

# **LIFT OUR HANDS!**

Word of Year: Every Year Since 2013!

-One personal and one for the church.

-2026 Personal: LID

-2026 CHURCH: LIFT

**LIFT: To take hold of and raise something in order to remove, carry, or move it to a different position.**

**-Last week: LIFT OUR EYES (PRAYING FOR MIRACLES)**

**-I HAVE GREAT FAITH DREAMS FOR 2026!!!!**

**John F. Kennedy said the famous quote, “The rising tide lifts all boats”**

-He was talking about the financial economy....

.....I am talking about the spiritual economy!

**-I AM PRAYING AND BELIEVEING THAT WHAT WE DO IN HERE...**

**-CAN MAKE AN IMPACT IN OUR CITY!**

The world is a very cruel place! People are so mean and divided.

-Not just disagreements.....but hatred! (Many Christians!)

**-JUST WHAT ERUPTS ON THE SURFACE FOR ALL TO SEE!**

**-People are angry and mean and “cyber bullies’ and “keyboard warriors”**

**-No Dialogue.....only debate!**

**-No compassion.....only controversy!**

- Algorithms and News Channels feed the beast inside of us!
- Causing more divide and polarization.

Counseling: I say there is a root to every problem.....every reaction has root!

- Cut off the dandelions or go to the root!

IT IS ONE HUGE PROBLEM.....WITH MANY ROOTS! (sin & selfishness)

- THERE IS A ROOT THAT I BELIEVE PLAYS A HUGE PART!

**-ISOLATION.....It takes its toll and brings out the WORST in all of us!**

- Emotionally, Relationally, Physically & Spiritually!**

SEE, WE WERE CREATED BY OUR CREATOR....FOR RELATIONSHIPS!

- Jesus said it is all summed up in LOVING GOD AND LOVING PEOPLE!

- IN AN ONLINE CULTURE.....Built on followers and likes!

**\*PEOPLE ARE FEELING MORE DISCONNECTED THAN EVER!**

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### **SLIDE ONE**

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**In 2023, the US Surgeon General's advisory declared loneliness a public health crisis, elevating social isolation to the same level of concern as smoking, obesity, and substance abuse.**

The data supporting the Surgeon General's designation is sobering. 61% of US adults report feeling lonely, with 36% experiencing serious loneliness that affects daily functioning. Young adults are most affected despite being the most digitally connected generation in history, with 79% reporting regular loneliness.

The trends show alarming acceleration. Loneliness rates have doubled from 2010 to 2024 in all demographics.

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### **SLIDE TWO**

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**National Library of Medicine:** Meta-analysis of 148 studies (308,000 people)

- Strong social relationships **reduce mortality risk by about 50%**
- Social isolation **increases mortality risk by 26–32%**
- Loneliness carries a mortality risk **equivalent to smoking 15 cigarettes per day**
- The health impact of loneliness is **greater than obesity** and comparable to **physical inactivity**
- Social connection is **life-extending**; chronic isolation is **life-shortening**

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**SLIDE THREE**

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**National Library of Medicine:** Meta-analysis of 148 studies (308,000 people)

- Social isolation is associated with:
  - **Higher risk of premature death from all causes**
  - **Heart attack risk by 29%**
  - **~50% increased risk of dementia**
  - Among heart-failure patients:
    - **Nearly 4× higher risk of death**
    - **68% higher hospitalization risk**
    - **57% higher emergency room visits**
  - **29% increased risk of coronary heart disease**
  - **32% increased risk of stroke**

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**SLIDE FOUR**

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**(APA Data) American Physiological Association**

37.4% of the U.S. adult population experiences moderate-to-severe loneliness.

- Lonely individuals experience:
  - **2–3× higher rates of depression**
  - **3× higher rates of anxiety**
- Adults stressed by societal division were more likely to:
  - Lose patience with family (60%)
  - Cancel plans (55%)
  - Struggle planning for the future (53%)
- High loneliness strongly correlates with physical and emotional symptoms:
  - Feeling depressed or sad (**65% vs. 15%**)

- o Anxiety (60% vs. 24%)
  - o Fatigue (53% vs. 24%)
  - o Headaches (48% vs. 25%)
- -Nearly 70% said they needed more emotional support in the past year than they received .

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#### SLIDE FIVE (LAST SLIDE)

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#### **(APA Data) American Physiological Association**

- Nearly 70% said they needed more emotional support in the past year than they received .

**"Psychological research shows us that loneliness and isolation may increase the risk of premature mortality and are also linked with depression, poor sleep and cognitive decline. We also know that social support is one of the strongest predictors of people's well-being, reinforcing that connection is vital to our health. Reaching out, showing up, and building community are not optional, they're essential."**

#### **MEDIA: DONE WITH SLIDES!**

#### **Research Summary (10/23/25) Meta-analysis of 148 studies (308,000 people)**

Social connection isn't optional for health. It's necessary. Chronic loneliness has health consequences comparable to major risk factors like smoking and obesity, affecting mortality, cardiovascular health, immune function, mental health, and cognitive decline. The loneliness epidemic is real, measurable, and accelerating, requiring both individual and societal responses.

For individuals, the path forward involves treating relationships as health behaviors worthy of the same attention given to diet and exercise. This means prioritizing in-person connection, investing time in deepening existing relationships, joining communities that meet regularly, reducing passive digital consumption, and reaching out even when it feels difficult. The research on friendship formation suggests that showing up consistently matters more than social skill or charisma.

Your relationships are medicine. They affect inflammation, immune function, stress hormones, cardiovascular health, and longevity in measurable ways. In a culture that celebrates independence and individual achievement, recognizing interdependence as biological reality rather than weakness may be the most important mindset shift for addressing the loneliness epidemic at both individual and societal levels.

## **A HUGE PROBLEM!!! BUT THERE IS AN ANSWER!**

**Hebrews 10:23-25** Let us hold unswervingly to the hope we profess, for he who promised is faithful. <sup>24</sup> And let us consider how we may spur one another on toward love and good deeds. <sup>25</sup> 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.

-WE WERE NOT CREATED TO DO LIFE ALONE!

-Why the devil uses isolation as such a weapon!

**1 Peter 5:8** Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

-Lions wait for the weakest and most exposed.....ones that leave the group!

TODAY: QUICK OLD TESTAMENT STORY:

**Exodus 17:8-15** The Amalekites came and attacked the Israelites at Rephidim.<sup>9</sup> Moses said to Joshua, “Choose some of our men and go out to fight the Amalekites. Tomorrow I will stand on top of the hill with the staff of God in my hands.”

<sup>10</sup> So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. <sup>11</sup> As long as Moses held up his hands, the

**Israelites were winning, but whenever he lowered his hands, the Amalekites were winning.**

**<sup>12</sup> When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady till sunset. <sup>13</sup> So Joshua overcame the Amalekite army with the sword.**

CONTEXT: About 3300 years ago

WHEN: 1-2 months after crossing the Red Sea

WHERE: Rephedim- the Negev region, south of Canaan (edge of promised land)

WHO: Amalekites (Amalek was the grandson of Esau)

WHY: BAD BLOOD! (Jacob stole Esau's birthright 600 years before)

-Genesis 33 Esau forgave Jacob

-Jacob's name was changed to ISRAEL! (12 tribes)

-Clearly there was a hatred against Jacobs descendants.

**Multiple players in this story: (ALL NEEDING A MIRACLE)**

**-Moses the leader**

**-Joshua the commander of the military**

**-The soldiers in the fight on the front lines**

**-Aaron (Moses Brother and High Priest) and Hur (their nephew)**

**Exodus 17:11 As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning.**

**-THAT IS JUST A CRAZY TWIST! (What A Miracle is!!)**

**“SUPER-NATURAL”**

**-Natural: Moses had to keep his hands in the air!**

**(Scholars) Symbol of faith, worship and dependance on God for the victory!**

**BUT.....He got tired doing the natural!**

**Exodus 17:12-13 When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady till sunset. <sup>13</sup> So Joshua overcame the Amalekite army with the sword.**

**Arron and Hur saved the day!**

**-They Kept his hands up until sunset! ALL DAY LONG!**

**EVERYONE HAD TO DO THEIR PART TO SEE THE MIRACLE!**

**-Joshua had to lead the troops into war (ALL DAY)**

**-The Soldiers had to stay in the battle (ALL DAY)**

**-Moses had to lift his hands up to the Heavens (ALL DAY)**

**-Aaron and Hur had to be a support to Moses (ALL DAY)**

**-TOGETHER THEY SAW VICTORY!**

**-They all played different roles in the battle.....  
and ALL EXPERIENCED THE VICTORY.**

**KEY WORD: TOGETHER!**

**Ecclesiastes 4:9-12 Two are better than one, because they have a good return for their labor: <sup>10</sup> If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. <sup>11</sup> Also, if two lie down together, they will keep warm. But how can one keep warm alone? <sup>12</sup> Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.**

**WE SIMPLY NEED EACH OTHER!**

**TODAY WE LIFT OUR HANDS IN SURRENDER!!!**

**-We are better emotionally, physically & spiritually.....TOGETHER!**

**Romans 12:4-8 Just as our bodies have many parts and each part has a special function, <sup>5</sup> so it is with Christ's body. We are many parts of one body, and we all belong to each other.**

**<sup>6</sup> In his grace, God has given us different gifts for doing certain things well. So if God has given you the ability to prophecy, speak out with as much faith as God has given you. <sup>7</sup> If your gift is serving others, serve them well. If you are a teacher, teach well. <sup>8</sup> If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly.**

**YOU ARE ALL WHAT MAKES THE WATERS SO SPECIAL!**

RESPONSE: WE ARE BELIEVEING FOR MIRACLES!

-WE NEED EACH OTHER TO STAY STRONG!

MINGLER: LIFE GROUPS & LIFE TEAMS

PRAYER & COMMUNION: BAPTISMS NEXT WEEK!