



## Building Better Community Skills

### Skill 5 – Connect and Rest

In the iconic movie *The Karate Kid*, Mr. Miyagi teaches Daniel about karate. When he teaches him to bow, he points to the importance of eye contact. He emphatically states, “*Look eye. Always look eye.*” The truth is that making and keeping eye contact with another person connects us, but we are not entering into a staring contest. We actually have to learn to look – really look – at other people. And we also need to learn to rest from that connection. Strengthening this skill can help us build better community.

In the story of the rich young ruler in Mark 10:21, we see that Jesus “*looked at him and loved him.*” (ESV) This was a common theme with Jesus. Because of his perfectly healthy community skills, he was able to look deeply at other people and truly see them.

John 1:42 tells us about Peter’s first encounter with Jesus. We read, “*He (Andrew) brought him to Jesus. **Jesus looked at him** and said, ‘You are Simon the son of John. You shall be called Cephas’ (which means Peter).*” (ESV)

Jesus looked deeply at Simon and gave him a new name! He called him “Cephas” which means “rock.” His deep connection with Simon made Jesus change his name to Rocky!

Let’s do an exercise which will help us connect and rest as we build this relational skill.

#### **Exercise:**

- “*Let’s pair off into groups of two people of the same gender.*”
- Read the above paragraph.
- “*Now, we’re going to connect and rest.*”
- “*Make eye contact with the other person until it feels uncomfortable.*”
- “*Remember, this is not a staring contest.*”
- “*When it starts to feel uncomfortable, look away for a few seconds.*”
- “*Then, make eye contact again.*”
- “*Do this over and over and see how you can start to identify when the other person starts to feel uncomfortable.*”
- “*Connect. Rest. Connect. Rest. This exercise helps us build better community.*”
- At the end of about five minutes, close the time in prayer.

#### **At Home this week:**

Practice this skill with those in your home as you learn to connect and rest.