

Today we're talking about intimacy, which means being your most open, honest and real self in relationship with others. When everyone is putting only the best moments of their lives on social media, does it feel like we're hiding our "true" selves from each other? Why do you think so many people have full social calendars but are, in reality, very lonely?

Do you think that when we take the time to foster real, honest relationships we are better able to reveal God's love to other people? Why or why not? How does that work? And what does it take to grow that sort of a friendship?

With your parents, scroll down to read Brené Brown's "story behind the marble jar" here: themarblejar.com/pages/about

Every night before bed, talk about your own marble jar relationships. Did anyone add marbles or take them out of your relationships today? How are you being a marble jar friend to someone else? How is the trust adding up, or not adding up, in your friendships? How does building intimate, honest relationships help you become more of who God created you to be?

Parents: Check out the "Looking for More" section of this week's small group tools to start conversations about raising boys who are more empowered to express themselves.