

SERIES: New Year, New You
SERMON: Friendships
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Genesis 2:18 Then the Lord God said, "It is not good for man to be alone."

I want to begin by mentioning how it's imprinted in all of us, even at a very young age. To seek companionship/friendship at a very early age.

- In a lifetime, you make 396 friends, but only 1 out of 12 friendship lasts.
- Not having any friends can be dangerous to your health, just as bad as smoking or being overweight
- Your brain reacts the same way when you are in danger as when a friend is.
- Close friends share about 1% of their DNA. A recent study suggests that close friends share 1% DNA making them as close genetically as fourth cousins.
- Your close friends influence your weight and your health habits.
- Interesting fact: Friendship is the emotion babies recognize even before they start walking or talking.
- Study conducted at the University of Chicago, even young babies can understand social relationships, especially friendship, before they can walk or talk. Infants are able to watch strangers interact and then make inferences about whether those two people are likely to be friends.

Speaking of young age.

"How I use Kylee as a place of motivation." The impact she already has on my daughter's life.

Move towards the value of an individual

A person can bring the greatest joy or our deepest pain. We can never say that you are not influential, or you cannot make an impact, because you are not on stage or you are not a leader.

Being a son or daughter of God makes us automatically influential.

Matthew 5:13 & 14 "You are the salt of the earth." V.14 "You are the light of the world-like a city on a hilltop that cannot be hidden."

Through that power of influence- enemy has come in to destroy peoples lives and give them a new destiny.

Because the enemy knows the importance on who you hang around with matters.

There's two ways I want to focus in on that the enemy wants to remove you from your promise land or your destiny.

2 Ways Enemy uses People to Destroy You

1. Isolation – Will always make you feel like "People are the problem"
2. Toxic People – Will always make you feel like "You're the problem"

I want to begin with Isolation.

- What isolation does is that Your world dies before you do.
- Loneliness is breaking our hearts. It begins emotionally and then physically
- Social isolation is a growing epidemic-
- Loneliness has doubled from 20% to 40% since the 1980s
- Individuals with less social connection have disrupted sleep patterns, altered immune system, more inflammation and higher levels of stress hormones.
- Isolation increases the risk of heart disease by 29% & stroke by 32%
- Socially isolated individuals had a 30% higher risk of dying in the next 7 years, and that this effect was largest in middle age.
- Decline in cognitive thinking in older adults
- Isolated individuals are twice as likely to die prematurely as those with more robust social interactions .
- Socially isolated children have significantly poorer health 20 years later.
- Loneliness is as important a risk factor for early death as obesity and smoking.
- Loneliness is contagious: when one person becomes lonely, he withdraws from his social circle and causes others to do the same.

Cause of Isolation: Social cues, sensitivity, taking this personal, easily offended...

A psychology professor encourages people to continue regular attendance at services where you will benefit from community.

It's knowing you're valued and a contributing to something bigger than yourself brings you out of isolation.

- Studies show isolated people become easy targets
- Isolation makes them more paranoid
- In warfare and most games of strategy, isolation often precedes defeat and death.
- Isolation creates awkwardness in your gestures, and leads you further to isolation.
- No hunter can fix his aim on such a swift moving creature or in a pack, or herd.
- Enemy wants to isolate you from your allies.

Isolation creates toxic people –

Toxic People 1 Corinthian 15:33

“Do not be misled: Bad company ruins good character.”

How to Spot them

1. Negativity
2. Breaking you down instead of building you up
3. Corrupting your integrity, values, an character
4. Suffocation- walking on egg shells
5. Manipulation
6. Removing faith and adding doubt

David's brothers were toxic.

1 Samuel 17:26 and v. 28-31 NLT version

40 days and 40 nights- Goliath was shouting and taunting the people of God on who will fight him.

If David was around his brothers- we wouldn't have one of the greatest stories in the Bible David and Goliath

What would become of him.

The Damage that happens

Proverbs 13:19 "It is pleasant to see dreams come true, but fools refuse to turn from evil to attain them."

Proverbs 22:24-25 "Don't befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul."

How to detox the toxic waste

Impact

Genesis 11:5

Mentorship and Community

Making a life altering decision

- Someone who goes to homegroup is 5 more times more likely to be at church 5 years later than someone not in the homegroup.
- People who are in groups give significantly higher than those that are not in groups
- People in home groups are way more likely to read their bible regularly than those that are not in the group.
- People in the group are more likely to outreach and evangelize than those that are not in.

Don't be afraid of losing people, be afraid of losing your destiny

Homegroup/Community Statistics:

It's not just about Believing but Belonging

The people with whom you habitually associate are called your "reference group" and these people determine as much as 95% of your success or failure in life." Social Psychologist Dr. David McClelland of Harvard

You are the same today that you are going to be in five years from now except for two things: the people with whom you associate and the books you read."

We become the combined average of the five people we hang around the most." Jim Rohn Motivational Speaker

The quality of our health, attitude, and income come from the people around us we eat what they eat, talk like they talk, read what they read, think like they think, watch what they watch, and dress like they dress.

The group you associate with often determines the type of person you become.

Proverbs 13:20 "Walk with the wise and become wise; associate with fools and get in trouble."

Proverbs 27:9 “The heartfelt counsel of a friend is as sweet as perfume and incense.”

Proverbs 24:6 “So don’t go to war without wise guidance; victory depends on having many advisers.”

Think who you’re spending the most time with, for wherever they are headed, so are you.

- Maybe some of you are thinking I’m at church, I go to home group but I don’t see the results I want.
- Just because you are in a better growth environment won’t help you much if you don’t do everything in your power to make the most of it.

How to Spot them

1. People with high standard-integrity
2. People who are positive
3. People who are ahead of you
4. People who lift you up instead of knocking you down
5. People who are growing

Be ruthless in the people you surround yourself. My first advise to people who are trying to change, is I ask who is a

When all the zebras keep together as a big group the pattern of each zebra’s stripes blends in with the stripes of the zebras around it.

This brings confusion to the predator; the lion has trouble picking out their prey