

OVERCOMING LONELINESS

IN A SOCIAL DISTANCING WORLD



Part 3

Harmony with One Another

This week Pastor Ken continued the series called *Overcoming Loneliness in a Socially Distanced World*. We are looking together at how to stay connected to God and with others in our technology-driven world. So gather with your family, with your friends on-line, or go through these points alone each week and let's grow together.

The LORD God said, "It is not good for the man to be alone... Genesis 2:18

1. Conflicts in relationships are a part of life but God wants us to life in harmony with one another (read 2 Timothy 2:14, Romans 14:19 and 1 Corinthians 1:10).
2. Pastor Ken gave us four skills to have harmony. The first one is to practice humility (read Philippians 2:3 and 1 Peter 5:5). Discuss some ways that you can be humbler.
3. The second skill is to practice kindness (read Ephesians 4:32). Everyone has an emotional tank that fills up when you say and do positive things but it empties with negative words or actions. Let's fill up other peoples tanks by being kind. Who can you show some kindness to this week at school or work or in your family?
4. The third skill is to practice patience (read Colossians 3:13-15). We are all under construction so give others time and space to grow. What is one situation that you need to be patient in that you can work on this week?
5. The fourth skill is to practice forgiveness (read Colossians 3:13 and Matthew 6:12). Who do you need to forgive today? Forgive them right now and then reach out to them to repair your relationship.

Close in prayer