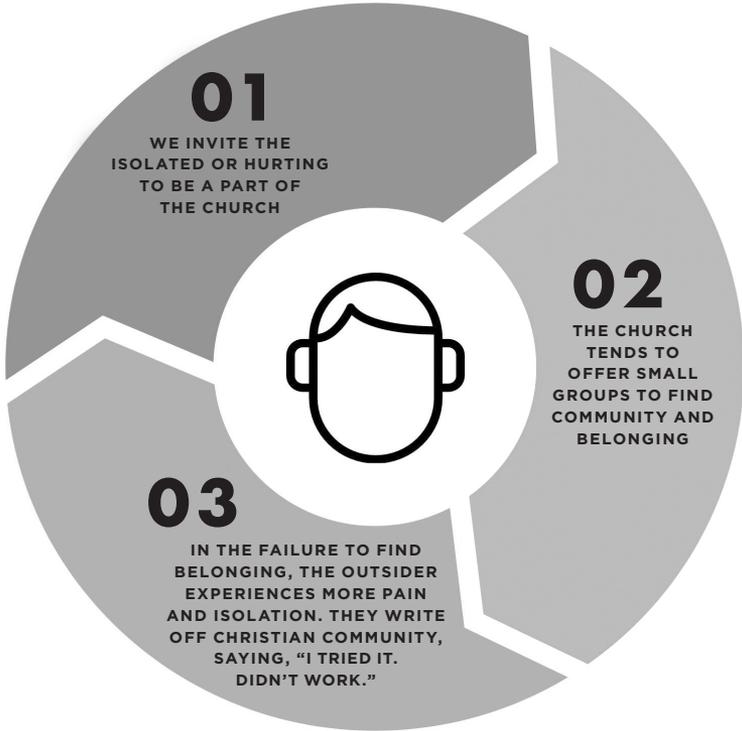
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## Chapter 1

# The False Connection Cycle



### THE FALSE CONNECTION CYCLE



**THE UNINTENTIONAL  
CHURCH CYCLE**

## Chapter 2

# Barriers to Belonging

### Barriers to Belonging Reflection

The great reformer John Calvin said, "Our wisdom consists almost entirely of two parts: knowledge of God and of ourselves." And in the words of Dr. Henry Cloud, "He [Jesus] is the Truth, and He wants us to deal in truth with ourselves and our loved ones. We want the truth about you and your family to flood into and overrun the secrets that keep you in bondage to dysfunctional behavior and relationships." Let's take an honest inventory of ourselves with God's help.

What is your primary belonging tendency? Could you explore how each experience below has contributed to that particular dysfunction?

- Relationship with caregivers growing up
- Family values and upbringings
- Cultural and societal values
- Religious settings
- Past and present wounds

What prayer could you say, asking Jesus to help you overcome that dysfunction?

## Chapter 3

# Practice #1: Priority

### Priority Reflection

- Think about your friends, community, and key relationships. Who comes to mind that you want to prioritize today?
- What is one regular (weekly) structure you can put in place to help meaningful relationships blossom?

## Chapter 4

# Practice #2: Chemistry

### Chemistry Reflection

- Name your top two core values.
- Who do you generally enjoy spending time with? Why?
- Identify your top three pet peeves in relationships. Refer back to the section “Take Care When Mixing” to see if any of those are included.
- Is there a group of people you have distanced yourself from or have not given much of a chance? What if the very community you are looking for is in that group? What would it look like to let your guard down and open yourself up to a conversation?

## Chapter 5

# Practice #3: Vulnerability

### Vulnerability Reflection

- When you think of God, what are the first three attributes that come to mind? Don't give your Sunday Christian answer. Give the first three attributes that immediately come to your mind. (I use this exercise in workshops to identify how you primarily think about God. This shapes your vulnerability journey with God.)
- Warm-up questions to get you going:
  - What do you like about yourself?
  - What's the harshest comment you've ever received and why?
  - Describe the most humiliating thing you've experienced.
  - Which cultural challenge to vulnerability affects you the most and why?
  - Which Christian challenge to vulnerability affects you the most and why?
- Take a moment to examine your life. Is there something you are intentionally hiding? Name it here. Then ask yourself why.
- What safe people can you contact to begin the process?

## Chapter 6

# Priority #4: Empathy

### Empathy Reflection

Let's start with some awareness!

- Ask your peers to give you feedback on your overall listening skills.
  - “Hey, on a scale from 1 to 10, how would you rate my listening skills?”
  - Then, “What can I do to be a better listener?”
- Ask those who are regularly around you: “How do you experience me?” What are you learning about yourself from their answers?
- Is there anyone in your journey of belonging that needs your support or celebration? If so, how would you go about doing that well in empathy?
- What tools are you using to better understand another person? What's been helpful for you?
- On the empathy scale spectrum, where do you usually find yourself?

## Chapter 7

# Practice #5: Accountability

### Accountability Reflection

- Name your fears about accountability. What feels most difficult in being held accountable by someone else?
- As you think about grace and truth, do you have a tendency to emphasize one over the other? If so, why?
- Where is an area of your life that you are not letting anyone hold you to the way of Jesus? In light of this chapter, what might God be highlighting for you to do next?
- Is there anyone with whom you sense God's invitation to lean into truth-telling or encouragement right now? If so, how would you go about that?