

IT'S
COMPLICATED

IN A

HURTING

WORLD

HEALTHY RELATIONSHIPS

Jan 5: Designed to Connect | Chris Dolson

Jan 12: Loneliness | Michael Knapstad

Jan 19: Vision Sunday | Chris Dolson

Jan 26: Authenticity | Matt Metzger

Feb 2: Forgiveness | Charles Yu

Feb 9: Good Conflict | Matt Metzger





Loneliness = To experience disconnection from friends or community. To feel relationally remote, or isolated.

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- Loneliness is more lethal than obesity
- People connected to community were associated with a 50% reduced risk of early death

27 So God created mankind in his own image,
in the image of God he created them;
male and female he created them.

Genesis 1:27 (NIV 2011)

The background is black with several thick, hand-drawn style lines in red and grey. The red lines are more prominent and form various loops and curves. The grey lines are thinner and also form curved shapes, some overlapping the red lines. The overall effect is abstract and artistic.

Turn Towards Others

¹ How long, Lord? Will you forget me forever?

How long will you hide your face from me?

² How long must I wrestle with my thoughts
and day after day have sorrow in my heart?

How long will my enemy triumph over me?

³ Look on me and answer, Lord my God.

Give light to my eyes, or I will sleep in death,

⁴ and my enemy will say, "I have overcome him,"
and my foes will rejoice when I fall.

Psalm 13:1-4 (NIV 2011)



Turn Towards God

²⁷ About three in the afternoon Jesus cried out in a loud voice, "Eli, Eli, lema sabachthani?" (which means "My God, my God, why have you forsaken me?").

Matthew 27:46 (NIV 2011)

4 "Come near to God and he will come near to you."

James 4:8a (NIV 2011)