

# ISOLATION.

*Fight Club : Part 1 of 5 : MANUP.co*

## How to WIN.

1. See it.
2. Name it.
3. Ask for Help.
4. Punch it with TRUTH.

**TRUTH :** Isolation was the first problem of man.

### Genesis 2

<sup>18</sup> God said, "It's not good for man to be ALONE."

**TRUTH :** Some of our greatest REGRETS happened when we were ALONE.

**TRUTH :** Some of our greatest ACCOMPLISHMENTS happened when we were in COMMUNITY.

**Q:** Why is isolation so dangerous?

**Q:** When are we most tempted to be alone?

## The LIES we Believe.

- I am the only one.
- I can handle it.
- I'm not hurting anyone else.
- If I'm honest they won't \_\_\_\_\_ me.
- God is all I need.

# The TRUTH about Isolation. (Elijah)

- **Isolation will FIND you.**

**1 Kings 18**

<sup>36</sup> Elijah the prophet walked up to the altar and prayed,  
*“O LORD, God of Abraham, Isaac, and Jacob, prove today that you are God in Israel and that I am your servant.*  
<sup>37</sup> *O LORD, answer me! Answer me so these people will know that you, O LORD, are God and that you have brought them back to yourself.”* <sup>38</sup> Immediately the fire of the LORD flashed down from heaven . . . <sup>39</sup> and when all the people saw it, they fell face down on the ground and cried out, ***“The LORD - he is God!”***  
  
*(10 verses later) . . . Elijah was afraid and fled for his life.*

- **Isolation will SURPRISE you.**

**1 Kings 19**

<sup>3</sup> Elijah was afraid and fled for his life. He went to Beersheba and left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. He said . . .  
*“I have had enough, LORD. Take my life, for I am no better than my ancestors who have already died.”*

- **Isolation will CONSUME you.**

**1 Kings 19**

<sup>9-10</sup> The LORD said to Elijah, “What are you doing here?”  
Elijah replied, “I have zealously served the LORD God Almighty. But the people of Israel have broken your covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”

**Isolation will consume you with  
PRIDE - BLAME - FEAR.**

## CONFESSION trumps ISOLATION.

Confess = “to acknowledge openly and joyfully”

### The TRUTH about Confession.

- **Confession allows others to KNOW you.**

James 5

<sup>16</sup> Confess your faults to one another, and pray for one another, that you may be healed. The prayer of a righteous person is powerful and effective.

- **Confession allows others to HELP you.**

Ecclesiastes 5

<sup>9</sup> Two people are better off than one, for they can help each other succeed. <sup>10</sup> If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

- **Confession allows others to LOVE you.**

John 13

<sup>34</sup> Jesus said to his disciples, “I am giving you a new commandment - **Love Each Other**. Just as I have loved you, you should love each other. Your love for each other will prove to the world that you are my true disciples.”

### Your Turn.

1. Be completely honest with SOMEONE.
2. Give them permission to CORRECT you.
3. Tell them how to ENCOURAGE you.