

First Things First

1. ?

~~2. Pick up Dry~~

~~3. Go to Grocer~~

~~4. Kids to Soccer~~

~~5. Return video~~



This is God's Word for my life in this Place
and at this Time. Today I am a new
creation in Christ, I am God's very own,
and I KNOW He has a purpose for my life.

“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.” 1 Peter 2:9-10

BEGIN with God.

A journey of significance begins with deep dissatisfaction in the present.

“Don’t you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God.”

James 4:4

CHRONIC LONELINESS

“Loneliness” expresses the pain of *feeling* alone, whereas “solitude” expresses the joy of *being* alone. Loneliness is a debilitating psychological condition. It is characterized by a deep sense of emptiness, worthlessness, lack of control, and personal threat.

Loneliness often leads to depression.

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“Of the 3,012 people ages 45 and up, 35 percent are chronically lonely, compared with 20 percent in a similar survey a decade ago.” AARP, 2010



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“Loneliness is a significant predictor of poor health. Those who rated their health as “excellent” were less likely to feel lonely (25%) than those who rated their health as “poor” (55%).”

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“Today more than 44 million adults over age 45 suffer from chronic loneliness.”

BELONG to Christ and to the Church

You cannot be a strong **BELIEVER** unless
you're a strong **BELONGER**.

“The Bible knows nothing of solitary religion.”

John Wesley

1. It's how people **GROW**

“Walk with the wise and become wise, for a companion of fools suffers harm.” Prov. 13:20

You become like the 5 people you hang out with!

Hardly anyone completely recovers from an addiction without the connection to a support system. Some stop their additive or compulsive behaviors, but their relational patterns do not change, and most times they relapse if they do not do group work. The reason is complex, but part of it is the alienation driving the addiction itself. Paul calls it the “continual lust for more” caused by being “*separated from the life of God.*”

Ephesians 4:18

As people are cut off from others and their souls are starved for connectedness, the need for love turns into an insatiable hunger for something. It can be a substance, status, sex, food, shopping, or gambling, but these never satisfy, because the real need of connectedness to God and others and to God through others.

When people receive that, the power of the addiction is broken.

People Grow: What the Bible Reveals about Personal Growth,
Henry Cloud and John Townsend

It's how we experience GOD

- “The LORD bless you and keep you;
- The LORD make his face shine on you and be gracious to you;
- The LORD turn his face toward you and give you peace.” Num 6:24-26

It's how we live in God's **KINGDOM**

This is the covenant I will make with the people of Israel after that time," declares the LORD. "I will put my law in their minds and write it on their hearts.

I will be their God, and they will be my people.

Jer. 31:33



“There are two gifts we should give our children. One I roots, the other is wings.” Goethe

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