



Dynamic Duos



Creating meaningful, authentic,
and dynamic connections

 **the water's edge**
C H U R C H

Week 1 Dynamic Duos

need each other

Connection Assessment

Take a few minutes on your own to fill out the Connection Assessment below. Mark your responses to each prompt on a scale of 1-5. One meaning "Strongly Disagree" and five meaning "Strongly Agree".



Play the song "Find Your People" by Drew Holcombe & The Neighbors and use it as your timer.

I feel connected to meaningful relationships beyond my immediate family. ____

I experience loneliness. ____

I spend enough quality time with friends. ____

My friends know what's *really* going on in my life. ____

I know what's *really* going on in my friend's lives. ____

I am comfortable being vulnerable and honest with my friends. ____

I feel like I can be my authentic self around my friends. ____

I have friendships where I can openly talk about my faith and doubts. ____

I have friends I can talk to about my worries, fears, and insecurities. ____

I have friends who celebrate my achievements with me. ____

I have friends who would help care for me and my family. ____

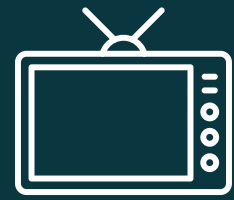
I would be comfortable asking friends for help with the house, kids, rides, etc. ____

My friends challenge me to be a better person. ____

My friends hold me accountable and offer kind, constructive criticism when I need it. ____

My friends help me grow closer to Jesus. ____

I have friends who I could turn to for prayer. ____



WATCH

- youtube.com/weomaha
- Playlists > Dynamic Duos
 - Video #1:
Duos Need Each Other

Share



1. What is something you learned or noticed about your current relationships as you filled out your Connection Assessment?
2. Do you believe that many of us have “deceptive connections” with others? How so?
3. Why do you think loneliness is more common today than ever?
4. Do you believe someone can be truly happy and totally isolated from others? Why or why not?
5. Do you believe our faith can grow and thrive without spiritual friendships? Why or why not?

Go Deeper



Genesis 2:18 says Adam needed a “helper”. The Hebrew word here is *ezer*. *Ezer* means to help, rescue, or save. It is most often used to describe military aid with supplies or soldiers. It is also used to describe how God helps (ezers) us.

What does this word teach us about the type of relationships God wants us to have?



Read

Read Genesis 2:15-25

1. Why do you think God thought it was not good for man to be alone?
2. What would a friendship look like where both people truly felt no shame?

Read Genesis 3:6-13

1. How did Adam and Eve’s relationship change after sin entered the world?
 2. How do we hide ourselves from one another today? Why do we do this?
3. What are the effects of hiding our true selves and feelings from one another?



Grow

Sin caused many barriers in Adam and Eve’s relationship. Shame replaced authenticity. Pride replaced humility. Conflict replaced cooperation.

1. Which barrier affects your relationships the most?
2. What are some ways we can overcome these barriers in order to build more meaningful relationships?

Be Dynamic

In each session, we will have a weekly challenge to strengthen and deepen the relationships in our life. You will discuss how it went with your group the following week.

This week's challenge is to call a friend and ask them how they are really doing. Ask them what is going well right now and what is not going well. Ask them how you can be praying for them this week. Bonus points if you can meet up and do this in person!

I am going to call or meet up with: _____

Dynamic Duo Prayers

Throughout this series, we will grow our relationships with one another through prayer. Write down all the prayer requests from your House Church or family this week in the left column. Then select a group member who will be responsible for praying for each request throughout the week. Write their name in the right column. If you are listed as praying for someone, check in with them during the week.

Prayer Requests

Example: John's doctor appointment on Mon.

Who will pray for this?

Example: Jimmy



Bible Reading Plan

Write down one application or something you learned about relationships from each passage.

Day 1: Ecclesiastes 4:7-12

Day 2: John 17:20-26

Day 3: Proverbs 17:17, 18:24, 27:9

Day 4: Acts 2:42-47

Day 5: 1 Corinthians 12:12-27

Week 2 Dynamic Duos

learn from each other

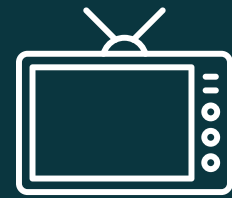
Check In

Share about your Be Dynamic challenge from last week. What was it like for you to call or meet up with a friend to see how they are really doing?

Share

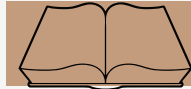


1. Do you believe the saying, "If you want to go fast, go alone. If you want to go far, go together" is true? Why or why not?
2. If you encounter a problem and you don't know how to solve it, are you more likely to try to figure it out yourself or ask for advice? Why?
3. How does pride keep us from learning from others?
4. Share about a time you learned something from someone unexpected.



WATCH

- youtube.com/weomaha
- Playlists > Dynamic Duos
 - Video #2:
Duos Learn From Each Other



Read

Read Acts 8:26-40

1. If you were reading a scripture passage and didn't understand it, where or who would you turn to for answers?
2. God could've given the Ethiopian some divine enlightenment to understand the scripture. Why use Philip as a teacher instead?
3. God purposely arranged for Philip and the Ethiopian to cross paths. Do you think God still does this today? How so?

Grow ↑

We are surrounded by people that have plenty to teach us. It is often up to us if we take advantage of those opportunities to learn.

1. In most of your relationships, are you more of an advice giver or advice receiver? Why?
2. Who is a friend you could learn something from? How could you invite them to teach you?
3. What knowledge, experiences, perspectives, or skills do you have that you could share with others?
4. How could you be intentional about investing in your friends and help them grow?

**"Everyone
you will ever meet
knows something you don't"
-Bill Nye**

Go Deeper ↓

Reread Acts 8:36

The Ethiopian would've been an outsider in the early church. Eunuchs were not allowed full access to the temple. Many still believed that being ethnically Jewish was important and he was African.

Many governments were persecuting Christians and this man was a government official.

What might Philip have learned from this experience?

Be Dynamic

In each session, we will have a weekly challenge to strengthen and deepen the relationships in our life. You will discuss how it went with your group the following week.

This week's challenge is to be intentional about learning from others. What is something you want to learn? It could be about parenting, marriage, faith, physical or mental health, work, recreation, or

anything else. Reach out to a friend who has the knowledge or experience to help you. What is a problem, question, or situation that you've been trying to figure out and solve on your own?

Who will you reach out to this week and ask for wisdom or teaching on this situation?

Dynamic Duo Prayers

Throughout this series, we will grow our relationships with one another through prayer. Write down all the prayer requests from your House Church or family this week in the left column. Then select a group member who will be responsible for praying for each request throughout the week. Write their name in the right column. If you are listed as praying for someone, check in with them during the week.

Prayer Requests

Who will pray for this?



Bible Reading Plan

Write down one thing you learned about relationships from each passage.

Day 1: Acts 10

Day 2: Hebrews 12:1-11

Day 3: Proverbs 1:5, 9:9, 18:15, 20:5

Day 4: 1 Corinthians 10:1-12

Day 5: 1 Samuel 3

Week 3

Dynamic Duos

encourage each other

Check In

Share about your Be Dynamic challenge from last week.

What did you learn from your friend?

What was it like to reach out and ask for advice or insight?

Share

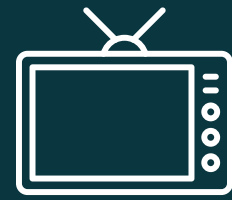


1. Share about a time when someone's encouragement made a difference in your life.

2. Encouragement is about more than saying, "You can do it!" How would you define what it means to encourage someone?

3. If you knew of a friend that needed encouragement, what would you do to encourage them?

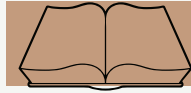
4. Do you have relationships that are more competitive than encouraging and supportive? Why do we tend to compete instead of cheer each other on?



WATCH

- youtube.com/weomaha
- Playlists > Dynamic Duos
- Video #3:

Duos Encourage Each Other



Read

Read 1 Samuel 20

1. How did Jonathan encourage David with his words?
2. How did Jonathan encourage David with his actions?

Read 1 Samuel 23:14-18

Jonathan could've sent a message, but instead he sent himself, even though it was dangerous. Why do you think he did that?

Grow

1. Most of us are already overly busy with our own lives, families, problems, and anxieties. How can we create more space, time, and energy for others in our life?
2. We typically encourage others with our words. How can we encourage others with our actions?
3. If you needed encouragement, who would you turn to? Do you have enough encouraging friendships in your life?
4. If you have any discouraging voices in your life, how will you keep those voices from negatively impacting you?

Go Deeper

Read 2 Samuel 9:1-10

David eventually became King. Jonathan died in battle. David took care of Jonathan's son and family to thank Jonathan for all his encouragement and support.

Encouragement is a two-way street. How does encouraging someone else bless the encourager as well?

“Be an Encourager: When you encourage others, you boost their self-esteem, enhance their self-confidence, make them work harder, lift their spirits and make them successful in their endeavors. Encouragement goes straight to the heart and is always available. Be an encourager. Always.”

— Roy T. Bennett, *The Light in the Heart*

Be Dynamic

In each session, we will have a weekly challenge to strengthen and deepen the relationships in our life. You will discuss how it went with your group the following week.

This week's challenge is to be intentional about encouraging others. Choose somebody to encourage this week. Encourage them with your words, actions, and presence. Send them a note or text. Bring them a meal, offer to pray, or help with a chore or errand. Spend some quality time with them.

Who will you encourage this week? _____

Dynamic Duo Prayers

Throughout this series, we will grow our relationships with one another through prayer. Write down all the prayer requests from your House Church or family this week in the left column. Then select a group member who will be responsible for praying for each request throughout the week. Write their name in the right column. If you are listed as praying for someone, check in with them during the week.

Prayer Requests

Who will pray for this?



Bible Reading Plan

Write down one thing you learned about relationships from each passage.

Day 1: Deuteronomy 31:1-8

Day 2: Acts 4:36-37, 9:23-28

Day 3: Ephesians 4:25-32

Day 4: Hebrews 10:19-25

Day 5: Romans 1:8-13

Week 4 Dynamic Duos

make each other better

Check In

Share about your Be Dynamic challenge from last week.

How did you encourage someone with your words, actions, and presence? How were you blessed by being an encourager?

Share



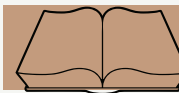
1. Do you tend to function more as a lone wolf or part of a pack?
2. Who are your three closest relationships? Would you say these people are more similar to you or different than you?
3. What are the benefits of having friends who are similar to you?
4. What are the benefits of having friends who are different than you?



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- youtube.com/weomaha
- Playlists > Dynamic Duos
- Video #4:

Duos Make Each Other Better



Read

Read Exodus 4:1-17

1. How do you think Moses would've done as a solo leader without Aaron?
2. Moses did not have all the skills and experience he needed to lead. Why do you think God chose him to lead anyway?
3. Moses and Aaron were not the only members of the team. God promised to be with them too. In what ways does God promise to help them?

Read 1 Corinthians 12:12-31

In what ways does a healthy community function like a healthy body?

Grow

When we face a problem or tough situation in life, we often try to handle it by ourselves, with our own resources, our own skills, and our own ideas.

1. Why do you think we tend to try to do things on our own?
2. How do friends who are different from you make you better? For example, extroverts can help introverts be more social. Introverts can help extroverts be more reflective.

Be **Dynamic**

In each session, we will have a weekly challenge to strengthen and deepen the relationships in our life. You will discuss how it went with your group the following week.

This week's challenge is to be intentional about connecting with others that can make us better. We all have strengths and we all have weaknesses. When we connect with people whose strengths cover our weaknesses, we make each other better. Connect with someone this week that would be a good teammate for you.

Go Deeper

Aaron was the stronger public speaker, but Moses was often the stronger leader.

Read Exodus 32:1-14

1. How was Moses the stronger leader in this story?
2. How did Moses and Aaron make each other better in this story?

What is an area or situation in your life that you are trying to handle on your own even though you may not be the best equipped to handle it?

Examples: Working on a creative project, but I'm not very creative; Trying to improve finances, but I don't understand budgeting/investing; Wanting a deeper prayer life, but I don't know where to start.

Who will you reach out to this week to partner with you on this?

**“No one can whistle a symphony.
It takes a whole orchestra to play it.**

— Reverend H.E. Luccock

Dynamic Duo Prayers

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Prayer Requests

Who will pray for this?



Bible Reading Plan

Write down one thing you learned about relationships from each passage.

Day 1: Exodus 7:1-13

Day 2: Acts 6:1-7

Day 3: Ephesians 4:1-16

Day 4: Proverbs 27:7, 11:14

Day 5: Romans 12:3-8

Week 5 Dynamic Duos

care for each other

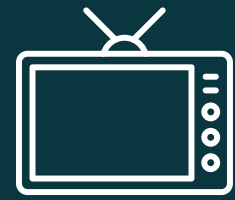
Check In

Share about your Be Dynamic challenge from last week.
What was it like to reach out to someone for help?
How could this relationship make you better over time?

Share

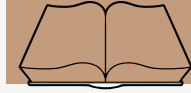


1. Are you more comfortable in the role of caregiver or care receiver? Why?
2. Why do some of us tend to resist being cared for?
3. Who is someone you've seen care for people well? What made them a good caregiver?



WATCH

- youtube.com/weomaha
- Playlists > Dynamic Duos
 - Video #5:
Duos Care for Each Other



Read

Read Ruth 1

1. Naomi lost her husband and two sons. What are some ways she needed to be cared for?
2. Why do you think Naomi encouraged her daughters-in-law to return to their hometown even though they were all she had left?
3. Why do you think Ruth was so determined to stay with Naomi?

“Sometimes it only takes one act of kindness and

Grow

The story of Ruth and Naomi teaches us four lessons about caring for each other well.

1. Care is not always convenient. Caring sometimes requires us to sacrifice time, energy, money, and even our own comfort. Is it easy or hard for you to make these sacrifices?
2. Care is consistent. How can you care for someone well over the long haul?
3. Care is not necessarily curing. Do you have a fix-it mindset? How can you focus on caring instead of trying to cure or fix people's problems?
4. Care is uncomfortable. How can you grow to become more comfortable with accepting care and help from others?
5. What will happen if you don't learn to accept care when you need it?

caring to change a person's life."

— Jackie Chan

Go Deeper

Read Ruth 3

How did Naomi end up caring for Ruth in return?

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

— Leo Buscaglia

Be Dynamic

In each session, we will have a weekly challenge to strengthen and deepen the relationships in our life. You will discuss how it went with your group the following week.

This week's challenge is to care for someone well. We all know someone who could use care whether it's health issues, family problems, grief, stress, or just having a bad week. Reach out to them this week. Check in with them. See if there is anything you can do to help. Offer to pray with them.

Who will you reach out to this week? _____

Dynamic Duo Prayers

Throughout this series, we will grow our relationships with one another through prayer. Write down all prayer requests from your House Church or family this week in the left column. Then select a group member who will be responsible for praying for each request throughout the week. Write their name in the right column. If you are listed as praying for someone, check in with them during the week.

Prayer Requests

Who will pray for this?



Bible Reading Plan

Write down one thing you learned about relationships from each passage.

Day 1: Romans 13:8-10

Day 2: Philippians 2:1-11

Day 3: John 11:17-37

Day 4: Deuteronomy 22:1-4

Day 5: Matthew 25:31-46

Week 6 Dynamic Duos

challenge each other

Connection Assessment

Take a few minutes to retake the Connection Assessment from Week 1. Mark your responses to each prompt on a scale of 1-5. One meaning "Strongly Disagree" and five meaning "Strongly Agree".



Play the song "Find Your People" by Drew Holcombe & The Neighbors and use it as your timer.

I feel connected to meaningful relationships beyond my immediate family. ____

I experience loneliness. ____

I spend enough quality time with friends. ____

My friends know what's *really* going on in my life. ____

I know what's *really* going on in my friend's lives. ____

I am comfortable being vulnerable and honest with my friends. ____

I feel like I can be my authentic self around my friends. ____

I have friendships where I can openly talk about my faith and doubts. ____

I have friends I can talk to about my worries, fears, and insecurities. ____

I have friends who celebrate my achievements with me. ____

I have friends who would help care for me and my family. ____

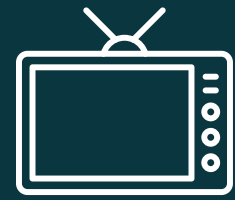
I would be comfortable asking friends for help with the house, kids, rides, etc. ____

My friends challenge me to be a better person. ____

My friends hold me accountable and offer kind, constructive criticism when I need it. ____

My friends help me grow closer to Jesus. ____

I have friends that I could turn to for prayer. ____



WATCH

- [youtube.com/weomaha](https://www.youtube.com/weomaha)
- Playlists > Dynamic Duos
- Video #6:

Duos Challenge Each Other

Share



1. What changes do you notice in your Connection Assessment from Week 1?
2. In what areas do you want to continue to grow in your relationships? How will you do this?
3. Have you ever had a friend offer constructive criticism to you that you needed to hear? What went well in the conversation? What could've gone better?

Go Deeper



Nathan was a court prophet. Prophets spoke God's truth to others. Court prophets were in the service of the king and were consulted about important decisions to provide wisdom and insight. They were not always liked and respected though. If a king didn't like the court prophet's message, they could be killed.

Why do you think kings employed these court prophets?



Read

Read 2 Samuel 12:1-14

1. What was Nathan risking by bringing this up to King David?
2. What did Nathan do well in this conversation?
3. What do you think would've happened if Nathan never confronted David?

↑ Grow

Hearing and giving constructive criticism and correction isn't always easy.

1. How well do you receive constructive criticism or correction from friends? What is hard for you about these conversations?
2. What is something you learned from the sermon, video, or scripture that will help you receive correction better?
3. What is something you learned from the sermon, video, or scripture that will help you give kind, constructive criticism and correction when your friends need it?

Be Dynamic

In each session, we will have a weekly challenge to strengthen and deepen the relationships in our life. Even though this is our last week of Dynamic Duos, take some time next week to discuss this challenge with your group. This week's challenge is to invite someone to point out your blind spots. Find someone you trust, someone who knows you well, and invite them to give you some constructive criticism. Try to pick someone who is not your spouse.

Ask them this question:

What is one area of my life where you see an opportunity for me to grow or change for the better? Tell them you're in Dynamic Duo training and they can be honest without fear of repercussions. Listen well and hear them out.

Who will you ask this question to this week?

Dynamic Duo Prayers

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Prayer Requests

Who will pray for this?



Bible Reading Plan

Write down one thing you learned about relationships from each passage.

Day 1: Matthew 18:15-20

Day 2: Exodus 18

Day 3: Galatians 6:1-6

Day 4: James 5:13-20

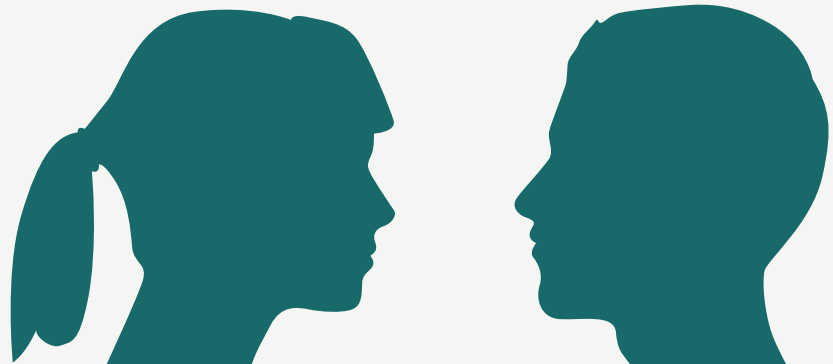
Day 5: Luke 10:38-42

Dynamic

need each other

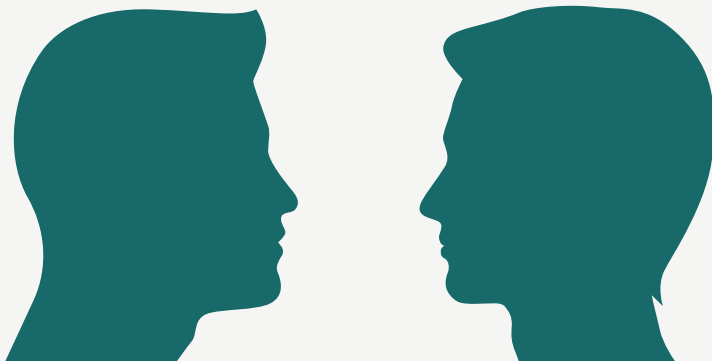
learn from each other

encourage each other



Duos

make each other better
care for each other
challenge each other





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