



*Connected & Connecting*

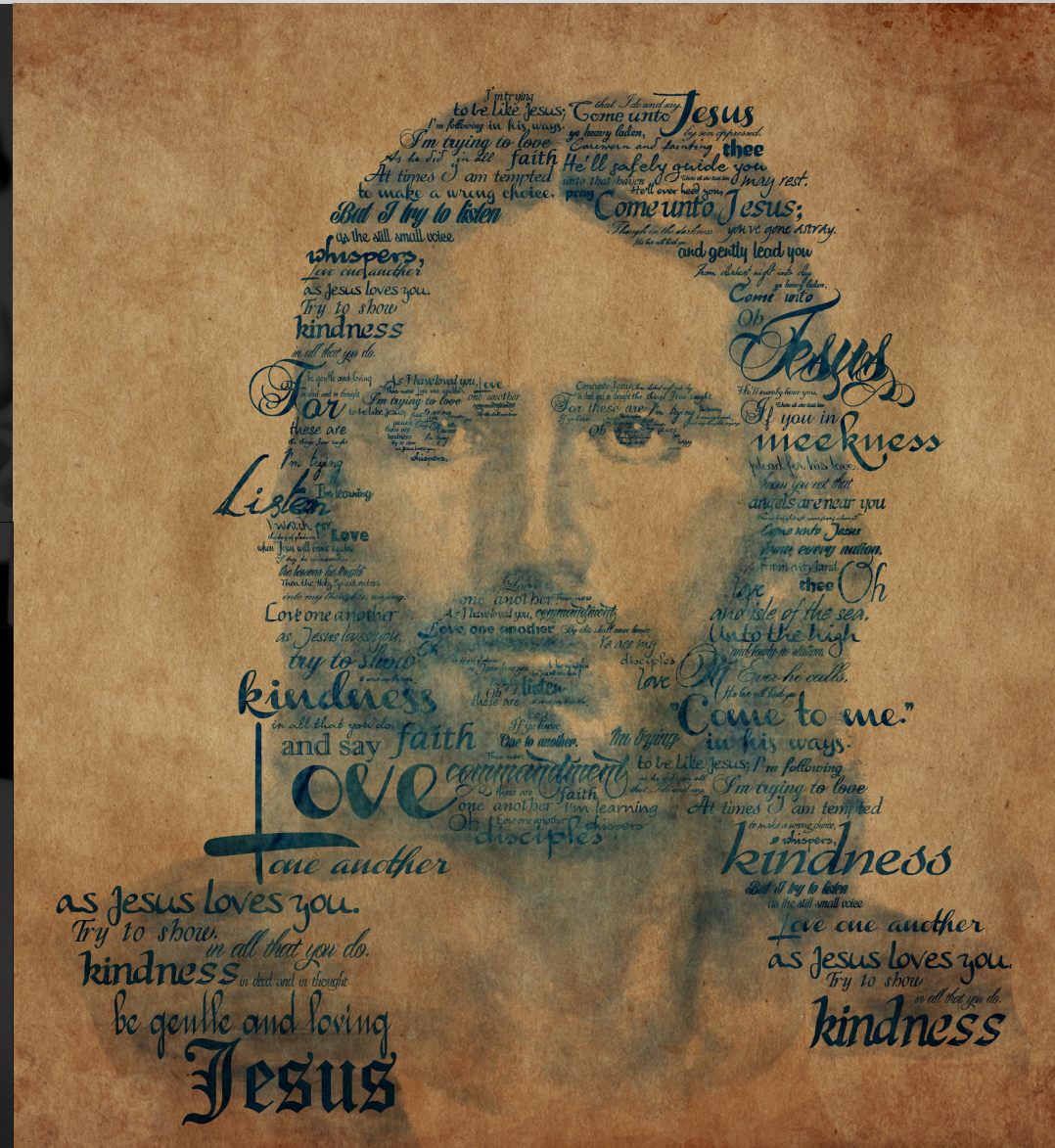
# Become Like Jesus

## THE PRACTICES OF A DISCIPLE:

1. BE WITH JESUS
2. BECOME LIKE JESUS
3. DO WHAT JESUS DID

“MAKE SURE YOU AREN’T LIVING A ‘**VAMPIRE CHRISTIANITY**’ WHERE WE SAY TO JESUS, “I’D LIKE A LITTLE OF YOUR **BLOOD**, PLEASE. I DON’T WANT TO BE YOUR **STUDENT** OR HAVE **YOUR CHARACTER**. IN FACT, EXCUSE ME WHILE I GET ON WITH **MY LIFE**, AND I’LL SEE YOU IN **HEAVEN**.”

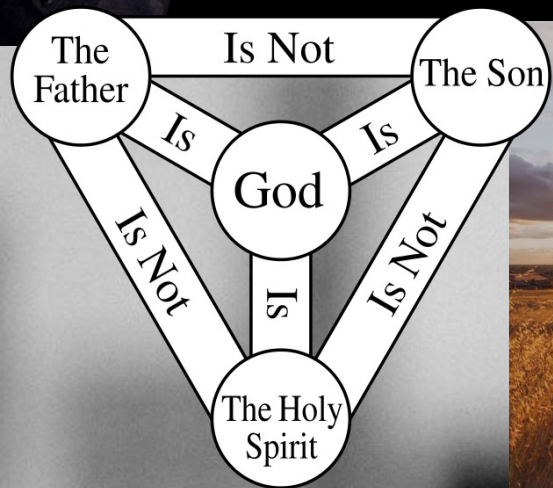
- DALLAS WILLARD -



# Designed for Connection

**Spiritual people** are not those who engage in certain spiritual practices; they are those who draw their life from a **conversational relationship with God.**

— Dallas Willard



CONNECT

WITH

GOD

Research shows strong social support has a positive impact on:



Cardiovascular system



Neuroendocrine system



Immune system



Inflammatory processes

Research shows weak social support can lead to:



Depression



Cognitive decline

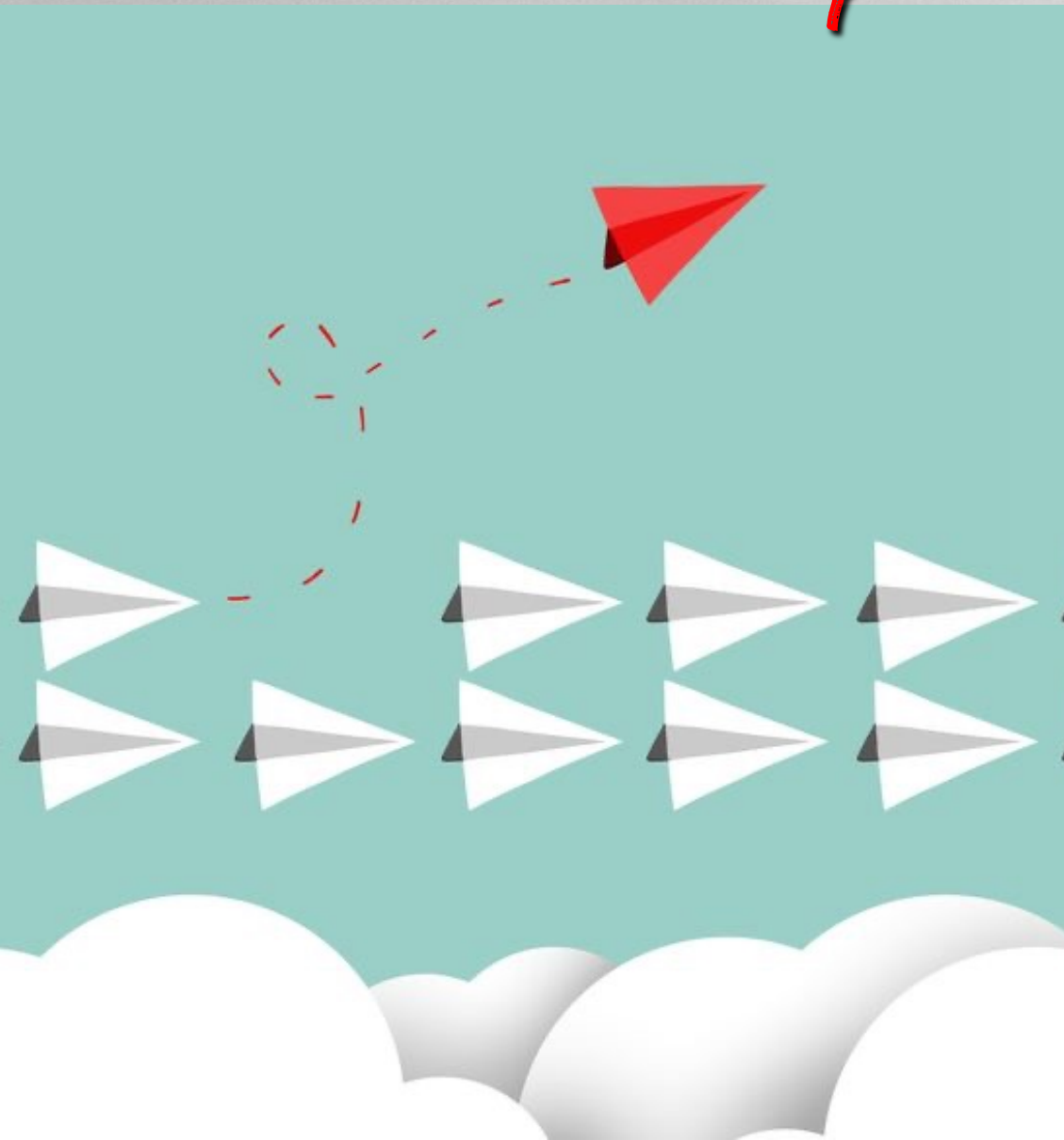


Poor wound healing



Delayed cancer recovery

# Individualism & Competitive Self-Interest



# Commitment Not Sameness



THEY DEVOTED  
★ THEMSELVES ★  
TO THE APOSTLES' TEACHING  
& TO  
FELLOWSHIP,  
to the BREAKING of bread  
& TO  
Prayer

# A Widening Circle

BEFRIEND JESUS,  
BEFRIEND OTHERS,  
AND CONNECT  
WITH PEOPLE  
REGARDLESS OF  
WHERE THEY ARE  
ON THEIR JOURNEY.

THEY WERE FROM EVERY  
RACE, TRIBE, NATION,  
AND LANGUAGE AND  
THEY STOOD BEFORE  
THE THRONE AND  
BEFORE THE LAMB.

*Revelation 7:9*

# Take It Home:

- 1. Gauge your connection with God.** What practices can you engage in that will move that needle to a healthy place?
- 2. Gauge your level of connection with those outside of your family unit.** In what ways can you foster new, diverse friendships for the sake of your health and well-being?
- 3. Gauge the quality of your connections.** Are you connecting over things you love, or spending time talking about things you hate?
- 4. Gauge your level of commitment to other believers (Church).** In what ways can you begin to deepen those relationships and make them a priority?
- 5. Gauge the diversity of your community.** Pray that God will open your eyes to the lonely that God wants to set in your family.