

who we are

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Community

November 17, 2019

We are in a loneliness epidemic.

- 46% feel lonely.
- 47 % feel left out.
- 54% feel that no one knows them well.
- Loneliness can lead to psychiatric disorders.

- “A big source of that misunderstanding is people’s tendency to confuse subjective feelings of loneliness with the physical state of social isolation. ‘You might meet people and be embedded within families, be married, but you might still feel a sense of disconnection from other people,’”
- Michelle H. Lim, Scientific Chair of the Australian Coalition to End Loneliness.

- Lim sees loneliness as more to do with the quality of the relationships people hold than the quantity of people they’re encountering day to day.

- “Feelings are indicators, not dictators.”

God’s solution to loneliness is a 4-Step Pathway to community with:

1. God (Upward) – (John 15:1-5 CSB)
2. Yourself (Inward) – (Colossians 3:3-4)
3. Your siblings in Christ (Outward) – (1 Peter 4:8-11)
4. Those outside of Christ (Outward) – (Matthew 9:10-13)

Soul-tattoo: Use the conversation guide to discuss this sermon with someone else.

**You can download the conversation guide weekly in the TC app.*