

Better Together -The Impact of a Unified Family

Saturday-Sunday, August 31-September 1, 2024

The first smartphone introduced was the IBM Simon personal communicator. Released to the public in 1994.

The blackberry 850 was released in 1999. It was a two way pager that you could send emails with. The blackberry 5810, the first smartphone (actually had a working phone) was introduced in 2002. They dominated the market until shortly after the release of the iPhone in 2007.

Social media came along in 1997. Six Degrees was considered the first recognizable social media platform. You could create profiles and connect with friends which was a basic framework for future social networks.

AOL Instant Messenger 1997

Yahoo Messenger 1999

Friendster in 2002

LinkedIn 2003

MySpace 2003

Skype

Facebook 2004

YouTube 2005

Twitter 2006

Instagram 2010

There are hundreds of social media programs in the United States. There are thousands worldwide.

Addiction and depression.

40 to 50% of the people in the United States consider themselves addicted to their cell phones. (Pew research)

Approximately 80% of the people in the US report that they look at their phone within the first 10 minutes of waking up.

70 to 80% of people on social media think it's important for various reasons.

Studies show that there is a 25% to 70% rise in depression among adolescents and young adults over the past two decades.

For teens, depression rates of almost doubled between 2010 and 2020.

Among adults, the increase is more moderate but still significant.

The information that social media use can exacerbate feelings of inadequacy, loneliness, and anxiety, and contribute to rising depression rates, is supported by various studies and reports from credible sources. Some key sources include:

1. **American Psychological Association (APA):**
2. **Journal of Social and Clinical Psychology:**
3. **Pew Research Center:**

Some issues or challenges of owning smart phones.

1. Constant Distractions and Interruptions

- **Notifications and Alerts:**
- **Social Media and App Addiction:** The addictive nature of social media and other apps can lead to mindless scrolling, drawing people away from more productive tasks.

2. Time Management

- **Overuse and Time Tracking:** People often underestimate how much time they spend on their phones. Without mindful time management, hours can be lost each day to activities that offer little real benefit.
- **Multitasking:** The temptation to multitask, such as checking emails while working on a project, can reduce efficiency and lead to lower quality work.

3. Mental Fatigue and Decision Overload

- **Information Overload:** The constant stream of information from smartphones can lead to mental fatigue, making it harder to focus on important tasks.
- **Decision Fatigue:** The need to constantly decide whether to engage with phone content or stay focused on a task can drain cognitive resources.

4. Sleep Disruption

- **Late-Night Usage:** Many people use their phones late into the night, which can interfere with sleep quality due to the blue light emitted by screens and the mental stimulation from content consumption.

5. Reduced Face-to-Face Interaction

- **Social Isolation:** Excessive smartphone use can lead to less face-to-face interaction, reducing opportunities for meaningful, in-person connections, which are important for mental health and overall well-being.

6. Work-Life Balance

We are accessible but are we available?

Our Relationships Have Influence On Us

1 Corinthians 15:33 (CEB)

Don't be deceived, **bad company corrupts good character.**

Proverbs 27:17 (NIV)

"As iron sharpens iron, so one person sharpens another."

Insight: Relationships have the power to refine and improve individuals, encouraging growth and wisdom through interaction.

Seven times in Genesis chapter 1 God said, "it was good."

Genesis 1:31 (NKJV)

Then God saw **everything that He had made**, and indeed **it was very good**. So the evening and the morning were the sixth day.

The first time God said, "it is not good," was in **Genesis 2:18** in reference to man being alone.

Genesis 2:18 (NKJV)

And the Lord God said, "**It is not good that man should be alone**; I will make him a helper comparable to him."

The concept of family was God's idea. God also wanted a large family.

Genesis 1:28 (NKJV)

Then God blessed them, and God said to them, **"Be fruitful and multiply; fill the earth..."**

Jesus Chose 12 to be with Him and train.

Luke 6:12 (NKJV)

Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God.

Luke 6:13 (NKJV)

And when it was day, **He called His disciples to Himself; and from them He chose twelve whom He also named apostles:**

Jesus appeared to over 500 after His resurrection

1 Corinthians 15:6 (NASB95)

After that **He appeared to more than five hundred brethren at one time**, most of whom remain until now, but some have fallen asleep;

1 Corinthians 15:7 (NASB95)

then **He appeared to James**, then to **all the apostles;**

1 Corinthians 15:8 (NASB95)

and last of all, as to one untimely born, **He appeared to me also.**

Luke 24:49 (ESV)

And behold, I am sending the promise of my Father upon you. But **stay in the city until you are clothed with power from on high.**"

Acts 1:14 (ESV)

All **these with one accord were devoting themselves to prayer**, together with the women and Mary the mother of Jesus, and his brothers.

Acts 1:15 (ESV)

In those days Peter stood up among the brothers (**the company of persons was in all about 120**)...

Jesus last prayer for those who would believe on Him then and in the future.

Jesus prayed for a unified church.

John 17:20 (NKJV)

"I do not pray for these alone, but **also for those who will believe in Me through their word;**

John 17:21 (NKJV)

that **they ALL may be ONE, as You, Father, are in Me, and I in You; that they also may be ONE in Us, that the world may believe that You sent Me.**

John 17:22 (NKJV)

And the glory which You gave Me I have given them, that **they may be ONE just as We are ONE:**

John 17:23 (NKJV)

I in them, and You in Me; that they may be made perfect in ONE, and that the world may know that You have sent Me, and have loved them as You have loved Me.

The Bible calls us the family of God. Sin has caused much of the family of God to be dysfunctional. When we yield ourselves to God's word and his Holy Spirit, this function ceases and unity is revealed. Why? Because love for God and love for his family are placed at the forefront.

As believers, we are called the family of God.

Ephesians 2:19 (ESV)

"So then you are no longer strangers and aliens, but **you are fellow citizens** with the saints and **members of the household of God.**"

Galatians 6:10 (ESV)

"So then, as we have opportunity, let us do good to everyone, and especially to those who are of the **household of faith.**"

1 Timothy 3:15 (ESV)

"If I delay, **you may know how one ought to behave in the household of God**, which is the church of the living God, a pillar and buttress of the truth."

Hebrews 2:11 (ESV)

"For he who sanctifies and those who are sanctified all have one source. That is why **he is not ashamed to call them brothers.**"

Ephesians 3:14 (NKJV)

For this reason I bow my knees to the Father of our Lord Jesus Christ,

Ephesians 3:15 (NKJV)

from whom the whole family in heaven and earth is named,

The benefits of being joined together as one.

1 Corinthians 1:10 (NKJV)

Now I plead with you, brethren, by the name of our Lord Jesus Christ, that **you all speak the same thing**, and that **there be no divisions** among you, but that **you be perfectly joined together** in the **same mind** and in the **same judgment**.

God's people are called to a togetherness and commitment that transcends all natural boundaries—whether ethnic, generational, or economic. But such a community can be enjoyed only when it relies on the power of God in the gospel.

God's children are meant to be different than the world.

John 13:34 (NKJV)

A **new commandment** I give to you, that you **love one another**; as I have loved you, that you also love one another.

John 13:35 (NKJV)

By this all will know that you are My disciples, if you have **love for one another.**"

1: Unity Reflects God's Nature

Ephesians 4:4-6 (ESV)

"There is **one body** and one Spirit—just as **you were called to the one hope** that belongs to your call—one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all."

1 Corinthians 12:12 (NLT)

“The human body has **many parts**, but the many parts make up **one whole body**. So **it is with the body of Christ**.”

2: Unity Strengthens the Church

Ecclesiastes 4:9-12 (NLT)

“**Two people are better off than one**, for they can help each other succeed. If **one person falls**, the other can reach out and help. But **someone who falls alone is in real trouble**.”

Ephesians 4:16 (NKJV)

“...from whom the whole body, **joined and knit together** by **what every joint supplies**, according to the effective working by which **every part does its share**, **causes growth** of the body for the **edifying of itself in love**.”

Colossians 3:14 (ESV)

“And above all these **put on love**, which **binds everything together** in perfect harmony.”

3: Unity Promotes Peace

Psalms 133:1 (NKJV)

“Behold, **how good and how pleasant** it is for brethren to **dwelt together in unity!**”

Romans 12:16 (ESV)

“**Live in harmony with one another**. Do not be haughty, but associate with the lowly. **Never be wise in your own sight**.”

1 Peter 3:8 (NLT)

“Finally, all of you should **be of one mind**. Sympathize with each other. **Love each other as brothers and sisters**. Be **tenderhearted**, and keep a **humble attitude**.”

4: Community Provides Accountability

Hebrews 10:24-25 (ESV)

“And let us **consider how to stir up one another to love and good works**, **not neglecting to meet together**, as is the habit of some, but **encouraging one another**, and all the more **as you see the Day drawing near**.”

James 5:16 (NLT)

“Confess your sins to each other and **pray for each other** so that you may be healed. **The earnest prayer** of a **righteous** person has **great power** and produces wonderful results.”

5: Unity Enhances Worship

Acts 2:46-47 (NLT)

“**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**— all the while **praising God** and **enjoying the goodwill** of all the people. And **each day the Lord added to their fellowship** those who were being saved.”

2 Chronicles 5:13-14 (NKJV)

“...indeed it came to pass, **when the trumpeters and singers were as one, to make one sound to be heard in praising and thanking the Lord...the house of the Lord, was filled with a cloud.**”

Psalms 95:6-7 (ESV)

“Oh come, **let us worship and bow down**; let us kneel before the Lord, our Maker! For He is our God, and **we are the people** of His pasture, and the **sheep of His hand.**”

6: Community Empowers Service

Galatians 6:2 (NLT)

“**Share each other’s burdens**, and in this way obey the law of Christ.”

1 Peter 4:10 (ESV)

“As **each has received** a gift, **use it to serve one another**, as **good stewards of God's varied grace.**”

Romans 12:4-5 (NKJV)

“For as we have **many members in one body**, but **all the members do not have the same function**, so we, **being many**, are **one body in Christ**, and **individually members of one another.**”