



HOW TO BE FOUND

What if you're waiting for someone to find you? Does "someone please find me" feel a little more familiar?

We were made to be in community.

But, many of us feel lonely. According to a recent Harvard study, "36% of all Americans—including 61% of young adults and 51% of mothers with young children—feel "serious loneliness." Not surprisingly, loneliness appears to have increased substantially since the outbreak of the global pandemic" (Loneliness in America, Harvard)

God has given us a solution. He made us for fellowship – so much so that even the structure of our brain is affected when we are denied by the lack of connection with one another.

Set aside two hours with 2-3 friends to eat some yummy snacks, watch a short teaching on community building, engage in deep conversation, and pray with each other.

GET FREE. STAY FREE. SET OTHERS FREE.



EXCLUSIVE RECIPES FROM REVELATION WELLNESS

CHIA SEED PUDDING

SERVING SIZE: $\frac{1}{3}$ C.

SERVINGS: 7

INGREDIENTS:

- 10 oz. water
- 10 oz. canned coconut milk
- $3\frac{1}{2}$ Tbsp. maple syrup
- $\frac{1}{2}$ tsp. vanilla
- 6 Tbsp. chia seeds (dark or light)
- Blueberries, strawberries, or raspberries (optional)

DIRECTIONS:

1. Whisk together water, coconut milk, maple syrup, and vanilla.
2. Add chia seeds and whisk again.
3. Cover and refrigerate for at least 6 hours or overnight. Stir again.
4. Add more coconut milk or water to thin out if it becomes too thick.
5. Add optional fruit to each serving.



EXCLUSIVE RECIPES FROM REVELATION WELLNESS

CRUSTLESS QUICHE

Servings: 1

INGREDIENTS:

- $\frac{3}{4}$ c frozen shredded hash browns - thawed
- 1 t olive oil
- 2 T breakfast sausage - browned
- 2 eggs
- $\frac{1}{8}$ c almond milk - can sub oat or other nut-based milk
- $\frac{1}{4}$ c fresh spinach - finely chopped
- Dash salt & pepper

Optional ingredients:

($\frac{1}{4}$ c) chopped asparagus, bell peppers, or broccoli

DIRECTIONS:

1. Preheat the oven to 425 degrees.
2. In a small bowl, mix the shredded hash browns and oil.
3. Spread the potatoes in the bottom and sides of a 5X5 glass baking dish.
4. Bake the crust for 20 minutes or until the top of the edges are slightly browned.
5. Mix sausage, eggs, milk, spinach, salt & pepper. (Add optional ingredients if desired). Then pour the mixture over the potato crust.
6. Turn the oven down to 350 degrees. Lightly cover the glass dish with foil. Bake for 15 minutes. Remove the foil. Check to see if the middle is firm. If not, cook for another 5 minutes uncovered.

Can be made in advance, refrigerated, then warmed up when ready to eat.



ANGENETTE'S TEACHING: HOW TO BE FOUND

Watch the teaching here. Video begins at 4:45:





TEACHING NOTES

“WE CAN’T HAVE WHAT WE ARE NOT WILLING TO BECOME.”

JENNIE ALLEN

1. **Become what you need. Luke 6:31**

- Take the time to reflect on what your heart needs, and consider blessing others by giving those things to them.
- While you are praying for someone to reach out to you, you could be answering someone’s prayer for community by reaching out to them.

2. **Be real. Matthew 7:7-8**

- Don’t live with a mask.
- Even Jesus called on His friends to pray with Him in the Garden of Gethsemane and called on His Father while hanging on the cross. Your vulnerability is the way to develop deeper relationships.
- Matthew 14:22-33 - Peter walking on water toward Jesus.
- When we are weak, then He is strong. 2 Corinthians 12:9



TEACHING NOTES

3. Be present and be responsive. Hebrews 10:24-25

- Has your phone robbed you of being present?
- Try the **7 Days to Phone Freedom FREE Program**
- How can you be stirred up to love and good works if you're not available? How can you stir up one another to love and good works if you're not present with the people you're with?
- What if the very people you are waiting for are right in front of you?

4. Acknowledge the friend you have in Jesus. John 15:15

- When you realize that you are found in Him, we can be found by the people who need us to show up.
- We belong to each other. 1 Corinthians 12:24-27
- When you operate in your full identity, your freedom sets others free. Even in your weakest moments.

"BUT YOU ARE A CHOSEN PEOPLE, A ROYAL PRIESTHOOD, A HOLY NATION, GOD'S SPECIAL POSSESSION, THAT YOU MAY DECLARE THE PRAISES OF HIM WHO CALLED YOU OUT OF DARKNESS INTO HIS WONDERFUL LIGHT."

1 PETER 2:9



DISCUSSION QUESTIONS

Take 20-30 minutes to discuss the following questions. Everyone should have a piece of paper and a pen/pencil.

1. Which of these tips for “being found” is the most natural for you?
Which is the most challenging?
2. Can you briefly share about a time in your life when you were found by someone else?
3. Can you briefly share about a time when you reached out to find someone else?
4. While still in your groups, take five minutes to list every person you’ll come in contact with this week.
 - a. Do you sense an opportunity for a deeper connection with anyone on that list?
 - b. Discuss with your group one action step you’ll take toward connection this week.



#714 BE STILL AND BE LOVED: THE LONGING

Listen to the meditation here:



PRAYER PROMPTS

CONSIDER ENDING YOUR TIME BY PRAYING TOGETHER ABOUT THESE TOPICS:

- Lift up to God your feelings of despair, sadness, or hopelessness related to loneliness.
- Reflect on a time of recent loneliness and imagine God with you. What does He do? What does He say?
- Ask God for eyes to see others who crave friendship and deep relationships.
- Ask the Holy Spirit for courage to reach out to an acquaintance who could be a friend.
- Pray or confess about the ways you are using your time.
- Thank Jesus that He is your friend who is closer than a brother.
- Pray for others who feel lonely and isolated.
- Ask God to bless your efforts at building relationships. Thank Him when you see the fruit of this holy work.