

The State of Connection

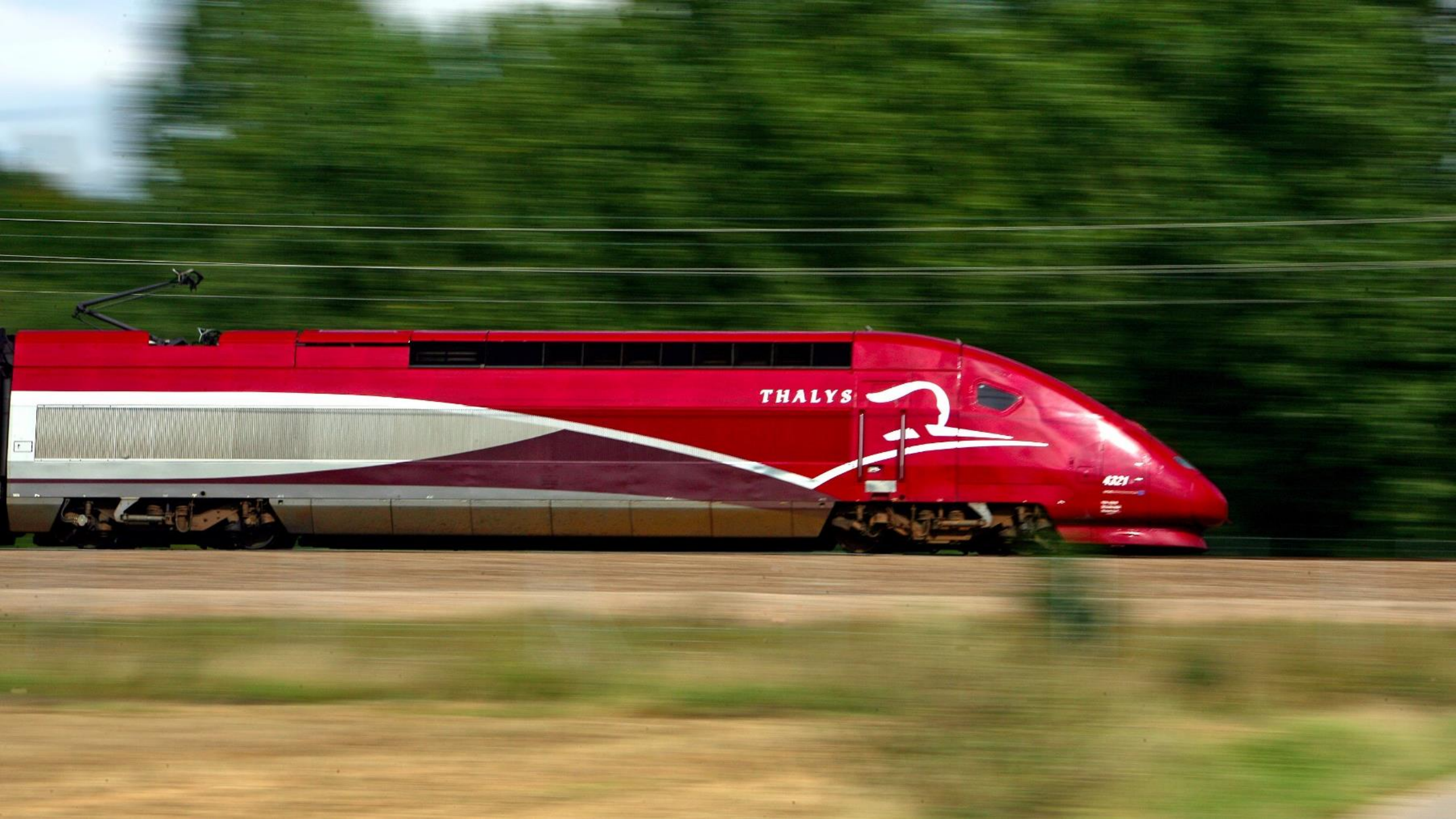
Acts 2:42-47

January 21, 2024



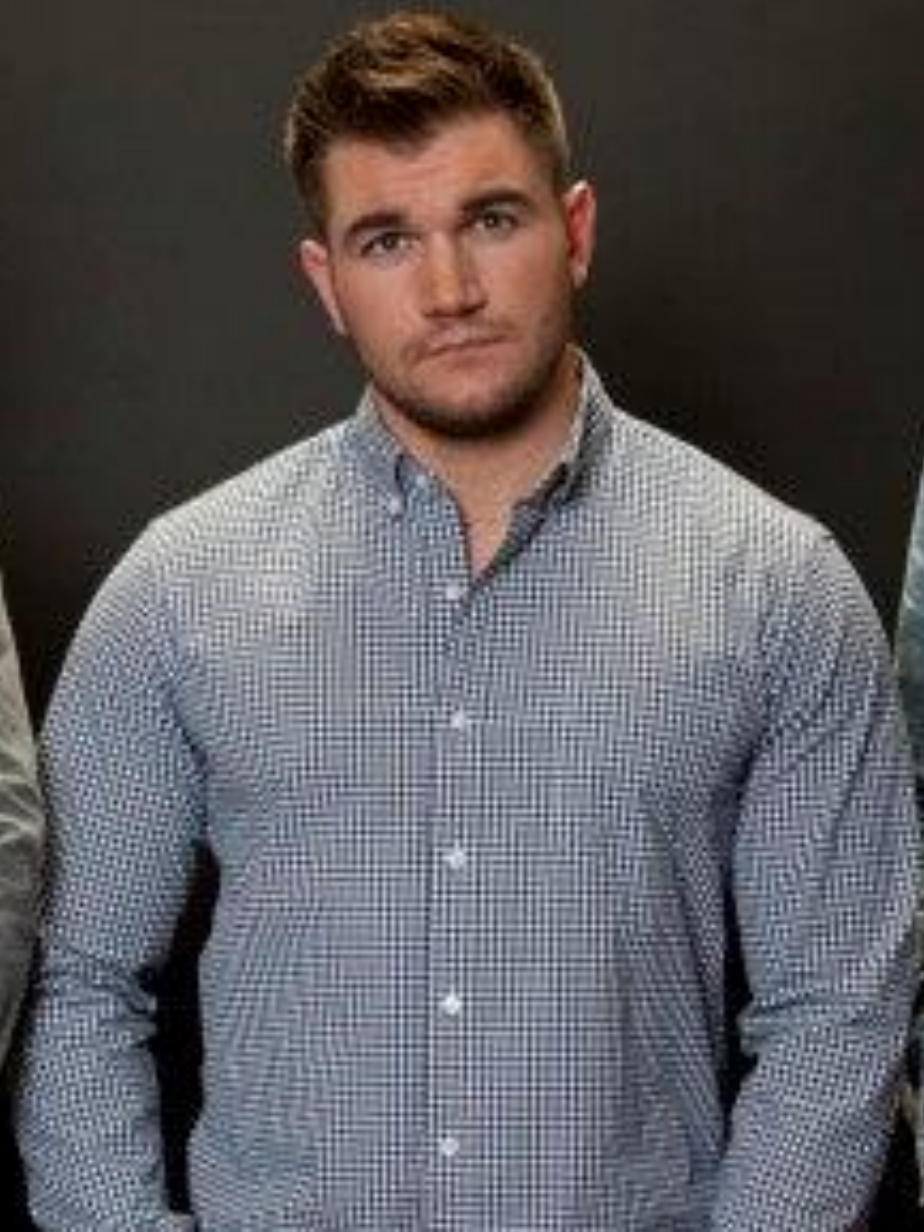
























The State of Connection

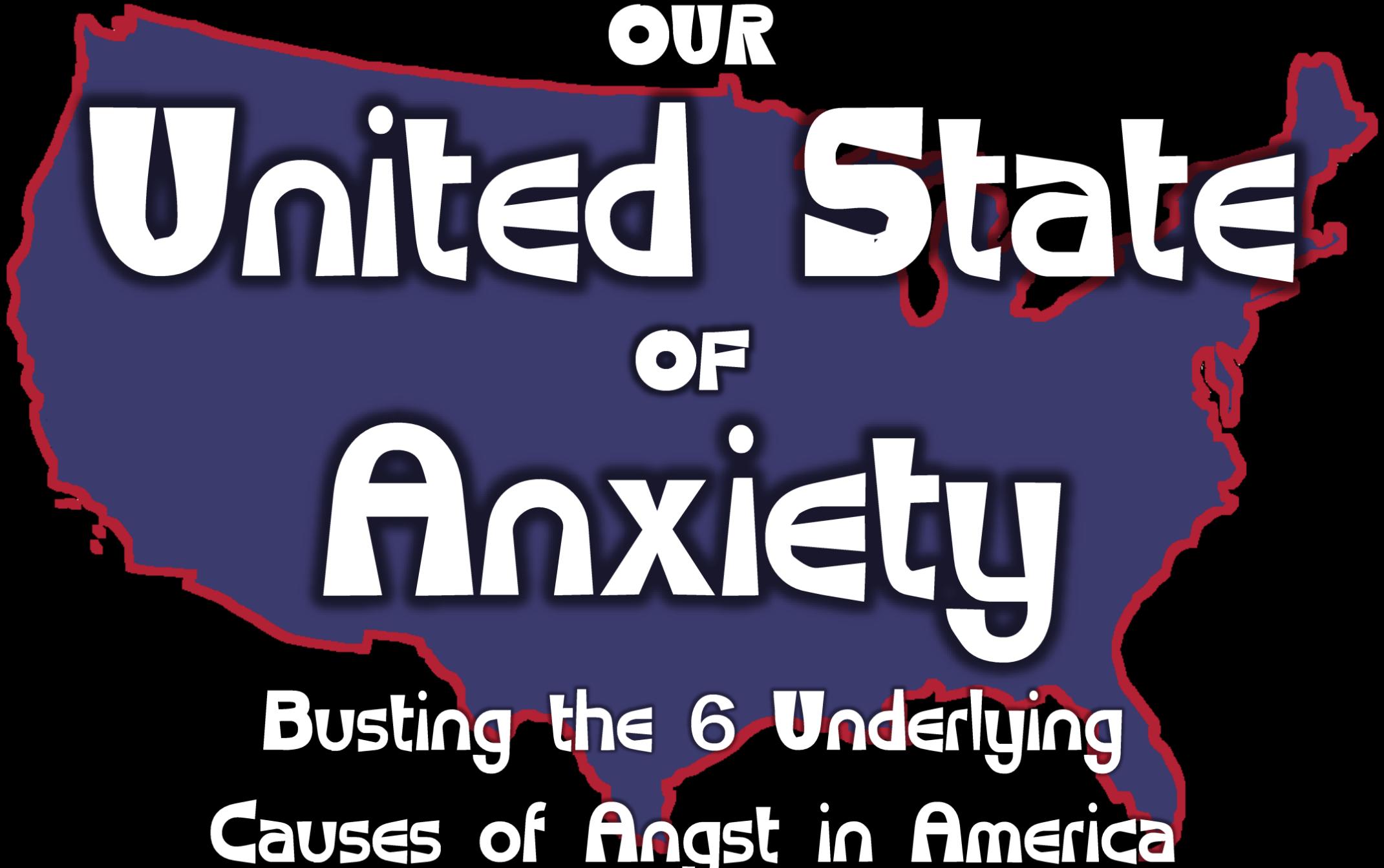
Acts 2:42-47

January 21, 2024

The image shows the front cover of a book. On the left, there is a portrait of a man with dark hair, smiling slightly, wearing a dark button-down shirt over a black t-shirt. The background of the cover is a light blue-grey color with a subtle, mottled texture. In the upper right, a white circular badge contains the text '#1 NATIONAL BESTSELLING AUTHOR'. The title 'BUILDING A NON-ANXIOUS LIFE' is printed across the center and right side of the cover. 'BUILDING A' is in a smaller, light blue font, while 'NON-ANXIOUS' is in a large, bold, white font, and 'LIFE' is in a large, bold, light blue font.

#1 NATIONAL
BESTSELLING
AUTHOR

BUILDING A **NON-**
ANXIOUS
LIFE



OUR
United State
OF
Anxiety

**Busting the 6 Underlying
Causes of Angst in America**

The State of Connection

Acts 2:42-47

January 21, 2024

Acts 2:42-47 (ESV): “They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer. 43 Everyone was filled with awe at the many wonders and signs performed by the apostles. 44 All the believers were together and had everything in common. 45 They sold property and possessions to give to anyone who had need....”

**The State of
Connection**

“...46 Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, 47 praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.”

The State of Connection



The State of Connection

The State of Connection





The State of Connection

The State of Connection



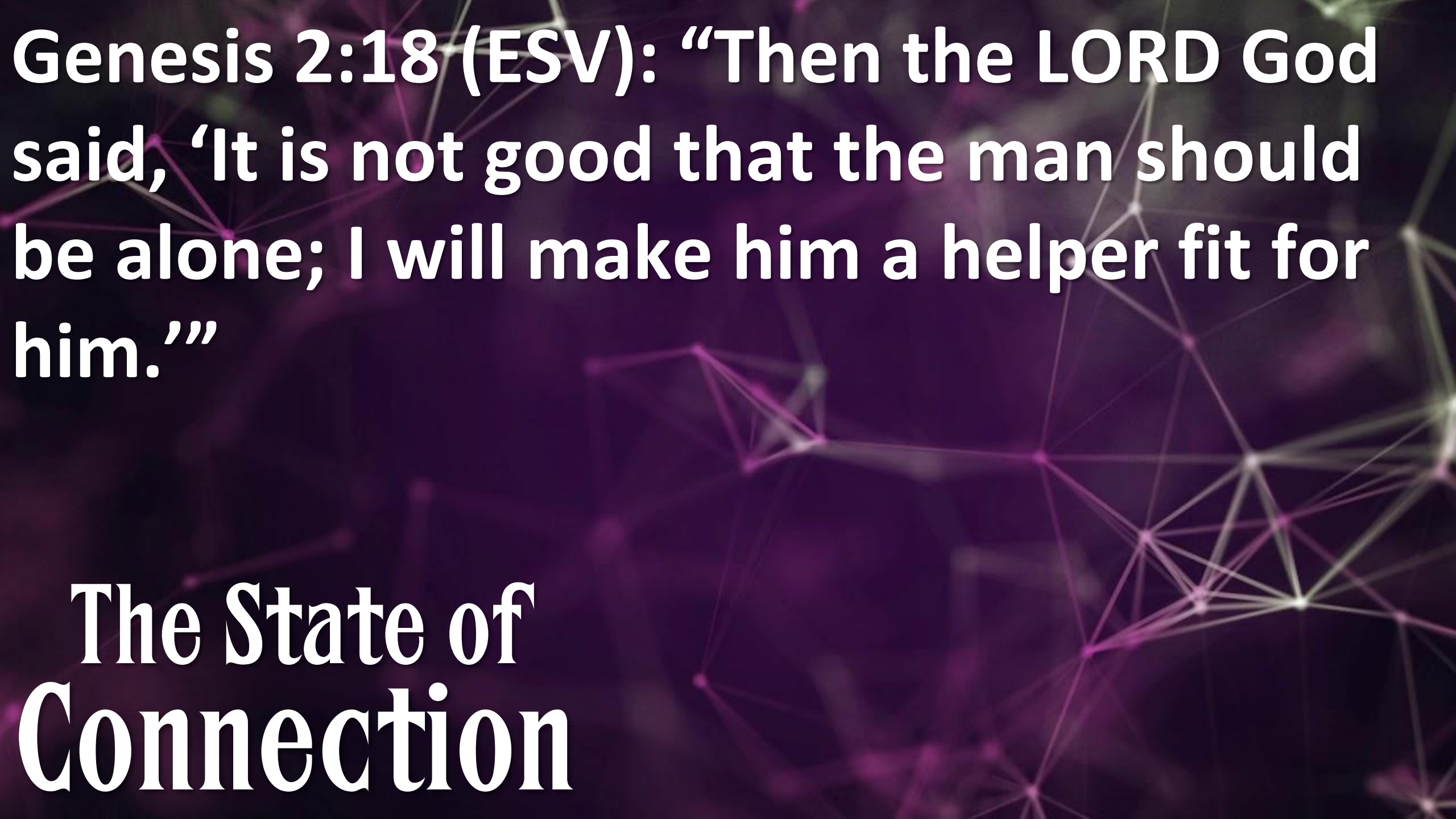


The State of Connection

Ecclesiastes 4:9-12 (ESV): “Two are better than one, because they have a good reward for their toil. 10 For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! 11 Again, if two lie together, they keep warm, but how can one keep warm alone? 12 And though a man might prevail against one who is

**The State of
Connection**
not

alone, two will withstand him—a threefold cord is quickly broken.”



Genesis 2:18 (ESV): “Then the LORD God said, ‘It is not good that the man should be alone; I will make him a helper fit for him.’”

The State of
Connection

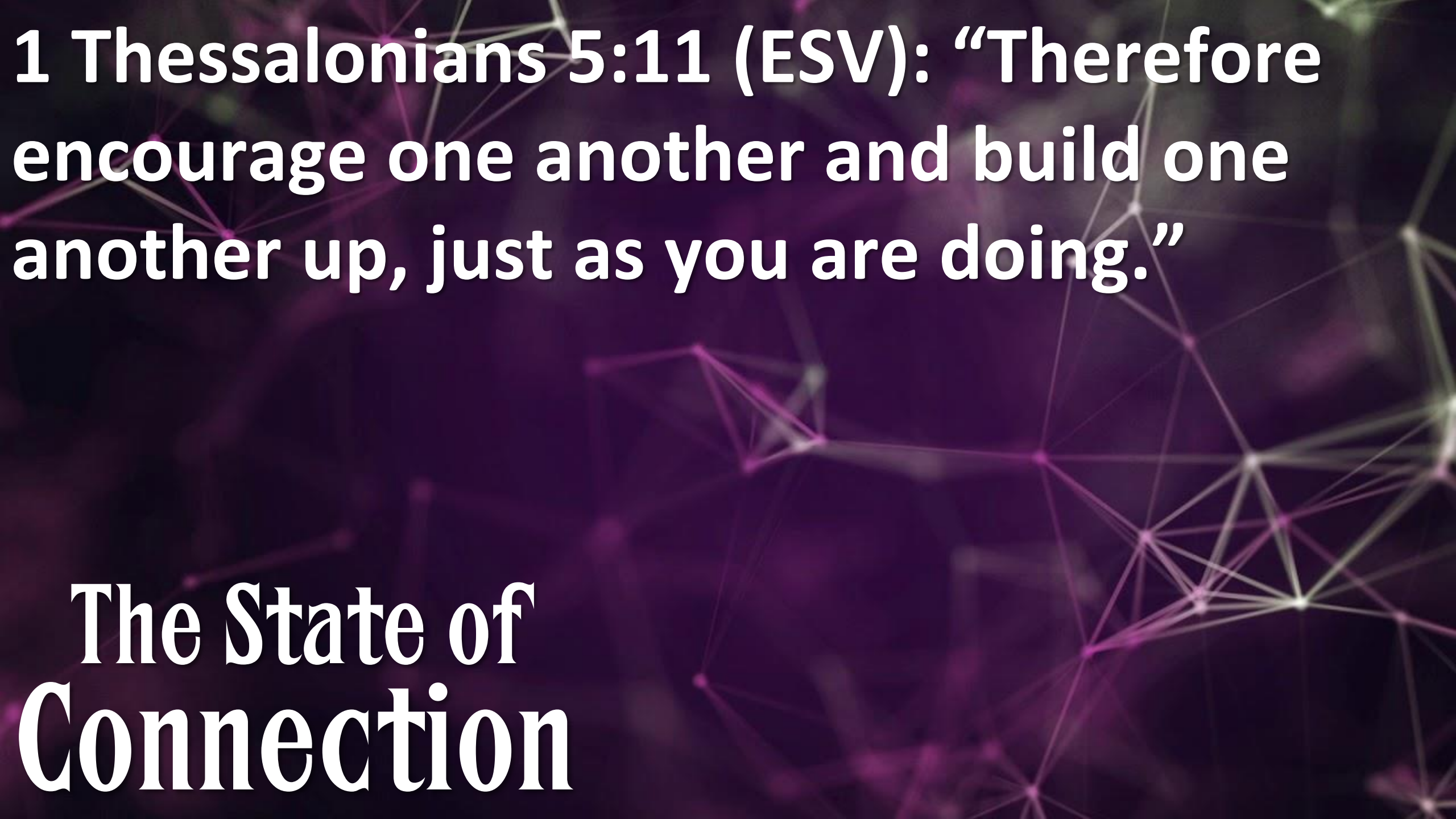
The State of Connection

Acts 2:42-47

January 21, 2024

YOU NEED PEOPLE EVEN WHEN YOU DON'T.

Main
Point



1 Thessalonians 5:11 (ESV): “Therefore encourage one another and build one another up, just as you are doing.”

**The State of
Connection**

“Half of you have no one to call, even in the case of an emergency. Imagine your body laying down to sleep every night and the deep-seated part of your brain responsible for keeping you alive looks around and recognizes you have nobody to help you out if you’re overcome with a full-blown asthma attack....”

The State of Connection

“...Or if you were to slip coming out of the bathroom at 4:00 am. It’s like waking up and finding yourself with no place to call home. Or no insurance. Or no emergency fund. This is you without a safety net, and your body knows it. Like it or not: Other people are your emergency fund for life.”

The State of Connection

(From Dr. John Deloney’s book
Building a Non-Anxious Life, page 115)



The State of Connection



The State of Connection

Acts 2:42-47

January 21, 2024



GIVE ME AFFINITY OR GIVE ME DEATH.

Application

Hebrews 10:24-25 (ESV): “And let us consider how to stir up one another to love and good works, 25 not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”

**The State of
Connection**

“Love is serving and meeting others’ needs from a place of strength and joy, not desperation and approval seeking. As you do this, you’ll naturally pull your gaze up from staring at your belly button to seeing the eyes of the loved ones and strangers standing right in front of you. This is choosing connection. This is the non-anxious life....”

**The State of
Connection**

“...Love works. The non-anxious person rejects loneliness. He or she chooses connection, even when it's hard. You choose love over hate, friendship over disconnection, and awkwardness over networking. This is an entry point toward a non-anxious life.”

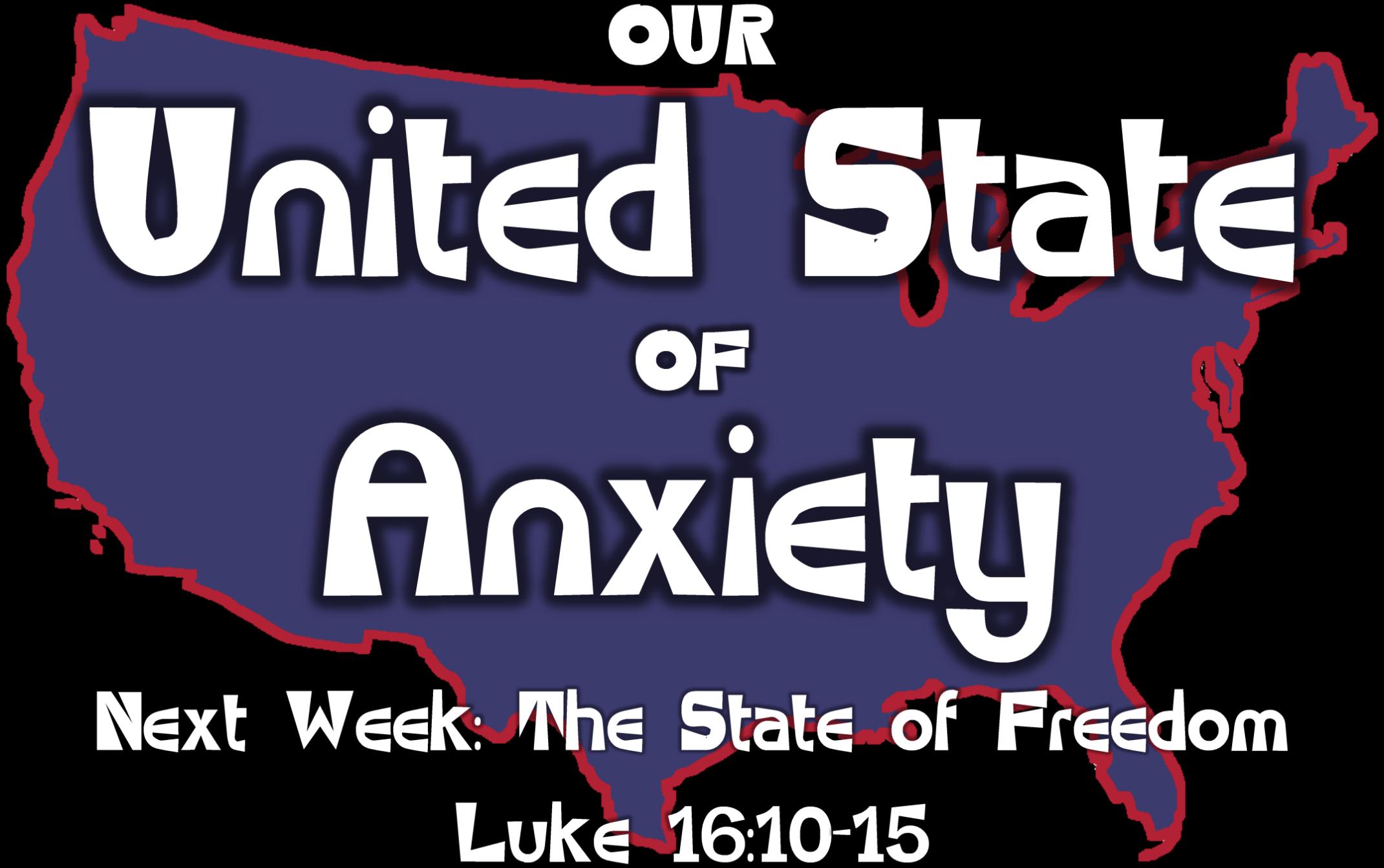
The State of Connection

(From Dr. John Deloney's book
Building a Non-Anxious Life, pages
134-135)

The State of Connection

Acts 2:42-47

January 21, 2024



OUR
United State
OF
Anxiety

Next Week: The State of Freedom

Luke 16:10-15