

Life Together
The Prerequisites for Community

May 9, 2010

Prerequisites for Community

1. Focus on others

Independence hinders community

“The sad truth of being alone is often the flip side of freedom and putting ourselves first. When we pursue our own dreams and make our own choices, that pursuit often takes us away from friends and family.” (*Generation Me*, p. 115)

Independence hinders community

“There is nothing wrong with individual freedom, of course; this is the advantage of the social change of the last few decades. But there are consequences, and loneliness is often one of them. . . . One of the strangest things about modern life is the expectation that we will stand alone, negotiating breakups, moves, divorces, and all manner of heartbreak that previous generations were careful to avoid.” (p. 116)

I am a Rock

I've built walls,
A fortress deep and mighty,
That none may penetrate.
I have no need of friendship; friendship
causes pain.
It's laughter and it's loving I disdain.
I am a rock,
I am an island.

I am a Rock

And a rock feels no pain;
And an island never cries.

Prerequisites for Community

1. Focus on others
2. Share what you have
3. Spend time together
4. Build lasting relationships

Timothy's family

"I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice and now, I am sure, dwells in you as well."
(1 Tim. 1:5, ESV)

The problem of mobility

"That's the other sad reality: not only is GenMe single for longer, but we often don't stay in one place long enough to make friends. More than 1 out of 4 people aged 25-29 moved between 2002 and 2003." (p. 114)

The results of isolation

"Isolation and loneliness readily leads to anxiety and depression. A mountain of scientific evidence links loneliness (and being alone) with negative mental health outcomes. . .

The results of isolation

"When you consider the loneliness felt by many young people today, it's surprising that more of us aren't depressed. I often feel that many of us are one breakup or one move away from depression—our roots are not deep enough, our support systems too shallow." (p. 115)

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1. Focus on others
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4. Build lasting relationships
5. Get involved

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Additional Information

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Sermon audio can be found on the church
web site at <http://cfcberkeley.org/english/>
(look under Equipping Ministry/Sermons)