

WHY Behind the WHAT

The Relationship

How many would agree that Relationships are difficult?

-We often see dysfunction and then repeat the cycle.

Honest question: Who has been hurt before?

-The phrase is true that “Hurt people hurt people”

-Pain and hurt cause many to isolate and protect.

Definition of ISOLATION: state of being separated from other people; situation of being alone and without support.

EXACTLY WHERE OUR ENEMY WOULD LOVE US TO BE....AND STAY!

Ecclesiastes 4:9-10 ⁹ Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!

The devil thrives in confusion, division and isolation!

The ENEMY of our soul has always tried to BREAK us through ISOLATION!

-AND THIS IS WHERE SO MANY LIVE AND ARE STUCK!

Stats from the book “The day America told the truth” by James Patterson

- 1 in 5 say that only one other person really knows them
- 1 in 2 say that no one knows them
- 1 in 5 say their parents really know them
- 1 in 20 say their pastors really know them
- ONLY 13% of Americans say they present themselves as they really are
- 1 in 10 say they don't even try to be themselves

PEOPLE ARE CONFUSED.....PEOPLE ARE LONELY & ANGRY!

Harvard Research says 36% of people feel lonely “Frequently” or “Almost all of the time” And that increases to 61% of people ages 18-25.

CDC reports that 63% of young people reported experiencing substantial symptoms of anxiety and depression.

Kaiser Family Foundation reports:

41% of Adults are struggling with anxiety or depression

56% of people ages 18-24 are struggling with anxiety or depression

Depression, suicide, and substance abuse rates have all risen!

WE ARE NOT MEANT TO DO LIFE ALONE!!!

-Covid isolation did not help in any of this!

-We will feel the effects for years to come.

CDC says Loneliness and Social Isolation are Linked to Serious Health Conditions. (1 in 3 US adults age 45 and older feel lonely)

Social isolation significantly increased a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.

Social isolation was associated with about a 50% increased risk of dementia.

Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.

Loneliness was associated with higher rates of depression, anxiety, and suicide.

Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits.

SO....WHAT IS THE WHY BEHIND THE WHAT??

-WE ARE CREATED FOR "RELATIONSHIP"

-First with our creator!

-Second with each other!

The ENEMY of our soul has always tried to BREAK us through ISOLATION!

WE NEED EACH OTHER!!

“Everyone doesn’t need everyone.....everyone just needs someone”

HOW DO WE DO THIS? THE ANSWER IS IN GOD’S WORD:

Hebrews 10: 23-25 Let us hold unswervingly to the hope we profess, for he who promised is faithful. ²⁴ And let us consider how we may spur one another on toward love and good deeds. ²⁵ Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching

THERE IS A RECIPE.....IT INCLUDES LET-US!

4 ingredients to this recipe: hope, a nudge toward love & good deeds, other people, encouragement.

-RE-READ HEBREWS 10:23-25

MY WORD FOR THE CHURCH FOR 2024: EMPOWER

Empower: To give someone the authority or power to do something.
To make someone stronger and more confident, especially in controlling their life and claiming their rights.

Empower spiritually
Empower time/talent & treasure
Empower agents of healing
Empower the team
Empower leaders

AS PASTOR: I WANT TO SEE THIS BE A PLACE OF “LOVE”

I WANT TO SEE EVERYONE CONNECTING AND GROWING!!

Church leaders given:

Ephesians 4:12-16 to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.¹⁴ Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming.¹⁵ Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.¹⁶ From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

GROWING IN LOVE TAKES A LOT OF WORK!

1 Corinthians 12:12-27 (Unity and Diversity in the Body) Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.¹³ For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink.¹⁴ Even so the body is not made up of one part but of many.

¹⁵ Now if the foot should say, “Because I am not a hand, I do not belong to the body,” it would not for that reason stop being part of the body. ¹⁶ And if the ear should say, “Because I am not an eye, I do not belong to the body,” it would not for that reason stop being part of the body. ¹⁷ If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? ¹⁸ But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. ¹⁹ If they were all one part, where would the body be? ²⁰ As it is, there are many parts, but one body.

²¹ The eye cannot say to the hand, “I don’t need you!” And the head cannot say to the feet, “I don’t need you!” ²² On the contrary, those parts of the body that seem to be weaker are indispensable,²³ and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty,²⁴ while our presentable parts need no special treatment. But God has put the body together, giving greater honor to the parts that lacked it, ²⁵ so that there should be no division in the body, but that its parts should have equal concern for each other.²⁶ If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.

²⁷ Now you are the body of Christ, and each one of you is a part of it.

WHAT MAKES THE WATERS SO GREAT? THE PEOPLE!!!!

WE ARE A FAMILY! Family is not perfect

.....in fact, you don't get to CHOOSE your physical family,

.....but you can choose your CHURCH FAMILY!

“Everyone doesn't need everyone.....everyone just needs someone”

TWO KEY ON RAMPS- ENTRY & NEXT

DOWNLOAD THE APP! HUGE STEP TO CONNECT!

MEET THE LEADERS & SIGN UP FOR INFO!

MY DEEPEST PRAYER FOR US AS A CHURCH!

Ephesians 3:14-21 ¹⁴ For this reason I kneel before the Father, ¹⁵ from whom his whole family^[a] in heaven and on earth derives its name. ¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.