



Can You Relate?

Week 1

Breaking Through the Shallow Waters
Filled Sermon Notes

Statistics

- **1 out of 3** people say they don't have a friend. (*Find Your People* by Jennie Allen)
- For the first time ever, people Over the age of 65 are NOT the loneliest demographic.
Gen Z is now officially the loneliest generation. (*Dare2Share Ministries and SpringTide Research 2022*)
- **53%** of Americans eat at a table for one. (*Embrace the Table* by Dr. PJ Dunn)

Philippians 4:13-23 (ESV)

Philippians 2:25-30 (ESV)

God desires for us to have real, authentic, deep, abiding, life-giving, two-way friendships.

Loneliness is the real pandemic today.

We need to stop settling for shallow murky waters, and journey into the deep, beautiful, intimidating, time-consuming waters of truly knowing and being truly known.

"We've replaced real conversations with small talk, and we've substituted soul-baring, deep, connected living with texts and a night out together every once in a while. But life is messy, and the magic of the best of relationships is the mess." - (*Find Your People* by Jennie Allen)

NEXT STEP:

1. Am I truly known by someone?
2. Am I currently seeking to truly know someone?
3. Am I settling for shallow waters?
4. Am I willing to wade out to the deep?