



Unity Church  
ORPINGTON

# Build relationships that last

SEEK & FIND · A FOUR-WEEK GUIDE

We were made for connection. When we know how deeply God loves us, it changes how we love the people around us.

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*“A new command I give you: love one another. As I have loved you, so you must love one another.”*

John 13:34 (NIV)

Name \_\_\_\_\_ Start date \_\_\_\_\_

## BEFORE YOU START

# How to use this guide

Set aside about ten minutes, five days a week. Find a quiet spot, a Bible (or a Bible app), and a pen.

1. **Read** the day's short passage, slowly. Tick the box when you're done.
2. **Try** the week's simple practice in everyday life.
3. **Reflect** at the end of the week, and jot down what you noticed.
4. **Pray**, even if it's just: "God, help me to know you more."

Missed a day? No guilt. Just pick up where you left off. This isn't a test; it's an invitation.

## THIS GUIDE IS FOR YOU IF YOU'RE...

Feeling lonely, or new to Orpington

Working through a strained friendship or family relationship

Longing for deeper friendships built on faith

## YOUR FOUR WEEKS

### WEEK 1

Loved first

### WEEK 2

Show up

### WEEK 3

Listen and forgive

### WEEK 4

Belong

## You don't have to walk it alone

Find a friend to do this with you, or ask someone at Unity Church to check in with you each week. Call the office on 07723 291151.

# Loved first

We love because God first loved us. Every healthy relationship starts with knowing we are loved.

## READ: ONE A DAY

- |                          |       |                      |       |
|--------------------------|-------|----------------------|-------|
| <input type="checkbox"/> | DAY 1 | 1 John 4:7–12        | _____ |
| <input type="checkbox"/> | DAY 2 | 1 John 4:13–19       | _____ |
| <input type="checkbox"/> | DAY 3 | Romans 5:6–8         | _____ |
| <input type="checkbox"/> | DAY 4 | Luke 15:11–24        | _____ |
| <input type="checkbox"/> | DAY 5 | 1 Corinthians 13:1–7 | _____ |

Use the line for one word or phrase that stood out.

THIS WEEK, TRY    Each day, thank God for one person in your life by name.

## REFLECT

How does God's love change how you love?

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Who has loved you well?

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## A PRAYER FOR THIS WEEK

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# Show up

Friendship is built in ordinary moments: turning up, staying, and making time.

## READ: ONE A DAY

|                          |       |                     |       |
|--------------------------|-------|---------------------|-------|
| <input type="checkbox"/> | DAY 1 | Ecclesiastes 4:9–12 | <hr/> |
| <input type="checkbox"/> | DAY 2 | Ruth 1:6–18         | <hr/> |
| <input type="checkbox"/> | DAY 3 | 1 Samuel 18:1–4     | <hr/> |
| <input type="checkbox"/> | DAY 4 | Luke 10:25–37       | <hr/> |
| <input type="checkbox"/> | DAY 5 | Proverbs 17:17      | <hr/> |

Use the line for one word or phrase that stood out.

THIS WEEK, TRY    Invite someone for a coffee or a walk this week.

## REFLECT

Who near you might be lonely?

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What stops you reaching out?

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## A PRAYER FOR THIS WEEK

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# Listen and forgive

Lasting relationships need listening ears and forgiving hearts. Forgiveness is a journey, not a switch.

## READ: ONE A DAY

|                          |       |                    |  |
|--------------------------|-------|--------------------|--|
| <input type="checkbox"/> | DAY 1 | James 1:19–20      |  |
| <input type="checkbox"/> | DAY 2 | Colossians 3:12–15 |  |
| <input type="checkbox"/> | DAY 3 | Ephesians 4:25–32  |  |
| <input type="checkbox"/> | DAY 4 | Matthew 18:21–35   |  |
| <input type="checkbox"/> | DAY 5 | Genesis 45:1–15    |  |

Use the line for one word or phrase that stood out.

## THIS WEEK, TRY

Listen without trying to fix. Take one small step towards forgiveness.

## REFLECT

What would it cost, and what would it free, to let go?

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Who do you need to really listen to?

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## A PRAYER FOR THIS WEEK

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# Belong

God places us in a family. The church is meant to be a place where everyone belongs.

## READ: ONE A DAY

- |                          |       |                        |       |
|--------------------------|-------|------------------------|-------|
| <input type="checkbox"/> | DAY 1 | Romans 12:9–18         | _____ |
| <input type="checkbox"/> | DAY 2 | 1 Corinthians 12:12–27 | _____ |
| <input type="checkbox"/> | DAY 3 | Galatians 6:1–10       | _____ |
| <input type="checkbox"/> | DAY 4 | Acts 4:32–35           | _____ |
| <input type="checkbox"/> | DAY 5 | Hebrews 13:1–3         | _____ |

Use the line for one word or phrase that stood out.

THIS WEEK, TRY    Visit a Growth Group, or serve alongside others on a team.

## REFLECT

Where do you feel most at home?

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Who could you help to belong?

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## A PRAYER FOR THIS WEEK

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## AFTER FOUR WEEKS

# Keep going

Well done for taking these steps. Looking back over the last four weeks, what has changed?

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## YOUR NEXT STEP COULD BE TO...

- Join a Growth Group that meets in homes during the week
- Try the Young Adults Group or Men's Wellbeing Group
- Drop in to the Community Cafe

**Your safety matters.** If you feel unsafe in a relationship, your safety comes first. Call 999 in an emergency, or the free 24-hour National Domestic Abuse Helpline on 0808 2000 247.

This guide is for personal spiritual growth. It isn't a substitute for professional help with medical, mental health, addiction or relationship difficulties. If you need that kind of help, please speak to your GP, or ask us and we'll help you find it.

## COME AS YOU ARE

# There's a seat saved for you this Sunday.

### SUNDAYS

10:30am

Unity Church, Rye Crescent  
Orpington BR5 4NH

### CONTACT

Office 07723 291151

Monday & Wednesday mornings

### ONLINE

[unitychurch.uk](https://unitychurch.uk)

Seek & Find pathways

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