

제 포트폴리오에 오신 것을 환영합니다

# Hao Hao

www.illustrationx.com/ko/HaoHao



## Job Ready?

Insights for finding and getting summer work

BY SARAH RASMUSSEN  
ILLUSTRATIONS BY HAO HAO

I squirmed in front of my computer as I waited for the interview to begin. I had carefully ironed my black blazer and tidied my desk so the background would look pristine. When my interviewers popped on-screen, my heart began to pound.

Before I could begin my well-rehearsed opening line, one of the interviewers chuckled and said, "Nice background screen."

My heart dropped. Somehow the video-communications platform had replaced the perfectly curated view of my tidy bedroom with a virtual image of bright-purple polka dots. Needless to say, the interview did not go forward as perfectly as I'd hoped.

Getting a paid or volunteer job can be daunting. Here are insights from people who have successfully navigated their work opportunities. >>>

ILLUSTRATIONX  
Hao Hao

@Bnlomagazine june july '25 27

# Hao Hao

www.illustrationx.com/ko/HaoHao



### Searching

Online job sites can be overwhelming for first-time searchers. So try talking to people you know. During high school, Sonja learned the value of personal connections. "Want a job?" her friend's mom asked. She was hiring people for her birthday party company. Sonja eagerly accepted. Mary, a former intern recruiter and human resource representative at Focus on the Family, says, "Using personal connections is how a lot of people get jobs, so utilize the relationships you have." A job likely won't fall into your lap like it did for Sonja. Mary suggests inviting those who could connect you with job opportunities—now or in the future—out for coffee. That way you can build the relationship.

### Interviewing

Many connect interviews with stress. After all, you're expected to give stellar answers to questions you've likely never heard before. While you can't eliminate all the uncertainty, you can practice for an interview. In her senior year of high school, Reese learned the importance of preparation when an interviewer asked her a question, and her mind went blank. "I panicked and completely made something up," she said. Sadly, when the interviewer asked Reese to elaborate, she had nothing to say. It's OK if your mind goes blank during an interview. Mary recommends saying, "Sorry, I'm nervous. Can I take a second to think about that question?" She also suggests reviewing common interview

questions found online beforehand. Since Reese's unfortunate interview experience, she has created a mini timeline of her accomplishments to help her prepare for future interviews. This way, Reese has her own prompt sheet at the ready.

### Rejection

Claire was ready to abandon her search for a summer internship. "I was fed up because I had been rejected for so many opportunities," she recalls. Job rejection can feel devastating. Though disappointed, Claire prayed for God's guidance and decided to go to a school career fair. While she was there, she discovered another internship, applied and was offered the position.

If you're rejected after an interview, Mary encourages you to not give up. "It's OK to feel hurt or grieved," she says and adds that sending a handwritten thank-you letter after a rejection might lead to future opportunities. She also encourages teens to develop in their skills through volunteer and educational opportunities. Claire learned to trust that God is sovereign through her job search and that rejection didn't define her.

### Curiosity

Before his freshman year of college, Nathaniel watched a chapel service at a local Christian university. He was amazed by the program's technical skill level and thought, *I wish I could do something like that.* Nathaniel had run lights and sound for his church, but he'd never seen a production as elaborate as that chapel service. "How do you guys do it?" he asked. The chapel coordinator connected Nathaniel with mentors who helped him hone his skills in technical production. In hindsight, Nathaniel realizes that his curiosity motivated him to develop the skills he still uses today. Mary also sought out people to help her develop new skills. During high school, she chose to volunteer her time over the summer and shadow an interior design company. "Offering your time and talents for free can be a great way to learn new skills," she says. Nathaniel agrees. He says, "Pay attention to people who are doing jobs around you." These individuals can be essential in helping you find work and develop useful career skills. /

Sarah Rasmussen enjoys performing musical theater and sipping chai lattes while reading classic novels.

# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



ILLUSTRATIONX  
Hao Hao

Copyright © 郝小好 Hao Hao. All rights reserved.

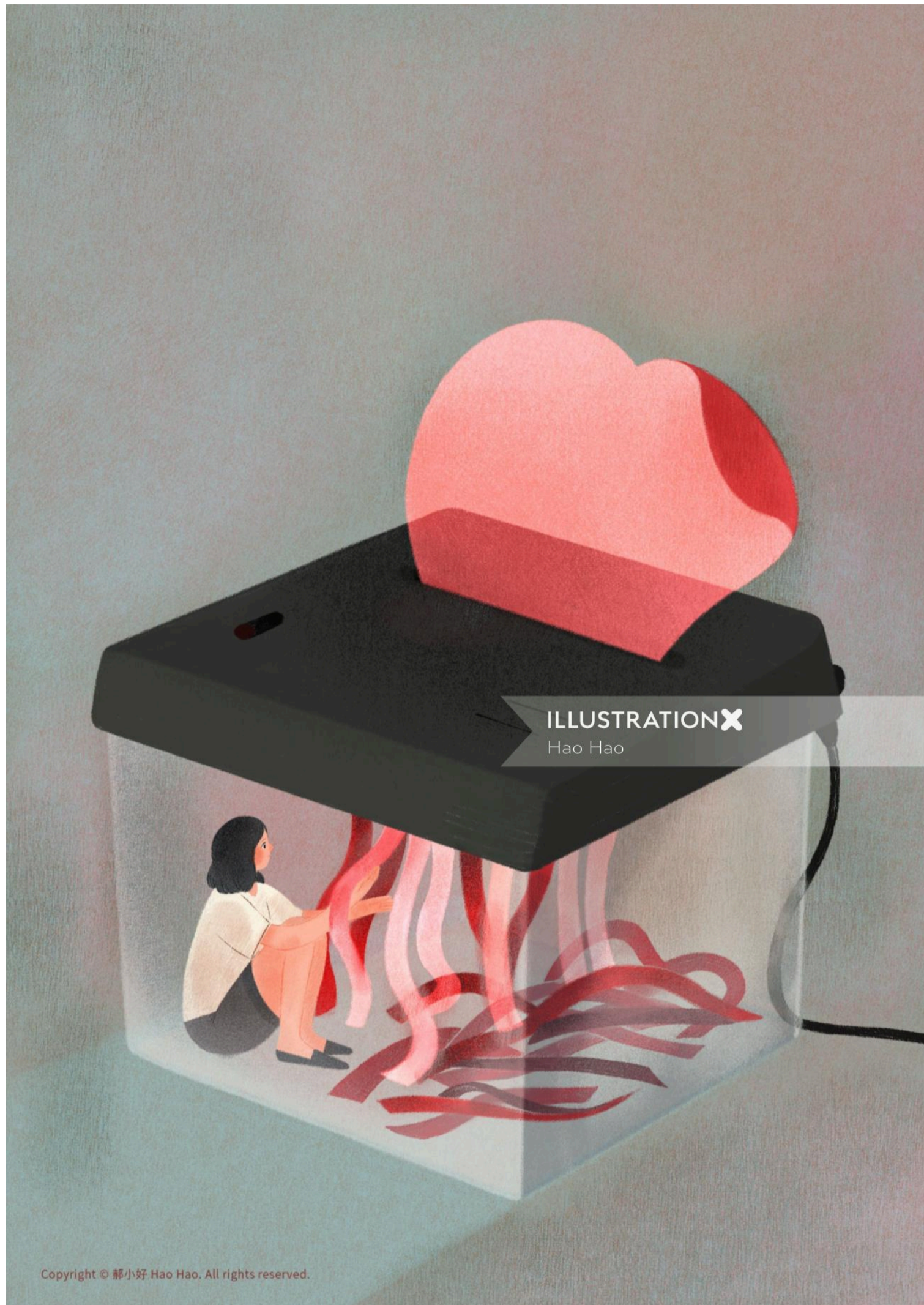
# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



ILLUSTRATIONX  
Hao Hao

Copyright © 郝小好 Hao Hao. All rights reserved.

# Hao Hao

www.illustrationx.com/ko/HaoHao





# Hao Hao

www.illustrationx.com/ko/HaoHao



## I Wish I Could Change My . . .

There's more to me than excessively exercising and counting calories

BY HALEY ERICKSON / ILLUSTRATIONS BY HAO HAO

**As a college student,** I loved to exercise. Workouts at the gym made my problems disappear, enabled me to work off the food I'd eaten and gave me a sense of worth. When others complimented my lean, athletic body, I felt loved and accepted. Eat clean, train mean and everything would be OK.

When other areas of my life felt out of control, I could always control my body. Then one day on a run, I slipped on black ice and fell. I not only sustained a serious knee injury, but I also couldn't walk home. The gym couldn't fix this problem. Even though I went to the gym, I disappeared in an instant. On top of that, finals were approaching, and the boy I was dating ghosted me. A perfect storm.

After weeks of pain with no relief, I cried out to God: "What is the purpose of my life?" There had to be more to life than spending countless hours at the gym and counting every calorie I ate.

But as soon as my knee started healing, I went back to the gym and forgot about God and those questions I'd asked. I had to make up for lost time.

One day at the gym, an elderly woman stopped to talk in the middle of my workout. The interruption was irritating at first, but her genuine interest in me felt refreshing. We chatted for an hour, and then she invited me to her house the next day for a visit.

Sitting on her couch, I told her more

about my life. As she listened to my story, I felt seen, known and loved. Afterward, she shared the Good News of Jesus Christ and had me read John 3:16 aloud inserting my name in the Bible verse: "For God so loved [Haley], that he gave his only Son, that [if Haley] believes in him, [she] should not perish but have eternal life."

I didn't realize it at the time, but God used this caring woman to answer my cries for help. I found out the meaning of the Cross. Jesus paid for my sin so that nothing could separate me from His love. I had been running from Him, but I couldn't outrun His love. That's when I decided to follow Jesus.

As my faith grew, the Holy Spirit began to show me that my body had become an idol in my life. Then He shared this powerful truth with me: "Your body is made for worship, not to be worshipped."

God gave us our bodies to glorify and worship Him. It's easy to get so wrapped up in our body image and appearance that we develop an unhealthy focus on ourselves and lose sight of Jesus, who is the only One worthy of our undivided worship. But the following reminders can help us shift the focus from misguided worship to the kind of worship God created us for.

### Let go of control

The harder we try to control our bodies, the more they control us. When I started following Jesus, I continued to control my food intake and exercise. But when my health hit rock bottom, I sensed God saying, *Just let go. You can trust Me.*

It was the scariest thing I'd ever done. That day, I gave up my unhealthy approach to dieting and stepped away from the gym for a while so I could spend extra time in God's Word. As I surrendered control of my body to God and trusted Him to heal me, I experienced indescribable joy for the first time in my life.

When we let go of control and trust God, we discover the joy and freedom of being who He created us to be. >





### *Ditch the scale.*

That number doesn't tell you anything about how strong you are, how fast you run or how great you feel when you climb a flight of stairs.



### *Listen to your*

*body.* It will tell you when it needs to be nourished and when it doesn't need more food.



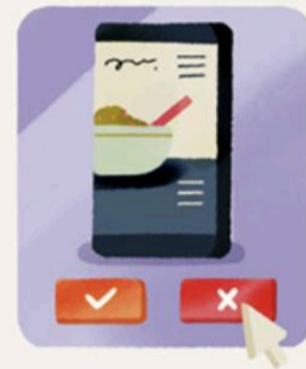
*Stop labeling foods as good and bad.* You might crave hot, stringy pizza one day and a crisp, green salad the next. Indulging once in a while is perfectly acceptable.



### *Eat foods that work with your body.*

When you feel hungry, or you're planning your next meal, ask yourself:

- What will give me the most energy?
- Will this make me feel bloated or lethargic?
- Which snack will fill the gap if I'm going to eat soon?
- Will this fill me enough to make it through my workout?



## If You Struggle With Body Image

BY SHARI TALBOT / ILLUSTRATIONS BY HAO HAO

What if you resolved to break up with the diet culture? Instead of stressing about your body size, read these tips to get you started:

### *Limit your exposure.*

If you feel overwhelmed by diet discourse, avoid the magazine rack and stop clicking on diet posts in social media feeds.



*Embrace body positivity.* Make a list of the great things your body does for you and then practice thanking God for it. Guard against negative self-talk, and celebrate the things you like about yourself.



*Build healthy friendships.* Spend time with friends who are comfortable in their own skin. Encourage each other instead of focusing on flaws or exchanging diet tips. It's OK to tell people you're not comfortable with negative comments.

Being healthy is more important than being a certain body shape, so commit to taking care of the unique body God gave you. If you struggle with food and body image, reach out to your family doctor, a counselor or dietitian. She will work with you and your family to help you better appreciate and respect your body. [?](#)

Shari Talbot is a freelance writer in Ontario, Canada. When not focusing with her husband on small businesses, she enjoys music, the outdoors and traveling with her family. This article first appeared within "Breaking Up With Diet Culture" in the December 2020 issue of Brio magazine.

# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# Hao Hao

www.illustrationx.com/ko/HaoHao



FAITH / FOSTER CARE

FOSTER CARE / FAITH

## Opening Our Hearts and Home

How we cared for teens in foster care

BY DE TURNAGE

ILLUSTRATIONS BY HAO HAO

### AS OUR CHILDREN GREW

in independence, an amazing transformation took place in my husband's heart. John decided he wanted to become a foster care provider. This was something I'd been praying about—and now felt a green light from God for us to jump into the wonderful world of foster care.

When we began the licensing process, we had no weddings, garden parties or visits from out-of-town guests on the calendar.

However, six months later, when our license was finally approved, we found ourselves in the throes of wedding preparations for our daughter. Our social worker realized that we'd need to hold off on fostering until after the wedding. In the meantime, we could provide respite care for longer-term foster care families.

### Space to relax

Our introduction to respite care wasn't quite what I expected. Our social worker told us about a 14-year-old boy who needed a break from his group home over the long Memorial Day weekend. We knew finding foster homes for teens was more challenging than finding homes for children in other age groups. But we had no idea it was difficult enough for the state to rent houses for teens to stay in.

We got to know this 14-year-old over burgers and fries—every teenage boy's love language, we figured. He quickly relaxed and began to tell us what he wanted us to know

about his family circumstances and how he found his way into the foster care system. We listened and silently prayed. We didn't have the power to heal his broken heart, but we could make his time with us a stress-free time to recharge.

That weekend, he slept a lot. When he wasn't sleeping or eating, we watched his favorite shows. He was in a pretty good mood for our pets. On Sunday, he wanted to attend church service with us. A year earlier, he had stayed with another family in our congregation and attended youth group while under their care. He was excited to see some old friends.

### Sad but hopeful

When the weekend came to an end, it was time to take our new 14-year-old friend back to the group home. We were all a bit subdued. I fought back tears, and in my heart, I secretly vowed to sign any adoption papers placed in front of me. But I knew that wasn't the plan, at least not for now.

It was a long, silent 15-minute drive to the home, which turned out to be a cramped condominium. As we pulled up, a group of smiling teenage boys ran out the front door to welcome their friend home with high-fives and hugs. More than one of his housemates exclaimed, "We missed you."

We were relieved to witness the camaraderie among the boys, and our fears about the loneliness of a group home were assuaged. We realized that although we couldn't offer him a forever home, what we had offered was enough for the time being: a quiet and comfortable bedroom all his own, a remote control that didn't have to be shared and a pantry full of food. Most importantly, we were available, had time to listen and didn't feel like we had to have all the answers but could point him to the One who did.

### A late-night call

Our next request to provide care came shortly before midnight the same day we returned from



**HOW CAN MY HUSBAND** *be going through the same thing I am and still not understand me?*

These words played on repeat in my head during our long season of infertility that included five miscarriages. For Jimmy and me, infertility and miscarriages were the backdrop of some of our most painful moments in marriage. We were weathering the same storm but sitting in different boats.

His feelings and reactions were different than mine, which felt isolating. My fear propelled me to action. Our fertility struggle became a second job. I spent hours on the phone with doctors, talking to friends and friends of friends who had similar experiences to glean wisdom and develop a concrete strategy.

Jimmy preferred to maintain a sense of normalcy by making plans with friends and continuing our casual conversations. His reaction led me to falsely believe that I was more invested in growing our family than he was. >



# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# Hao Hao

www.illustrationx.com/ko/HaoHao

MARRIAGE / CHERISHING
CHERISHING / MARRIAGE

**HOPE RESTORED\* INTENSIVES CAN HELP.**  
Our multi-day counseling intensives give you personalized, biblically based support. Whatever you're going through—infidelity, intimacy issues, communication breakdowns—you and your spouse can start your journey toward healing.

**A STEP TOWARD HOPE.**  
Learn more at [HopeRestored.com](http://HopeRestored.com) or call 866-875-2915

**ILLUSTRATIONX**  
Hao Hao

**LISTEN NOW!**  
Dave Willis urges listeners to strengthen their relationships using Christ's love as a model. He offers advice for every type of relationship from strengthening your marriage to managing difficult relationships at work.  
[FocusOnTheFamily.com/Willis](http://FocusOnTheFamily.com/Willis)

**Love requires commitment**  
Our culture seems to define love as little more than a feeling, but feelings are fickle. Love based on feelings alone isn't love at all. Throughout Scripture, God reveals His love to us through action and commitment. He also calls us to love one another. Without real commitment, there isn't real love.  
In Psalm 15:4, the Bible gives us a list of attributes that followers of the Lord should embody. One attribute that jumps off that list to me is that the faithful "keep their promises even when it hurts" (NLT).  
If we believe everything we see in romantic comedies, love should always be easy. If you marry the "right person," there will never be struggles or hardships. The truth is that the sacred covenant of marital love is a "for better or for worse, in sickness and in health, for richer or for poorer" commitment. Those vows are most important in the

moments when they are most difficult to keep.  
This timeless principle does not mean that you must endure or enable abusive behavior in marriage. Real love should never cause that kind of intentional hurt. But we do need to remember that love, especially marital love, isn't always easy. Nothing worthwhile is easy, but love is the most worthwhile of commitments—even when it's difficult.

**Love selflessly sacrifices**  
Love is most powerful when it costs us something. That's really the main distinction between God's love and the world's is a state of relationships, which sees every relationship as mere networking: "You do something for me, and I'll do something for you, but I'm not going to do more for you than you did for me." It's transactional.  
My father had two silver dollars his grandmother had given him. They held immense personal significance, as they were the only gift from her he still owned. But when we ran out of milk once in my childhood, causing my mom to cry, he spent those two silver dollars at the grocery store without a second thought.  
What a powerful example of selflessness, of giving up something we love for someone we love more.

**Love speaks truth**  
People can be very good about throwing daggers at each other under the guise of love. But just speaking facts apart from love, with cruelty in your voice, is not speaking truth. And it's certainly not speaking love if you say, "I don't want to hurt your feelings, but..."  
Ashley and I often say, "You've got to tell each other the truth. But you never, ever, get to be cruel." As it says in Ephesians 4:2, we're to conduct ourselves "with all humility and gentleness, with patience, bearing with one another in love." What that means practically is to be your loved one's biggest encourager, not her biggest critic.  
If we choose to lead with encouragement and always speak the truth through that lens of being a cheerleader then we'll be on the right track in our marriages. >

32 AUG / SEPT 2025
FOCUS ON THE FAMILY 33

# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



雨水  
菜花满畦春雨余，  
踏青女伴香满裾。

ILLUSTRATIONX  
Hao Hao

Copyright © 郝小好 Hao Hao. All rights reserved.

# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



谷雨

已过谷雨十六日，  
犹见牡丹开浅红。  
曾不争先及春早，  
能陪芍药到薰风。

ILLUSTRATION X  
Hao Hao

Copyright © 郝小好 Hao Hao. All rights reserved.

# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



ILLUSTRATIONX  
Hao Hao

# Hao Hao

www.illustrationx.com/ko/HaoHao



MARRIAGE / COMMUNICATION

## Practice

Knowledge alone isn't enough for us to move toward the connection we desire. As one of my colleagues says, "We can think and act our way to a new feeling. But we cannot feel our way to a new way of thinking and acting." In other words, if we want to *feel* something different, we need to *do* something different.

Personal growth and relational healing require practice. You may still be trudging through grief, but what new actions can you take that would nurture your own heart and foster connection with your spouse? What is one step you could take today to move toward your spouse as you grieve together?

The guiding principle that Jimmy and I adopted during this season is what we call "us decisions." When we had a decision to make about the next step, we would each bring our individual ideas and desires and collaborate until we both felt at peace with our decision. Until we arrive at an "us decision," we did nothing. This guiding principle challenged me to exercise more balance of give and take. And it encouraged my husband to participate in the conversation.

## ILLUSTRATION X

Understanding our pain, stewarding it well and practicing these connections is ultimately what the apostle Paul was talking about in Ephesians 4:22-24 (HCB). He calls believers to take off "your former way of life, the old self that is corrupted by deceitful desires," so you can be "renewed in the spirit of your minds," and "put on the new self, the one created according to God's likeness in righteousness and purity of the truth."

No matter how version of our "for better or for worse" looks—whether it's fertility issues, financial struggles or parenting disagreements—it's our invitation and the best path toward drawing closer together as a couple. ●

Nicole Zasowski is a licensed marriage and family therapist, sought-after speaker and author of books, including *From Lost to Found* and the Bible study *Daring Joy*.



Are you and your spouse going through the same difficult situation, but differently? Learn more about how Hope Restored can help.

[HopeRestored.com](https://www.HopeRestored.com)

# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



ILLUSTRATIONX  
Hao Hao

Copyright © 郝小好 Hao Hao. All rights reserved.



## Not Just a 'Guy Problem'

The truth about porn  
and how it affects you

BY JESSIE MINASSIAN / ILLUSTRATIONS BY HAO HAO

ILLUSTRATION X

Hao Hao

**The first time** Shea was introduced to pornography, she was too young to know what it was. Looking for tips to beat her favorite video game, she clicked the wrong link. At first, she was disgusted by what she saw. Then a natural, yet misguided, curiosity kept her clicking—for years.

Bethany adored her longtime boyfriend. When he suggested they watch a video to “spice up” their relationship, she reasoned they were going to get married someday, so what could it hurt? Eventually they broke up, but she couldn’t stop watching porn.

Lia felt like an outsider at school. When she stumbled onto a fantasy fan fiction group, she thought she had finally found her people. She dove headlong into every book and group they recommended. But soon the books and accompanying art became explicit.

With more than half of kids being exposed to porn by age 13, you might even have your own story. If you are one of those kids, you may feel troubled, guilty or confused, or you may have difficulty staying away from pornography use. Or perhaps you want to know how to avoid the battle of looking at porn altogether and become a trusted friend to someone who might be struggling. >

@BRIOMAGAZINE • OCTOBER/NOVEMBER 2022 47

# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



ILLUSTRATION X  
Hao Hao

Copyright © 郝小好 Hao Hao. All rights reserved.

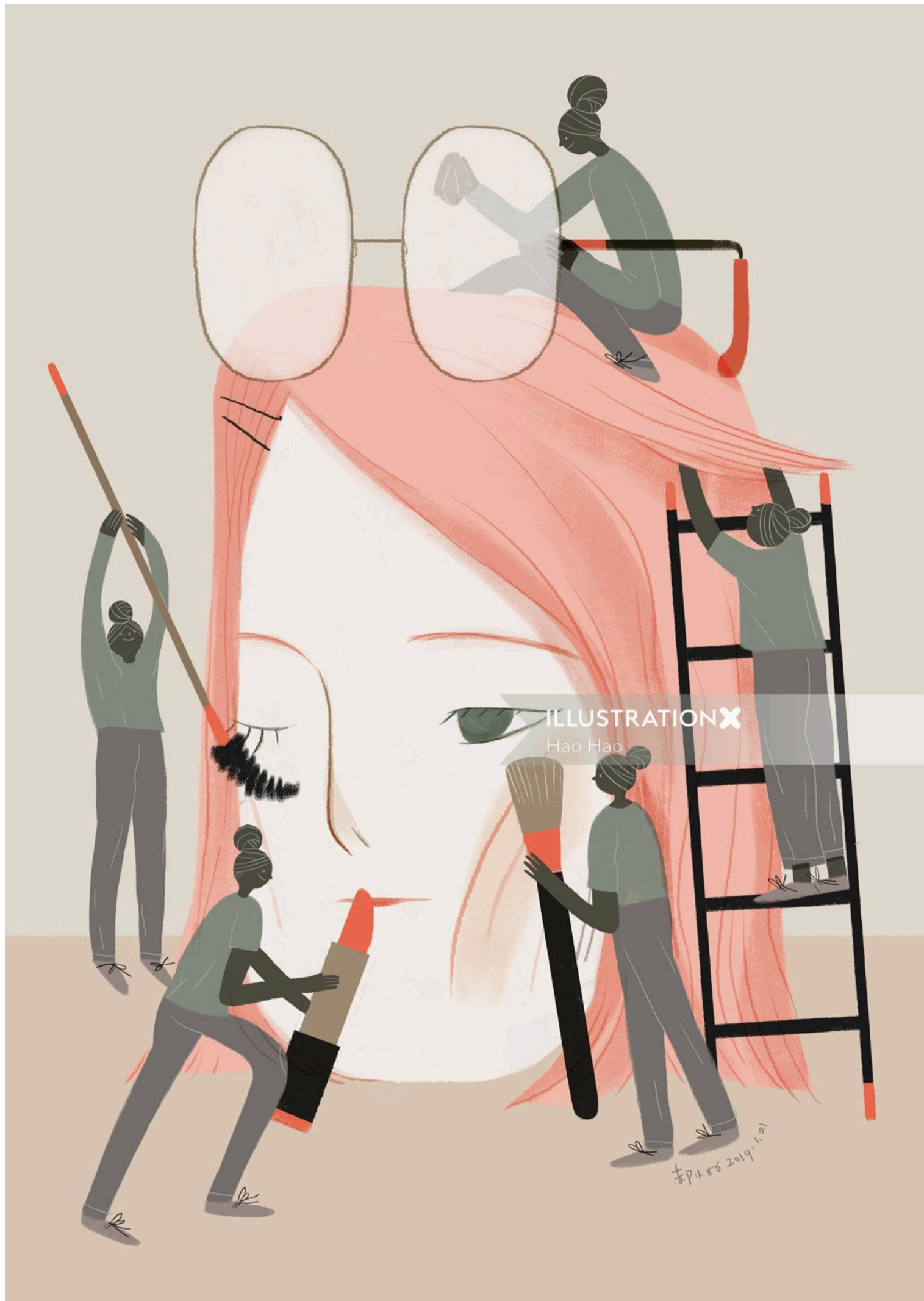
# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



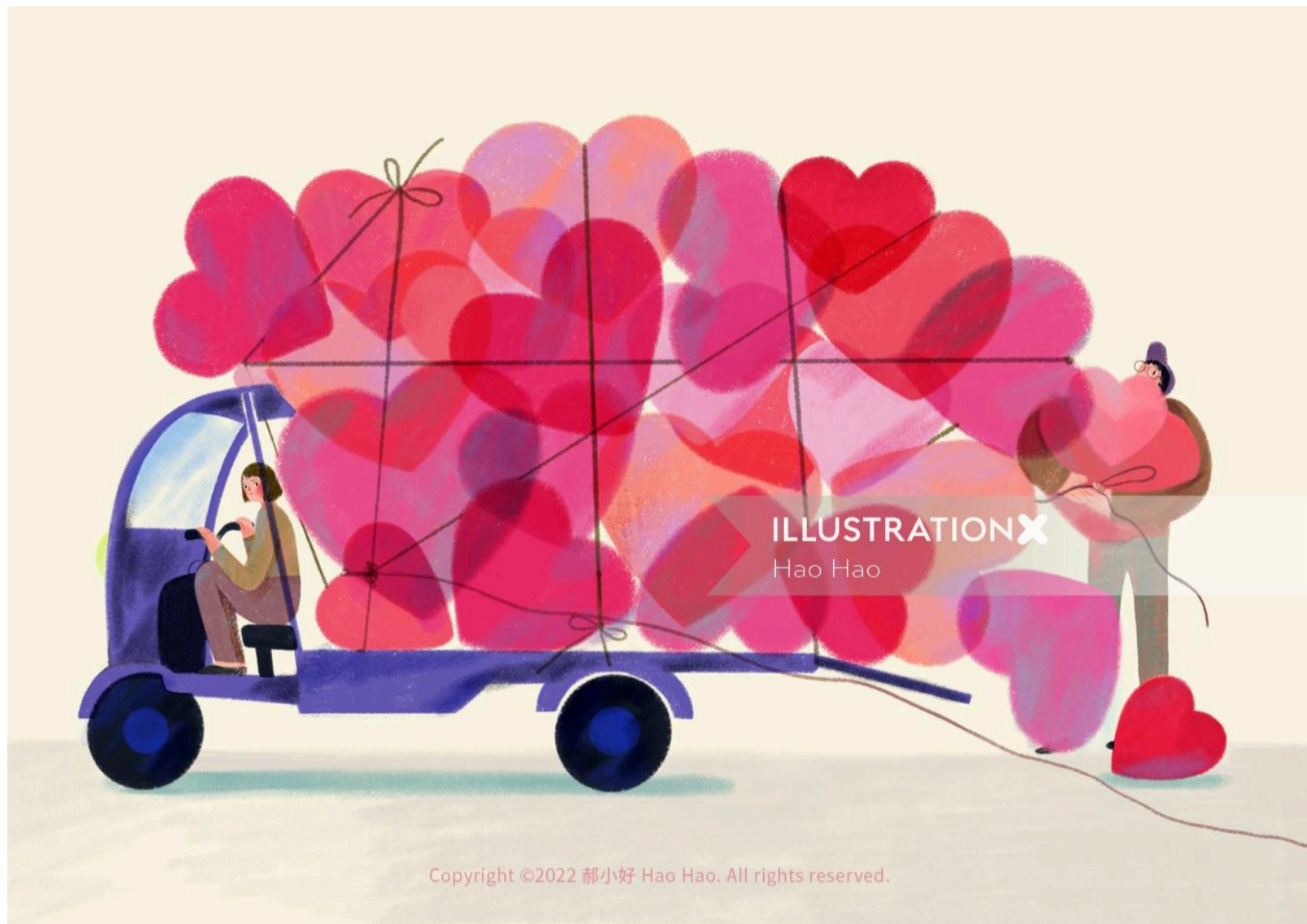
# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



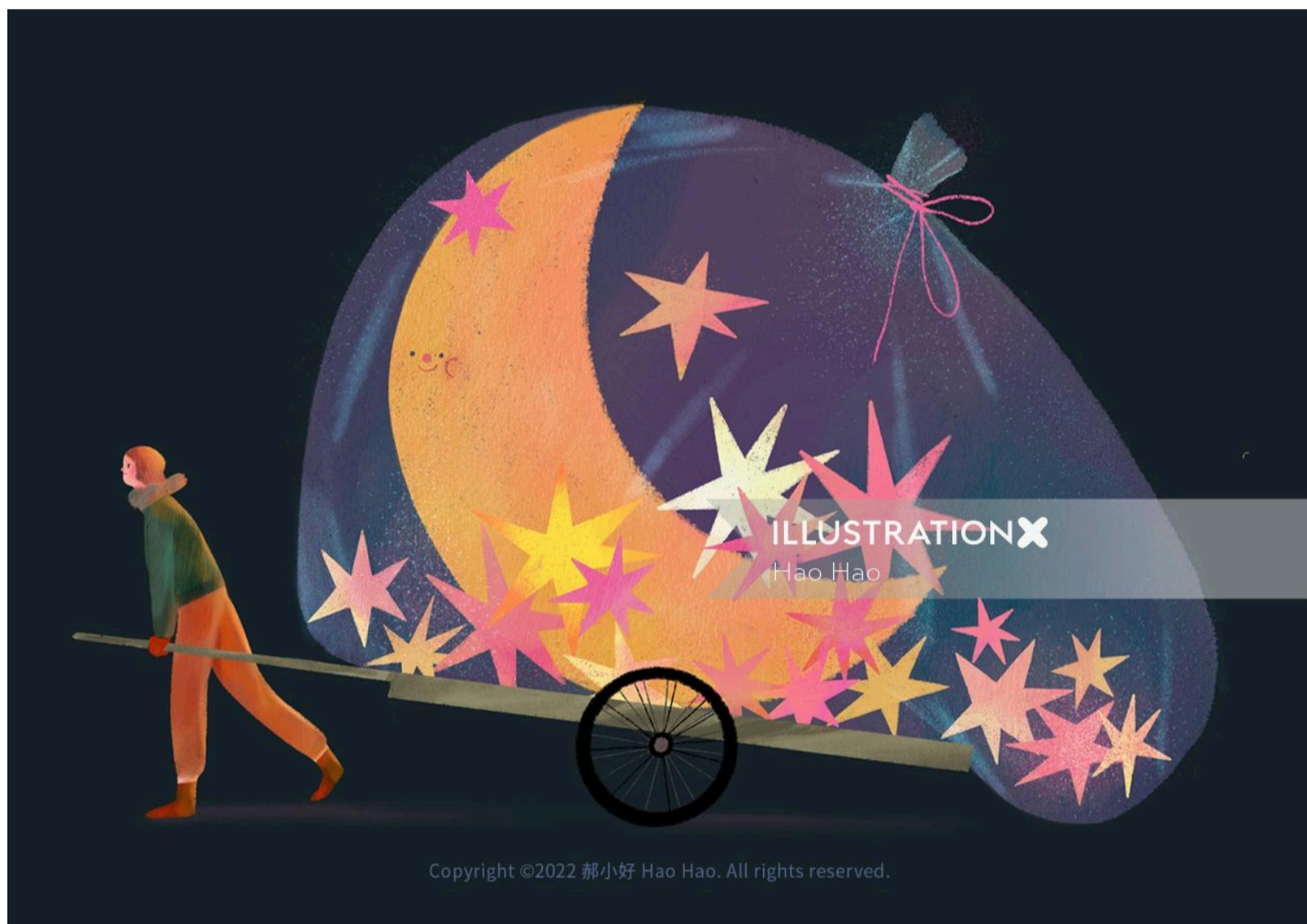
# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



Copyright ©2022 郝小好 Hao Hao. All rights reserved.

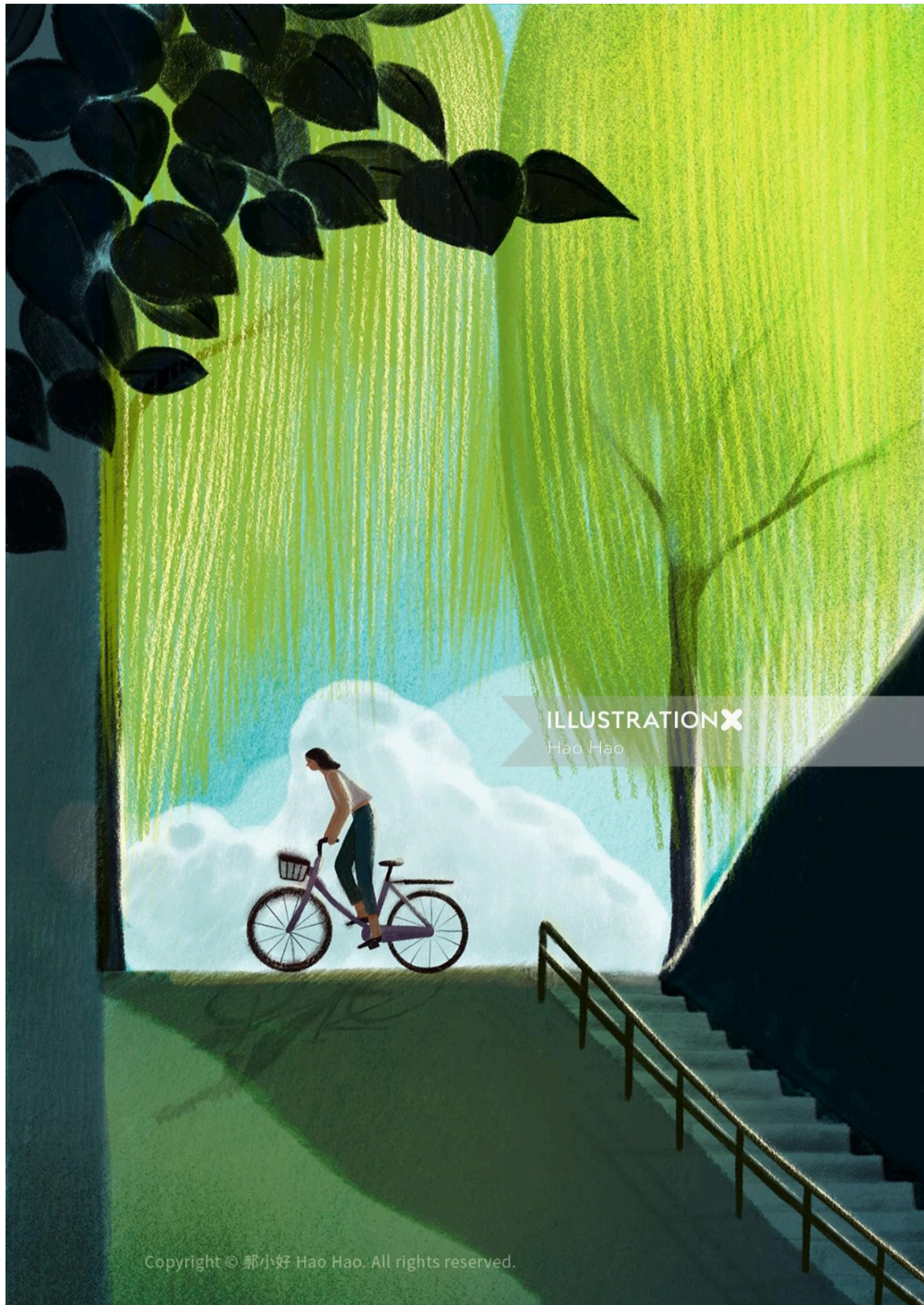
# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# Hao Hao

www.illustrationx.com/ko/HaoHao



## Longing to Belong

Steps to connect when you feel left out

BY LAURA POTTKOTTER / ILLUSTRATIONS BY HAO HAO

The school bus swayed as it turned into the high school parking lot. The vinyl seats were filled with members of the marching band. Across the aisle, I overheard my friends discussing their evening plans. I waited for someone to share the details and ask if I wanted to join them, but nobody did. Of course, I could have asked about their plans, and they probably would've included me. But I didn't. And for some reason, I couldn't get past the sadness I felt because they

hadn't intentionally invited me. I went home, sat on my bed and asked myself, *Do I belong?* Have you ever felt like you didn't belong? Maybe you discovered on social media that your friends were hanging out and didn't invite you. Or maybe you didn't feel like you connected with a group of friends who were chattering and laughing together. Perhaps you wondered, as I did that night, *Do I even belong?*

### What is belonging?

Belonging is all about connecting with others and feeling safe and secure with them. Try to picture the people you're closest to—maybe your friends, family, youth group, sports team, drama club or bandmates. How do you feel when you're with them?

In high school, I felt closest to my family. We shared similar interests, and they made me feel safe, accepted, cared for and welcomed. I felt like they wanted to spend time with me. I felt like I belonged.

### Transitions

Then I graduated college and moved to a new city. The people who knew me best were now 1,200 miles away. I was shifting away from my family and friends and needed to find connection and a sense of belonging in a new community. I started by getting to know people at my work and my church.

As a teen, you're in a time of transition, even if you're not moving to a new community. Focus on the Family counselor Kari Aho explains transitions this way: "You're between an identity you previously found with your family and a place of independence. Your sense of yourself within those relationships is really shifting and changing."

At this time in your life, you're in the process of stepping into who God has created you to be. You're discovering your own gifts, passions and goals—which is exciting. But these changes can also make you feel disconnected, unseen, anxious or lonely. When your thoughts start to spiral in this direction, it's important to find your anchor—and then your community. >

ILLUSTRATION X  
Hao Hao

# Hao Hao

www.illustrationx.com/ko/HaoHao



### Establishing your anchor

The apostle Peter tells us, "You are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light" (1 Peter 2:9).

Did you catch that? As Christians, we are a people for God's "own possession." Translation: You *belong* to the King of the universe. You can anchor your identity in Jesus when you're feeling alone.

When you hold on to the truth that you are loved, seen and cared for as a child of the King, you can begin taking "every thought captive to obey Christ" (2 Corinthians 10:5). When the words *I don't belong* make you feel alone, consider why you might be experiencing these feelings and remind yourself of the truth instead of believing this lie and letting it multiply. Let's take a look at how you can do this:

**Reflect:** Focus on the Family counselor Elaine Humphries suggests thinking about these questions: *What is it that makes me feel like I don't belong? Who am I in Jesus? What has God called me to do? Who has He called me to be? How does He want me to live?* Answering these questions can help you figure out what triggered your thoughts and feelings so you can redirect them.

**Pray:** Ask God to remind you that you belong to Him. Tell Him what you're feeling and what initiated these emotions.

**Worship:** Listen to songs that remind you that you're a child of God and that your identity is in Him. Get started on this with our *Brio* Spotify playlist about belonging.

**Reset:** When your thoughts start to spiral, try breaking the cycle by physically doing something else. Go for a walk, journal, work on a craft or shift your attention to what's happening around you.

**Remember:** Open your Bible and fill your mind with the truth of God's Word. Compile a list of verses that help anchor you in Him when you feel disconnected.

SCANTO LISTEN TO OUR BRIO BELONGING SPOTIFY PLAYLIST



### Superficial relationships

Once you've anchored your sense of belonging to Jesus, it's easier to look at your relationships. I remember being shocked when I read that most people have the capacity for only five close friends. That's it—five. This means not everyone in my friend group or on social media is my "close" friend. I'm not going to feel deeply connected to every single person I hang out with... and that's OK.

Consider your five closest friends—the people whose shoulders you can cry on and who you would call when your life is falling apart. Most of you're already ready to close this *medium* and give up because you can't think of anyone—but still, there are a few of a few people who you admire or would like to become closer friends with. There are ways to change surface-level relationships into deep and valuable friendships. But you may need to be brave enough to take the first step. Here are some ways you can do that:

**Ask good questions:** Most people like to share about their lives. Being curious, asking good questions and listening carefully will help you learn more about another person.

**Practice vulnerability:** Sometimes you may need to go first. If you want a friend to be open and honest with you, you may need to share your story first. She may soon follow your lead.

**Have patience:** It takes time to develop relationships, so don't give up. "A big part of a relationship is the history," Elaine says. You have to take the time to expect to jump into a group. You can't expect to have that kind of intimacy, vulnerability and closeness. It probably isn't realistic without the time component."

**Find others with similar interests and values:** Consider joining a youth group, a community service group, an after-school club, a sports team, a choir or another group that interests you. Finding people with similar interests and values will help you connect even faster.

As you consider the One you ultimately belong to and how you can connect with others, let me leave you with a simple reminder: You are beautiful, you are worthy and you are enough—because your worth rests in the Savior who created you. You are Jesus' friend (John 15:15), and you belong to Him. #

Laura Potkatter is the managing editor for *Brio* magazine. She is also a writer who enjoys growing flowers and exploring the sights in Colorado with her husband.

### Questions to Ask Your Friends

Before asking your friends, answer these questions yourself. That will help you better understand how others might answer so you can continue the conversation.

I REMEMBER WHEN YOU TOLD ME ABOUT \_\_\_\_\_ HOW DID THAT GO? HOW ARE YOU DOING WITH THAT?

HOW CAN I ENCOURAGE YOU DURING THIS TIME?

WHAT WAS THE BEST PART OF YOUR DAY? WHAT WAS THE WORST PART?

WHAT DID YOU LOVE ABOUT YOUTH GROUP LAST NIGHT?

IT SEEMS LIKE SOMETHING IS WRONG. WHAT HAPPENED? WHAT DO YOU NEED?

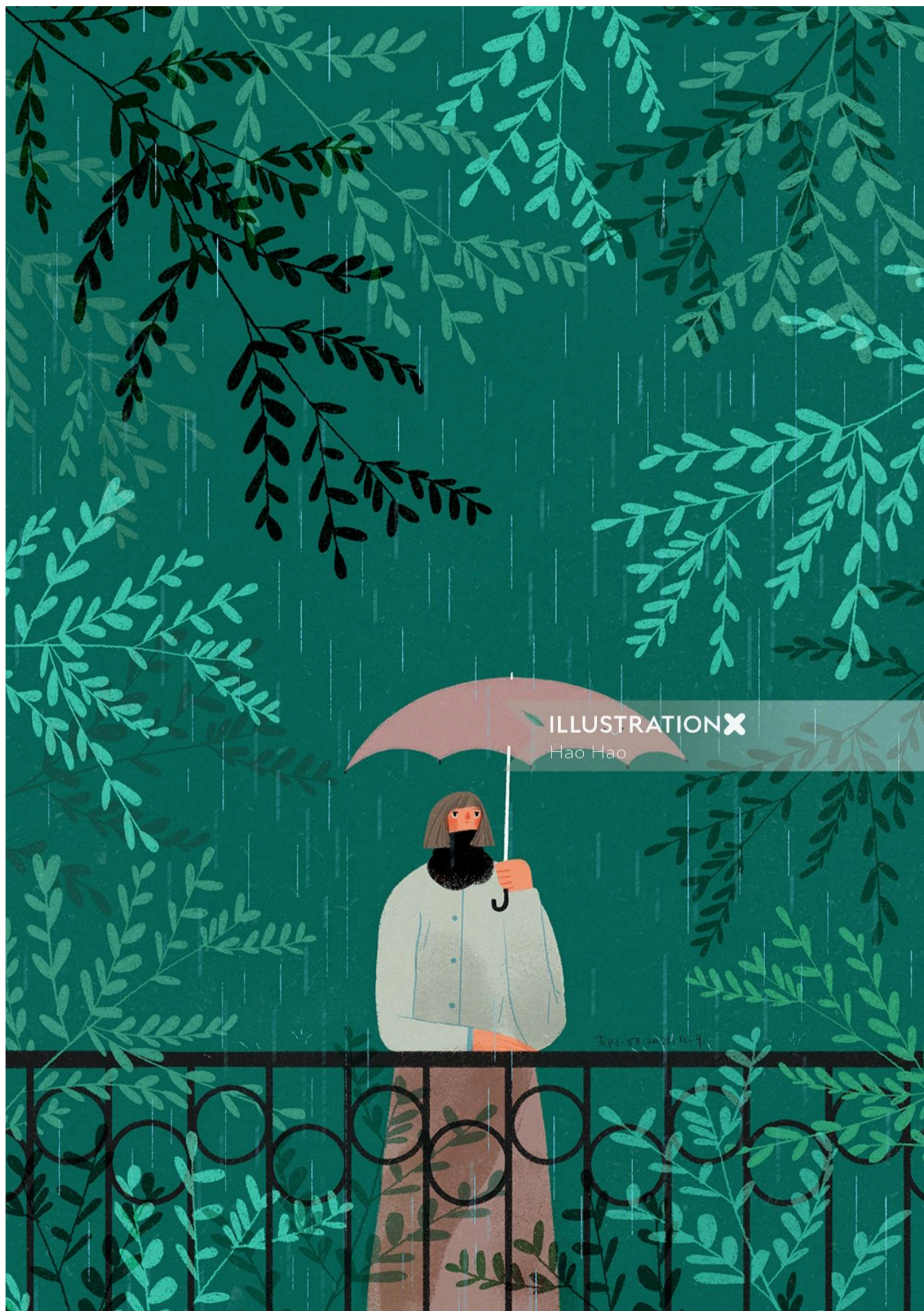
60 DECEMBER 2023 / JANUARY 2024 BRIOMAGAZINE.COM

ILLUSTRATIONX

61

# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



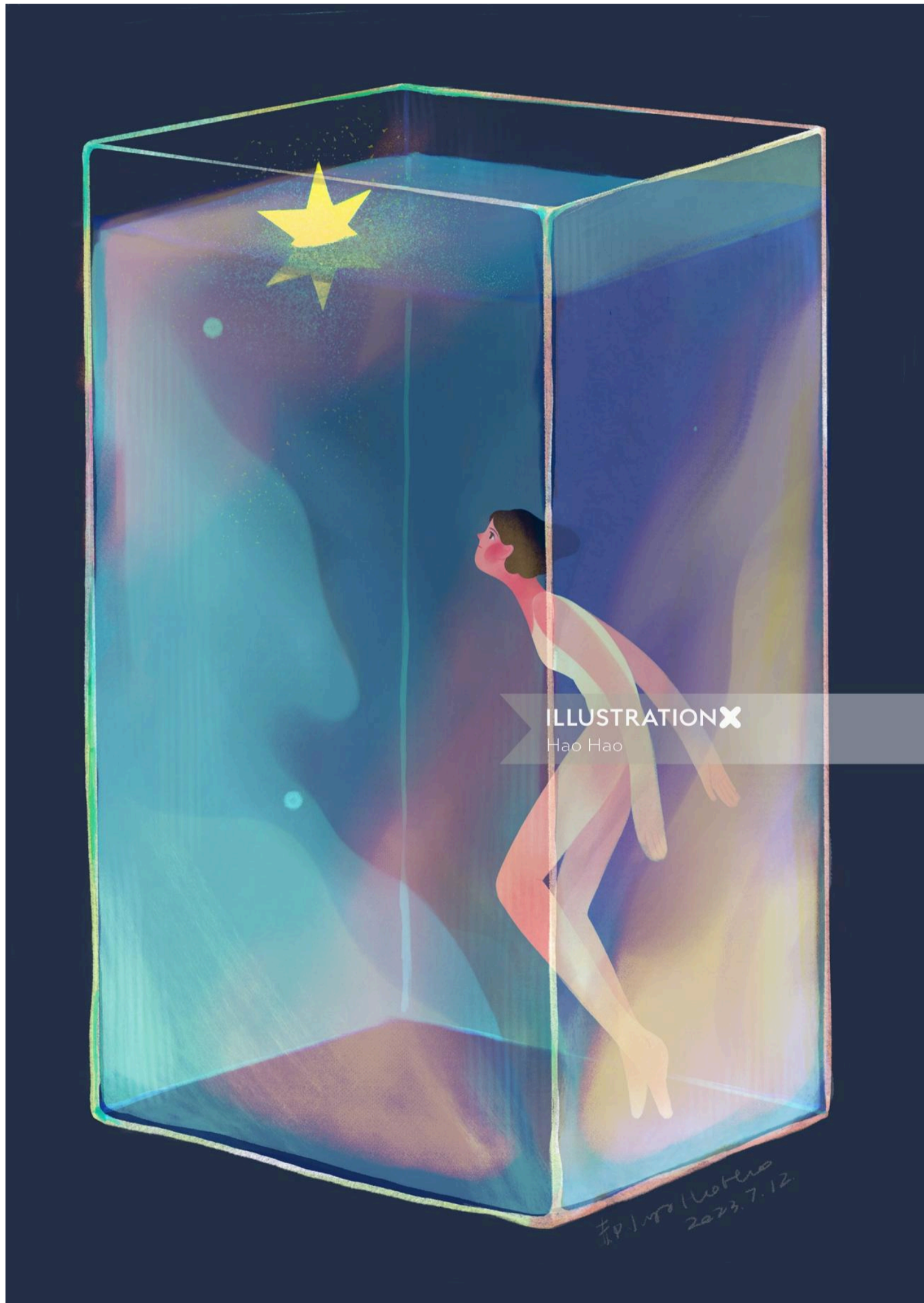
# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# Hao Hao

[www.illustrationx.com/ko/HaoHao](http://www.illustrationx.com/ko/HaoHao)



# 조언이 필요하신가요?

도와드릴 준비가 되어 있습니다



[hello@illustrationx.com](mailto:hello@illustrationx.com)

020 7720 5202

**ILLUSTRATION** 

Connecting You to a World of Illustration  
4th Floor, Silverstream House  
45 Fitzroy Street  
London  
W1T 6EB

[www.illustrationx.com/ko](http://www.illustrationx.com/ko)