

# *St. Luke Church, Athens Ga.*

*Man To Man ..... 864-064-8616*

*408-638-0968 ... Dial in*

## *Man To Man*

*Breaking The Cycle of Isolation ... We Need each other*  
*Proverbs 16:1-4*

*Rev. Dr. Clarence Jackson; Pastor*

*[st.lukeathens2020@gmail.com](mailto:st.lukeathens2020@gmail.com)*

*[stlukeathens.org](http://stlukeathens.org)*

*\$stlukechurch ... Cash App*



*Divine Thinking, Produces Godly Actions*





***Ecclesiastes 4:9-12***

***Breaking The Cycle ... We Need Each Other***

*Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone?*

*King Solomon is encouraging us to appreciate the strength found in relationships, teamwork, and mutual care. Two people working together achieve more than they would individually. Their combined efforts yield a good return a combined effect that enhances productivity and effectiveness.*

***Why do we need each other?***

# ***BUILDING RELATIONSHIPS***

## ***Social Connection:***

*Humans are inherently social beings. We evolved to depend on and cooperate with each other, which was crucial for survival in harsh environmental conditions. Even though the survival threats have lessened in today's world, the need to affiliate with others remains strong.*

## ***Emotional Support:***

*Interaction with others helps release vital chemicals in our bodies that aid in physical, emotional, and intellectual health and well-being. Being with others can help us feel wanted, useful, and part of a community.*

## ***Personal Growth:***

*We learn from each other. Relationships with others can challenge us, leading to personal betterment. They provide opportunities for awareness, enlightenment, and understanding different perspectives.*

***Let's talk about the importance of building relationships?***

# *Breaking The Cycle of Isolation*



*People need each other for emotional support, mental health, personal growth, social connection, and practical assistance. Our relationships enrich our lives and contribute to our overall well-being. Reflect on your past experiences that led to distrust. Trust is a process, and each step you take brings you closer to healthier connections. When you feel better, it positively influences your interactions with others. Working together means combining individual strengths, communicating openly, and supporting one another to achieve shared objectives.*

***How do we begin to work together?***

## ***SUPPORTING OTHERS***

***Establish and Maintain Relationships;*** Make an effort to stay in touch with family, friends, and acquaintances. Regular contact can help deepen these connections.

***Expand Your Social Network;*** Try to meet new people by joining clubs, classes, or groups that align with your interests or values. Building social connections takes time and effort, but the rewards of having supportive and meaningful relationships are well worth it.

***Be Supportive:*** Offer support to others and don't hesitate to reach out when you need help. Mutual support is a key component of strong social bonds.

***Share Experiences;*** Sharing experiences helps us communicate, connect, and empathize with others, it also teaches us about compromise and fairness. Our experiences can give us an insight into who we are, who others are, and can make our lives more meaningful and satisfying.

***How can we break the cycle of the isolated mindset?***





## *Easy As 1...2...3*

*I Can and I Will*

*Be Authentic, Be Connected, Be Better*

- 1. Be Authentic: Reflect on who you are when you're not wearing a mask or betraying your core values. Understand what truly matters to you and what brings you joy.*
- 2. Be Connected: Share your thoughts, feelings, and experiences with others. Vulnerability fosters deeper connections and allows people to understand you better. Genuine connections enrich our lives and contribute to our overall happiness and well-being*
- 3. Be Better: Improving ourselves is a lifelong journey, and there are effective strategies we can adopt to enhance our learning and personal growth.*

*What is your point of application?*

# Conclusion

## ***Breaking The Cycle of Isolation ... We Need each other***

*Begin by reaching out to friends or family members. Attend social events or join clubs or groups related to your interests. Gradually increase your social interactions .*

*Breaking the cycle of isolation takes effort, but each small step brings you closer to meaningful connections.*

***The more we break the cycle of isolation, the more we get involved with others, the greater impact we have on the lives of others.***

*Ecclesiastes 4:9; Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up.*