

## TABLE TALK

# ISOLATION YOU BELONG

---

**BRO ZACHARIAH WILBER / SUN. FEBRUARY 27, 2022**

## MAIN FOCUS

“Let us hold fast the confession of our hope without wavering, for he who promised is faithful. And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”

(Hebrews 10:23-25 ESV)

“Whoever isolates himself seeks his own desire; he breaks out against all sound judgment.” (Proverbs 18:1 ESV)

Satan subtracts and divides while God adds and multiplies.

## ADDRESSING ISOLATION IN THE CHURCH

### Tough Questions about the Church

1. Why do people stay away from church?
2. Why do people hate church?
3. Why do people find it hard to come back?

### Student Dropout Survey

LifeWay Research released a study in 2019 on why young adults are dropping out of church (Meyer, 2019).

These are the results:

1. 96% cited life changes as the reason
2. 73% cited church or pastor related reasons (of those 32% stated church members were judgemental and 29% stated they did not feel connected)
3. 70% cited religious, ethical or political reasons
4. 63% stated ministry reasons (20% of those stated they felt judged in their ministries)

## WHY ISOLATION IS DANGEROUS?

### Consequences of Isolation

1. Creates distance from the church body.
2. Isolation kills community.
3. Isolation makes you vulnerable to Satan's attacks.
4. Isolation causes us to make decisions based on fleshly motives.
5. Isolation from the church opens up our mind and spirit to influences from the world.
6. Isolation stunts the growth of ministry and calling.
7. Isolation can cause selfishness.
8. Isolation creates a rogue attitude of independence that's misguided and deceptively false.
9. Isolation allows us to conjure ideas and thoughts that may not be true or accurate.
10. Isolation handcuffs accountability.
11. Isolation creates loneliness.
12. Isolation can lead to depression and potentially suicide.
  - a. "Social isolation and loneliness are as harmful to your health as smoking 15 cigarettes a day and are twice as harmful to physical and mental health as obesity. Loneliness is linked to adverse health consequences such as depression, sleep disturbances, cognitive decline and impaired immunity." (Monzingo, 2020)

## THE CURE FOR ISOLATION?

Building healthy relationships with like minded people.

- “Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, (A)but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.” (Ecclesiastes 4:9-12)

## CITATIONS

- Buice, J. (2020, December 4). Isolation from the church is dangerous. G3 Ministries. Retrieved February 27, 2022, from <https://g3min.org/isolation-from-the-church-is-dangerous/>
- Meyer, H. (2019, January 15). What new LifeWay Research Survey says about why young adults are dropping out of Church. The Tennessean. Retrieved February 27, 2022, from <https://amp.tennessean.com/amp/2550997002>
- Monzingo, A. (2020, September 9). Stay connected: Social isolation is a risk factor for suicide. Nebraska Methodist Health System. Retrieved February 27, 2022, from <https://bestcare.org/news/20200909/stay-connected-social-isolation-risk-factor-suicide>