

Tips to better

Relationships



Breaking the Habit of Isolation

By Kelley Brown

“Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts ...” Acts 2:46 (NIV)

I like to think of myself as a thoughtful person. I often compose messages in my mind or plan kind gestures ... but I don't always follow through. Distraction is often to blame, as I get caught up in the busyness of life or sidetracked by other tasks, and those thoughtful intentions slip away before I act on them.

In today's fast-paced world, the demands of daily life can make meaningful connections with others seem like a luxury rather than a priority. When we're overwhelmed by to-do lists and commitments, carving out time for community can feel like one more thing to manage. As a result, isolation can creep into our lives.

We may convince ourselves that we're too tired, busy or introverted (my No. 1 excuse) to reach out to others. But the truth is that God designed us for connection. When we try to navigate life on our own, we miss out on the joy and depth God gives us in relationships. We were never meant to carry our burdens — or celebrate our joys — alone.

God's Word reminds us of the beauty and importance of community. In Acts 2:46, we catch a glimpse of early Christians living out their faith together with joy and shared purpose: *“Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts.”*

Isolation may feel easier at the moment, but it's not sustainable or fulfilling. Community is a gift. Together, we find support, accountability and opportunities to grow in our faith.

Like the early Church, we thrive when we gather to share meals, worship together, and support one another when life gets hard. There's a unique joy that comes from opening our hearts and homes to others, even when it feels vulnerable or inconvenient.

I get it — building a community takes effort. It requires us to step out of our comfort zones, prioritize relationships, and be intentional with our time. Maybe you've been hurt in the past, or you fear rejection. Perhaps life feels too chaotic to add another commitment. Or the circumstances don't seem right. Yet God calls us to community not for perfection but for connection. He knows we're stronger together.

Take a moment to reflect: Where are there opportunities to invite someone into your life?

Could you join a small group at church, host a coffee date, or check in with a friend? It doesn't have to be elaborate; a simple act of kindness can open the door to meaningful connection.

In the hustle and bustle of life, carving out time for community isn't just about needing others but about living the way God designed us to live: together.

Prayer: *Father, thank You for creating us for relationship. Help me to step out in faith and build meaningful relationships with those around me. Teach me to love others as You love me, and use my life to be a blessing to my community. In Jesus' Name, Amen.*

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