

## Isolation - Further Reading and Reflections

Listen/watch the message 'Isolation' at www.burslem.org.uk/newbeginnings

- 1. You are not designed to do life alone *Genesis 2:16*
- 2. **Don't confuse Facebook friends or Instagram followers with relationships** For Jesus' friendships see Matthew Luke 10:28-42, John 3:22, John 12:1-3
- 3. Be intentional about building relationships Matthew 4:18-22
- 4. Work on your people skills Galatians 5:22-23
- 5. When things get tough, run to people not away from people Ruth 1

## Questions to think about:

- 1. When do you feel most isolated and lonely? When you feel this way, what people or groups can you connect with to help improve this?
- 2. When things are tough, do you run to or away from people? Who can you start to intentionally develop a relationship with, so that in tough times you are not isolated? (If you don't know, pray God will show you.)
- 3. What people skills do you need the Holy Spirit's help in developing?



## **Ending Isolation as a church**

We want our church to be a place where isolation is a possible choice and not a default.

Here are some things that we can do to reduce isolation as a church

- 1. Engage with others outside your friendship group
- 2. Build relationships that extend beyond the church meeting
- 3. Connect with a church group beyond Sunday

We will be soon launching a church private Facebook Group: 'Burslem Elim Online'. Keep checking Instagram and Facebook for when they go live. This will be a chance to connect with and encourage each other.

If you would like to join our church WhatsApp group, follow the link, on your phone - <a href="https://chat.whatsapp.com/JiqhehxTxlaBlAHctanbp4">https://chat.whatsapp.com/JiqhehxTxlaBlAHctanbp4</a> or send Jim a message asking to join.

## **Further Reading:**

Philip Yancey, One Another - https://philipyancey.com/welcome-complication