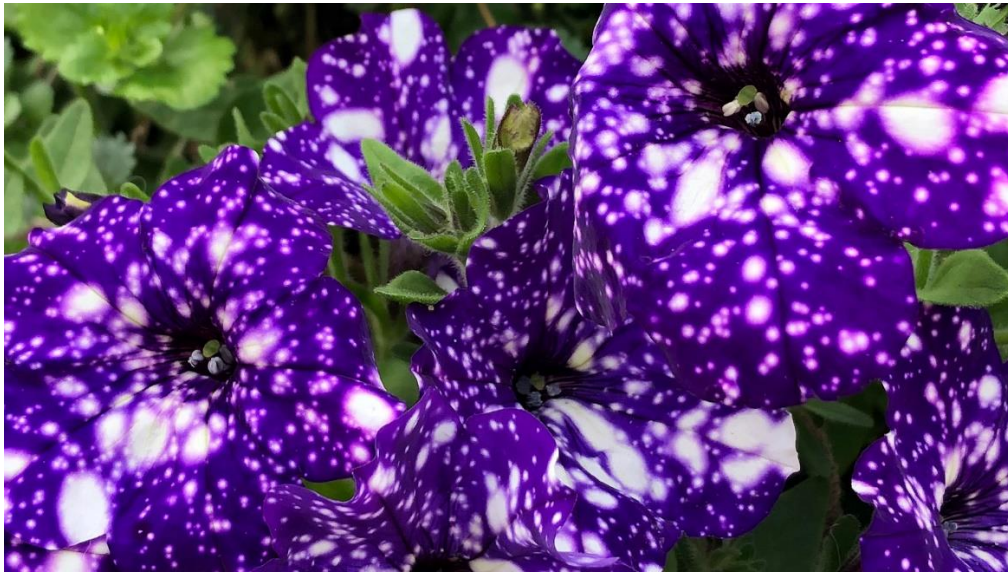


Resources for July/August 2022 SOCIAL WELLNESS



“God has designed humans to be social. We are most in his image when we are in community with others, sharing God’s love and supporting one another.” —ConnectUS

Here are some of our favorite verses that remind us of the value of social wellness. Which one speaks most to you?

- *“My command is this: Love each other as I have loved you.” John 15:12 NIV*
- *“And let us consider how we may spur one another on toward love and good deeds. Hebrews 10:24 NIV*
- *“Two are better than one, because they have a good return for their labor.” Ecclesiastes 4:9 NIV*
- *“Above all, love each other deeply, because love covers over a multitude of sins.” 1 Peter 4:8 NIV*
- *“Do to others as you would have them do to you.” Luke 6:31 NIV*
- *“The pleasantness of a friend springs from their heartfelt advice.” Proverbs 27:9 NIV*
- *“Encourage one another and build each other up, just as in fact you are doing.” 1 Thessalonians 5:11 NIV*

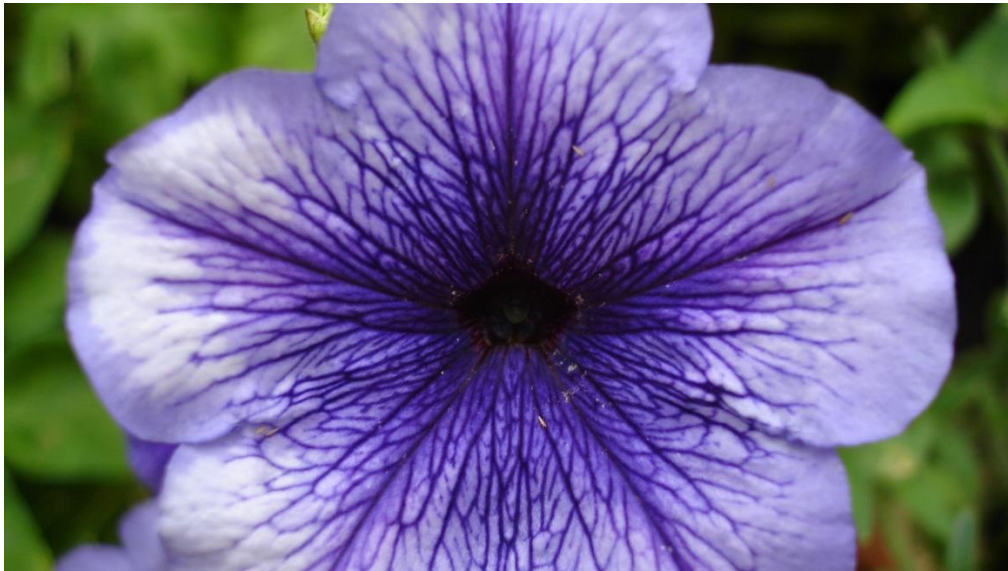
- *“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.” Philippians 2:3 NIV*
- *“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32 NIV*
- *“By this everyone will know that you are my disciples, if you love one another.” John 13:35 NIV*
- *“Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!” Philippians 4:1 NIV*



To deepen your relationships, consider these recommended reads:

- ***Find Your People: Building Deep Community in a Lonely World*** by Jennie Allen <https://amzn.to/3POsDhb>
- ***Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond*** by Lydia Denworth <https://amzn.to/3QeTCTb>
- ***The Art of Friendship: Creating and Keeping Relationships that Matter*** by Kim Wier <https://amzn.to/3Jk8UUe>
- ***The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate*** by Harriet Lerner, Ph.D. <https://amzn.to/3ONVWiU>

- ***I'll Be There (But I'll Be Wearing Sweatpants): Finding Unfiltered, Real-Life Friendships in This Crazy, Chaotic World*** by Amy Weatherly and Jess Johnston <https://amzn.to/3S9ZHSu>
- ***The One Year Daily Acts of Friendship: 365 Days to Finding, Keeping, and Loving Your Friends*** by Kristin Demery, Julie Fisk, Kendra Roehl <https://amzn.to/3BxStli>
- ***The Friendships of Women: The Beauty and Power of God's Plan for Us*** by Dee Brestin <https://amzn.to/3vuJJsi>



For social wellness, you might also find these online resources helpful:

- National Institutes of Health: Social Wellness Toolkit <https://www.nih.gov/health-information/social-wellness-toolkit>
- Living Longer by Building Community <https://www.bluezones.com/2018/08/moai-this-tradition-is-why-okinawan-people-live-longer-better/>
- *upLIFT*, a private, friendly Facebook Group for mommas with young kiddos <https://www.facebook.com/groups/722026641839635>
- The Happiness Lab Podcast with Dr. Laurie Santos: Mistakenly Seeking Solitude <https://www.happineslab.fm/season-1-episodes/mistakenly-seeking-solitude>

- Kingdom Bloggers: 7 Reasons You Need Godly Friendships
<https://bloggersforthe kingdom.com/7-reasons-you-need-godly-friendships/>
- Mayo Clinic: Friendships Enrich Your Life and Improve Your Health
<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>



Finally, some thoughts about friendship from our Women’s Ministry Team:

- “Scripture speaks to the deep value of friendships, and no wonder: real friends are a gift from God. They support, encourage, and sustain us, through good times and bad, and provide opportunities to return those blessings.” —*Liz Curtis Higgs, Bible Study Leader*
- “Friendships take time, effort, and intentionality. The days when we want to stay home or escape the world—those are the days we need to get out and be among friends.” —*Jenny Fishback, Wellness Leader*
- “Don’t wait until a friend tells you what they need. Show up for them and be present no matter what they are going through.” —*Taylor Amerman, Discipleship Leader*
- “How we interact with others is like skipping rocks, it has a ripple effect. Relationships continually evolve creating a wider understanding of each other.” —*Michele Moody, Connections Leader*