

HABITS

FOR THE WEARY SOUL



Happy Valentine's Day



EXERCISE

In a Group or Alone?

Does it make a difference?

Group Exercising Results

+ 12.6% Mental Health

+24.8% Physical Health

+26.0% Emotional Health

+26.2% Reduction of Stress

Exercising Alone Results

No Significant Changes

+11% Mental Health



Better doing life together or alone?

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SPIRITUAL
FRIENDSHIP

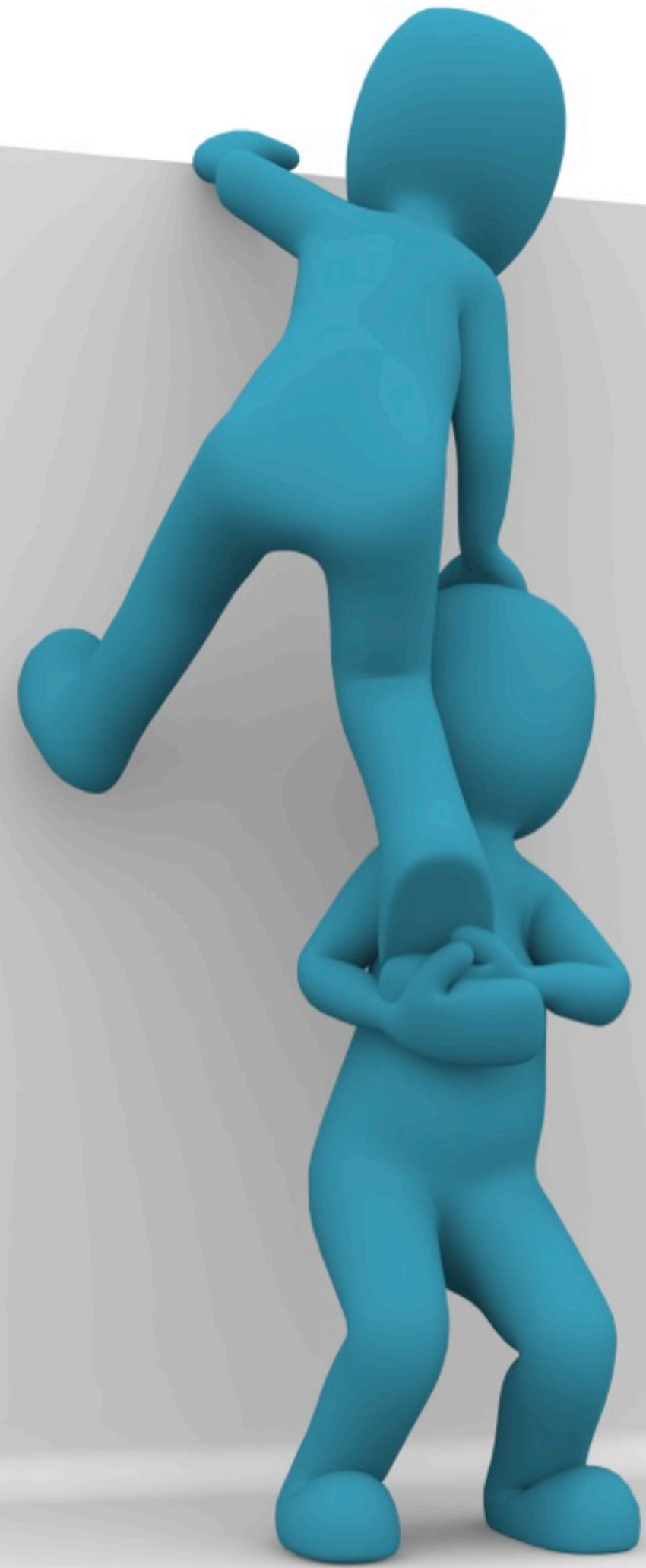


[Spiritual friendship] is eagerly helping one another know, serve, love, and resemble God in deeper and deeper ways.

Timothy Keller

In a culture in which loneliness is the norm and competition is the default, genuine friendship is a rare gift.





Two are
better
than
one

Ecclesiastes 4:9



John 15:9-15

9 “As the Father has loved me, so have I loved you. Now remain in my love. 10 If you keep my commands, you will remain in my love,

**just as I have kept my Father's
commands and remain in his love.
My command is this: Love each
other as I have loved you.**

**13 Greater love has no one than
this: to lay down one's life for
one's friends. 14 You are my
friends if you do what I command.**

**15 I no longer call you servants,
because a servant does not know
his master's business. Instead, I
have called you friends, for
everything that I learned from my
Father I have made known to you.**



Boost Your Immune System

Four Levels of Friendships.

Public Space Friends – crowds listening and watching

Social Space Friends – people known low interaction

Personal Space Friends – consistent interaction

Intimate Conversation – close friends - sharing openly and completely

SF - Loving

“My command is this: Love each other as I have loved you.”

Loving and Accepting

SF - Intentional

“I have called you friends, for everything that I learned from my Father I have made known to you.”

Teaching / Correcting

SF - Authentic

I no longer call you servants.... Instead, I have called you friends,

Sharing Burdens & Confessing Sins

Encouraging & Praying for Each Other

What's your plan?

Go solo?

Partner and build

new friends?

**A friend loves at all time
and a brother is born for adversity.**

Proverbs 17:17

Knowing-Jesus.com



Levels of Involvement at SRC

Attend Church

Interact Socially with Others

Small Groups (8-12)

Discipleship Group (3)

Where are you? Make a move.

Respond today

Or E-mail



Jerry@shelterrockchurch.com

Jack@shelterrockchurch.com

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SF - Authentic

**“I no longer call you servants...
instead I call you friends.”**

Sharing burdens – Confessing sins

Encourage and Pray for each other

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