

Healthy Habits
Pt. 2, Connect with Others
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Key Quote: Healthy Disciples don't drift into health, they decide into it

1. Connection is God's Design, Not a Suggestion

a. We Were Created for Connection

1 Cor. 12:18-20 *"But now God has arranged the parts, each one of them in the body, just as He desired. If they were all one part, where would the body be? But now there are many parts, but one body."*

*Connection is God's arrangement, Not Our idea

b. The Early Church Thrived Because of Connection

Acts 2:42, 46, 47 *"They were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Day by day continuing with one mind in the temple, and breaking bread from house to house, they were taking their meals together with gladness and sincerity of heart, praising God and having favor with all the people. And the Lord was adding to their number day by day those who were being saved."*

c. We grow stronger in Christ as we grow together

Strength is multiplied in Connection: but the opposite is true in Isolation

2. The Danger of Isolation

a. Isolation Makes You an Easy Target

1 Peter 5:8 *"The enemy prowls around like a roaring lion seeking whom he may devour."*

b. Isolation Distorts Perspective

Proverbs 18:1 (NKJV) *"A man who isolates himself seeks his own desire; He rages against all wise judgment."*

3. Connection is Essential for Disciples

- a. Connection Happens in Circles, Not Rows
- b. Connection Fosters Accountability

James 5:16 *“confess your sins to one another that you may be healed.”*

- c. Connection Creates Pathways for Care and Belonging

4. The Challenge: Move from Spectator to Participant

So, the Question ISN'T, do I believe in community?
The question is, Will I commit to it?