

# Growing Your Community

**And Why It's So Important**





## What Is Community?

The basic definition of community can be simply summed up to mean, “multiple people living in the same general location”.

The deeper terminology of the word ‘community’ comes from a more emotionally based perspective: “A feeling of like-mindedness or fellowship with others who have similar interests, beliefs and/or attitudes.”

We’ll set our focus on the latter.



*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.*

*- Heb 10:24-25*

## Encouraging Connection.

To put it simply; we need people. We are made to take part in community and relationships.

People help us to see what we can't see on our own. Because no matter how talented or brilliant we are, it is impossible for us to know everything and do everything by ourselves. We need community; the relationships within our community help us to grow and improve.

Be the kind of person – and look for ways to spend time with the people who genuinely encourage others: “Encouragement is the oxygen of the soul.”

- John Maxwell

“The way to develop the best that is in a person is by appreciation and encouragement.”

- Charles Schwab

Like attracts like. Who we spend time with we will inevitably become more like. So choose your friends and community wisely.





# Finding Your People.

Finding your group of people is no passive task. Rather, it requires intentional effort to grow friendships:

- ❖ Start where you are. Look around you. Is there anyone in your neighborhood, or at work, or Church that you just hit it off with and who seems to have a good head on their shoulders?
- ❖ Once you've established an acquaintance with them, invite them to coffee or lunch or maybe a walk in the park.
- ❖ If they accept your offer, plan out encouraging things to say, as well as interesting questions to ask them to help you get to know them better and to bring joy to your conversation.
- ❖ After all, friendships are built on small, shared instances over a long period of time. Pray for help in building friendships that are mutually encouraging.



# Toxic people:

Never let things go.  
Can't move forward.

Bully.  
Intimidate.  
LIE.

Create drama.  
Play the victim.  
Act out of fear and  
insecurity.

## Not All Relationships Are Created Equal.

Keep in mind that toxic relationships are more detrimental to your health than having no relationships at all. (Choose to exercise the proper boundaries around toxic people that you can't avoid.)

Clifford Singer, MD, of *The Journal of Aging Life Care* said, "Keep in mind that being in toxic relationships may be even more stressful and unhealthy than loneliness."

Loneliness and/or social isolation is in direct correlation to higher rates of mortality and poor health.





# Building People Up.

You want to build friendships with people who speak with both grace and truth; and work to cultivate relationships with others where there is mutual encouragement and inspiration to grow.

John Maxwell, founder of *The John Maxwell Company* and *The John Maxwell Leadership Foundation*, said, “If you really want to win with people, say something encouraging within the first 30 seconds of every meeting.”

This idea of the ‘30 Second Rule’ shifts the whole focus of conversation: Instead of trying to promote your qualities, you’re shifting the focus onto calling out the other person’s qualities, and in doing so you greatly encourage the other person and also take the pressure of the focus off of yourself.

This action inspires community.



# A SWEET FRIENDSHIP REFRESHES THE SOUL

P R O V E R B S 2 7 : 9

## The Health Bonus Behind Healthy Relationships.

By putting the effort into building healthy relationships - which in turn creates a healthy community around you - You will inevitably experience some of these wonderful health benefits:

- ❖ Having a healthy community of friends reduces stress.
- ❖ People who have encouraging emotional support are less susceptible to illness and disease.
- ❖ People who have strong community ties tend to live longer than those who are more isolated.
- ❖ People who have healthy relationships with others possess a greater sense of purpose in life.

Here's to your good health and great community!



Healing Hands  
Health Center

