

# School of Prayer

## The Power of Belonging

### Definition of Belonging:

The sense of truly fitting in or feeling like you are an important member of a group. It helps to give us a sense of purpose and meaning. Loss of belonging has been associated with stress, illness and decreased wellbeing and depression.

- Happiness felt in a secure relationship
- Feeling a sense of unity, purpose and community
- The need to be an acceptable member of a group
- The desire to be a part of something greater than ourselves
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### Our Original Design

- Walked in intimacy with God—belonged to Him
  - Eph 2:11-22 (opposite of: separate, excluded, without God, far off, barrier of dividing wall, enmity, reconcile, strangers and aliens)—built together/fitted together
- Not good for man to be alone—two shall become one

### Identity—In Christ—Corporate in nature

- Sons
- Temple
- Body—many members
- The Father's means of establishing value, support, healthy emotional function, empathy, love

### For the Common Good

- I Corinthians 12:7—manifestation of the Spirit for the common good
- I Corinthians 12:12—many members—one body
- I Corinthians 12:27—individually membered to Christ—belonging

### Ancient Deception

- I Corinthians 12:15-18—self rejecting
- I Corinthians 12:20-26—other rejecting

### Antidote for Loneliness

- Loneliness is often defined as: being alone or a state of solitude—but people can experience that—without being lonely.
- Can be temporary or chronic
- Loneliness is the state of distress or discomfort that results when one perceives a gap between one's desires for social connection and actual experiences of it.
- Antidote for addictions, sense of rejection

## **For Those who Struggle to Belong**

- Challenge conclusion/beliefs you have drawn about yourself
- Challenge conclusion/beliefs you have drawn about others (make choices to spend time with those who are outside of your previous comfort zones)
- Make room in your life—in your daily choices—that would make room for others
- Don't allow a one time event/season to define you
- Interrogate areas of your heart where you find yourself 'stuck' relationally—unable to give trust. Vulnerability and transparency create climate for true intimacy.
- Understand the difference between true belonging—and trying to fit in
- Cultivate the garden of your relationships (+1,+2,+3)