

Reflection & Action Guide

How to Build Deep Christian Friendships | Spiritual Discipline of Intimacy

This free resource accompanies the YouTube video titled:

"How to Build Deep Christian Friendships | Spiritual Discipline of Intimacy" by Daily Christian Affirmations.

Use these 10 questions to reflect on the message, examine your relationships, and take meaningful steps toward deeper Christian community.

REFLECT

1. When have you experienced the kind of deep, soul-level friendship described in this video? What made it meaningful or different from typical fellowship?

2. In what ways do your current relationships reflect true Christian intimacy - and where do they fall short?

3. Do you see "intimacy" as a spiritual discipline in your life? Why or why not? How might seeing it this way shift your priorities?

4. What holds you back from being more vulnerable in your relationships? Is it fear of rejection, pride, past hurt, or something else?

5. Who in your life could you begin being more open with this week? What's one thing you could

Reflection & Action Guide

How to Build Deep Christian Friendships | Spiritual Discipline of Intimacy

share that goes deeper than usual?

ACT

6. How can you begin practicing intentionality in one relationship this week? Choose a person and plan a meaningful conversation or activity.

7. What would it look like to create a safe environment for deeper conversation? What qualities (grace, confidentiality, listening) do you need to offer?

8. Have you been waiting for others to initiate deeper connection? What's one step you could take to lead with love, even if it feels risky?

9. Which of the five principles (Intentionality, Vulnerability, Courage, Safe Environment, Time) do you most need to grow in right now? Write down one way you'll practice that this week.

10. What's one spiritual or practical takeaway from this video that you'll commit to applying over the next 7 days? Set a reminder, journal your progress, or share your intention with someone for accountability.

Reflection & Action Guide

How to Build Deep Christian Friendships | Spiritual Discipline of Intimacy

Bonus Prompt

Ask God: "Lord, who are You inviting me to pursue deeper relationship with? Help me walk in courage, humility, and grace."