



*“What kind of person would invite a stranger into their life...
One who has courage, motivated by love.”*

Cup of Connection - One Man is No Man

An isolated man or woman is dangerous. They carry an unhealthy identity, label, or message and, if unchallenged, it will destroy their spirit.

Many of us choose to be secluded out of fear of the unknown, avoiding vulnerability, self-consciousness, illness, or shame. This challenge is an attempt to break that chain and bridge a connection with someone who may need a lifeline. Reading God’s word daily strengthens and guides us, however all of us were designed by God for relationships and as followers of Christ we carry a greater call to show His love and compassion to everyone.

Think of someone outside your friend group who appears to be isolated or someone God has placed in your heart to reach out to. The Cup of Connection is a call to step out, take initiative, and simply talk to this person. This could be as small as a casual conversation at work, a text message, or as bold as an invite to chat over a cup of coffee.

By just taking the time to listen we affirm the worth of another person. Only you can act on what God has placed on your heart or on your path. Remember, the choice belongs to this individual to accept your invitation, just as Jesus extends a call to us whether or not we choose to follow.

Cup of Connection Tips

1. **If you have someone on your mind, text, or e-mail then** and ask, “How you doing?” or “I was thinking of you today. How are you?” Easy, simple and to the point. That’s all there is to the Cup of Connection Challenge! Communicate the moment you think their name, it’s powerful and communicates worth.
2. **Verbal Journaling** - If you do meet up. Above all, listen. *Don’t listen to respond, listen to understand*. Most people don’t want advice, they want someone to hear their story. Words are powerful. Much like journaling, the storyteller controls their story. This creates a gateway to empowerment, hope and freedom.
3. **There is a tendency to share the load** instead of sharing a burden and confusing the two. A load is the man’s or woman’s responsibility - bills, raising children, husband/wife life, etc. A burden is a one-time event – job loss, divorce, drug overdose, death, cancer diagnosis, etc. Listen regardless, but know the difference. Your response may be different.
4. **Accountability** – Share this challenge, anchor your experience, gain greater prospective and inspire others to take the challenge. You can also share your experience on our Facebook Page, Website and our Meetup Group.
5. **Coffee Topics**. Neutral and conversation starters. These are some examples: When you want to relax or get away what do you do? How’s fatherhood/ motherhood going? How’s work been these past few weeks? Any books/restaurants/events/movies you’ve seen lately?

In a Cup of Connection is hope, fellowship and strength.

Grace has a face. Yours.

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