



THE DAMAGE OF DISCONNECTION | WEEK 2

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What do you think is a root cause to the mental health issues that we face as a human race? I know there are legit neurological deficiencies that lead to mental health problems, but so many of our issues as humans seem like they are self-inflicted. What do you think is the root cause for our contribution to our mental unhealth?

1. Disconnection from _____

For you are all **children of God** through faith in Christ Jesus. *Galatians 3:26*

“Seek the **Kingdom of God** above all else, and live righteously and he will give you everything you need.” *Matthew 6:33*

“Let not your hearts be troubled. **Believe** in God; **believe** also in me.” *John 14:1*

2. Disconnection from _____

They worshiped together at the Temple each day, met in homes for the Lord’s Supper, and shared their meals with great joy and generosity.... *Acts 2:46*

There is almost nothing more healing than the presence of another person who simply understands what you are going through.

3. Disconnection from _____

For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the **good things he planned** for us long ago. *Ephesians 2:10*

“Humans were made to help others. And when we do help others—or help them to do something—we are doing what we were designed for. We perform our function.” – Marcus Aurelius

4. Disconnection from _____

“We should build—and we are building—online worlds that make life and work and love wonderful for everyone, no matter what level of reality deprivation they find themselves.” – Marc Andreessen

The prudent understand where they are going, but fools deceive themselves. *Proverbs 14:8*

Finally, brothers, whatever is **true**, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. *Philippians 4:8*

5. Disconnection from the _____ (or _____)

“Humans have always wondered about the meaning of life... life has no higher purpose than to perpetuate the survival of DNA... life has no design, no purpose, no evil and no good, nothing but blind pitiless indifference....” – Richard Dawkins

“And an outstanding reason for choosing some sort of God or spiritual-type thing to worship—be it J.C. or Allah, be it Yahweh or the Wiccan mother-goddess or the Four Noble Truths or some infrangible set of ethical principles—is that pretty much anything else you worship will eat you alive.” – David Foster Wallace

“Anyone who drinks this water will soon become thirsty again. But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life.” *John 4:13-14*

“You have made us for yourself, O Lord, and our heart is restless until it finds rest in you.” – St Augustine

Where do you need to reconnect?



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self
others
purpose
reality
sacred, transcendent