



Detox: From Being Alone

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Psalms 142:4 I look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one cares a bit what happens to me. (NLT)

Genesis 2:18 Then the Lord God said, "It is not good for the man to be alone. I will make a helper who is just right for him." (NLT)

As outrageous as it may sound, we will never feel whole until we experience community, first with God and then with other people. Without that we will inevitably sense something deeply awry in the depths of our soul. — Lee Strobel

5 Ingredients to Mutually Fulfilling Friendships

Ingredient #1: AFFINITY — Celebrating what we hold in common

Proverbs 18:24 A man of many companions may come to ruin, but there is a friend who sticks closer than a brother. (ESV)

Ingredient #2: ACCEPTANCE — Relating on an "as is" basis

Romans 15:7 Therefore, accept each other just as Christ has accepted you so that God will be given glory. (NLT)

A friend is one who knows you as you are, understands where you've been, accepts who you've become, and still gently invites you to grow. — David W. Smith

Ingredient #3: AUTHENTICITY — Feeling safe enough to be real

Romans 12:9-10 Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. Love each other with genuine affection, and take delight in honoring each other. (NLT)

Ingredient #4: ASSISTANCE — Putting our friends first

Proverbs 27:17 As iron sharpens iron, so a friend sharpens a friend.

Ingredient #5: AFFIRMATION — Cheerleading your friends

1 Thessalonians 5:11 So encourage each other and build each other up, just as you are already doing.

Connecting with the Message:

Information (the message) + Application (my response to the message) = Transformation (Becoming more and more like Jesus)

- ☐ I will spend some time evaluating my relationships, asking myself what attitude I bring into my friendships — critical and judgmental or accepting and gracious?
- ☐ Realizing that I need some assistance right now, I will reach out and ask a trusted friend to keep me accountable to who it is that I know God wants me to be.
- ☐ I will go out of my way to speak life and affirm to the friends and family that God has surrounded me with. Whether it be sending a text, Facebook message or taking someone to coffee, I will let others know how much I care about them and how much I value my relationship with them.
- ☐ I will join a Group in an effort to build relationships that will help me to grow both as a person and a follower of Jesus.