

02_2018

genesis chapter two verse two hundred and eighteen

philippians chapter four verse six

romans chapter twelve verse two

lonliness / anxiety / role of the church

psalm chapter sixty two verse eight

isaiah chapter forty one verse ten

psalm chapter 56 verse ten to eleven

acts chapter four verse thirty two to thirty five

**I S S U E S
I N S O -
C I E T Y**



ISOLATION

Genesis 2 v 218

'Then the LORD God said, "It is not good for the man to be alone. I will make a helper corresponding to him."

day 01

READ.

Do you ever isolate yourself when things get tough? Do you ever just run away to avoid certain situations? And has doing that actually ever helped? God loves relationships and community. Have you ever thought about why God said 'It is not good for man to be alone'? If humanity were only meant to have one relationship (with God) then why would God give man a partner? This surely proves that life isn't meant to be done alone and God never intended for us to be isolated or alone. We were designed to live in community with one another. Acts 4 talks about the early church and how just by simply getting together and doing life together increased their quality of life and saw their lives both individually and as a collective, flourish. The church is a community where you can take the mask off and be accepted for you are right now in this very moment. It's a place where you'll be fully accepted based on who you are now but treated based on who God designed you to be. So the next time you feel like running away, stop, turn around and run towards the church, your community, and your friends who care for you and want the best for you.

ANXIETY

Philippians 4 v 6

'Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.'

day 02

READ.

In life we will often be presented with opportunities to worry or to be anxious. Whether it's school, relationships, work or maybe a family situation. Worry and anxiety aren't uncommon issues to face; in 2013 there were 8.2 million cases of anxiety reported in that year alone and I doubt that number is decreasing! The good news is that the bible gives us tools that may help us deal with anxiety and worrying. We can apply our verse today by replacing every worrying thought or anxious thought with a thank you to God and simply talking and listening to him about the thing that is making us anxious. When we thank God, it can remind us of how he has helped us in the past and our prayer can remind us that God is working in the situation. God cares for us so much and hates to see us worrying and anxious, he wants to help, but first we need to trust him and ask him.

PRESSURE / STRESS

Romans 12 v 2

'Do not conform to the patterns of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will - his good, pleasing and perfect will.'

day 03

READ.

Exams... stressful. Trying to live up to the world's expectation of what we should look like... stressful. Balancing school life, work life, social life and home life all at the same time... stressful. We face so many pressures as young people in this day and age and with that comes a lot of stress! Society is constantly shoving different pressures on us and constantly making us feel like let downs or failures but we can learn from our passage today to not let them get to us and to not just follow along attempting to please everyone. Instead, our bible tells us to be transformed by the renewing of our mind, and to live life following God and only trying to please him (you'll find that by doing this, you'll please a lot of people). According to the gospel of John, the last words Jesus said just before he died were: 'It is finished'. Jesus had finished the work given to him by the Father, he lived a perfect life and reconciled the relationship between God and humanity, meaning that we no longer need to strive or feel any pressure or stress about works or our past decisions. We should recognize that the cross is the finished work and we get to walk straight into that freedom. We ought to stop allowing these pressures getting to us but we should start living freely in Christ, living for him and not trying to please the rest of the world.

FEAR OF LONELINESS

Psalm 62 v 8

'Trust in
him at all
times, O
people;
pour out
your heart
before
him;
God is a
refuge for
us.'

day 04

READ.

The dictionary defines loneliness as 'sadness because one has no friends or company' Ultimately saying that our happiness should be found in our quantity of relationships. To some extent this can be true however , it's important to understand that although we mention the importance of community and how we were never designed to do life alone, nobody can truly complete you other than God. There is a difference between aloneness and loneliness. Alone means you are by yourself in a physical sense. Loneliness is a state of mind. It's something we've all experienced at some point. Loneliness can be experienced when we're alone or when we are completely surrounded by people. It is very internal. And that's why an external presence can't fulfill an internal need. Sometimes we can get in the habit of praying to a God and looking to God we can forget that the God of the universe lives within our very selves. This changes everything. It means that if we simply shift our focus from ourselves onto him, we see things from another perspective. A perspective that says we are not lonely and God is forever with us.

FEAR OF REJECTION

Isaiah 41 v 10

'So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous hand.'

day 05

READ.

Have you ever had the sickest idea but you didn't raise it because you were scared nobody else would like it? Or perhaps you were too afraid to ask the pretty girl out because you 'knew' she'd say no. Or maybe you struggle with really letting people into your life because you're fearful that they may reject the real you. In this instagram 'likes' and 'followers' obsessed nature we now find ourselves in, the more time we'll spend trying to get other people to accept and not reject us. The truth is, we've already got the one 'like' that we need. It's Jesus. When he died and rose again, he wasn't saying 'you must follow a list of rules before I accept you' or 'when you're a little bit better, I'll accept you.' No, when he died on the cross for you and me, he died knowing absolutely everything we've ever done, are doing and will ever do, yet he still decided to die for us and to accept us for exactly who we are. So, we can stop living in the fear of rejection, knowing that the only person we truly need acceptance from... has already accepted us.

FEAR OF RIDICULE

Psalm 56 v 10-11

'In God,
whose word
I praise, in
the Lord,
whose word
I praise – in
God I trust
and am not
afraid. What
can man do
to me?'

day 06

READ.

Ridicule is a strange word but what this is basically saying is the fear of being humiliated by words spoken over us from other people or sometimes just the fear of being mugged off. Words are very powerful and we should be careful how we use them, they can either build people up or drag people down. When we're afraid of ridicule, it makes us worried or anxious and can stop us from living the life God intended us to live. Yes, we can't control what other people say to or about us, you're right. But, we can control the power these words have over our lives. Throughout the bible we see that Jesus was ridiculed and humiliated endless amounts of times, but did this stop him from living the life he was born to live? No it didn't because Jesus knew who he was and why he was here. He didn't let the words of man dictate his life and neither should we.

ROLE OF CHURCH

Acts 4 v 32-35

'All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had. With great power the apostles continued to testify to the resurrection of the Lord Jesus. And God's grace was so powerfully at work in them all that there were no needy persons among them. For from time to time those who owned land or houses sold them, brought the money from the sale and put it at the apostles' feet, and it was distributed to anyone who had need. '

day 07

READ.

Monks, pews, organs and expositions of the bible read in versions of English that we never even knew still existed. Whether this is your view of church or not, typically society can portray church as being a burden and certainly not the answer to the issues talked about this week. But, what if church wasn't the building, or the service, or the message you heard on a Sunday (whether engaging or not). The bible is straightforward when describing the church and how it can actually be the answer to today's problems of loneliness and anxiety. And actually, the early church presented in the book of acts describes the significance of the church within the lives of people. The church is the solution to humanity's need for community. And community is the antidote to loneliness and worry. Getting people around you that build you, believe in you and hold your future in front of you is what will have your life flourish. This passage gives the best portrayal of the church being the solution.



day 01
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02_2018

lonliness / anxiety / role of the church

QUESTIONS.

1. What are you going to do to start living without fear?
2. How does Philippians 4:6 speak to you and your current situation?
3. Why is the church important to us and how will it help us?
4. What stood out to you most this week?
5. What will you take away from this week?

02_2018 COMPLETE.