



LET'S CHAT!

with Pastor D



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Have you ever researched the impact of social media on our daily lives? For example in May 2019, the total worldwide population was 7.7 billion people. The internet had 4.4 billion users and 3.499 billion active social media users. Most people spend a daily average of 142 minutes a day on social media. Facebook Messenger and Whatsapp handle 60 billion messages a day.

Just 20 years ago many people didn't have a computer in their homes. We can now control our washing machines and refrigerators by WiFi.

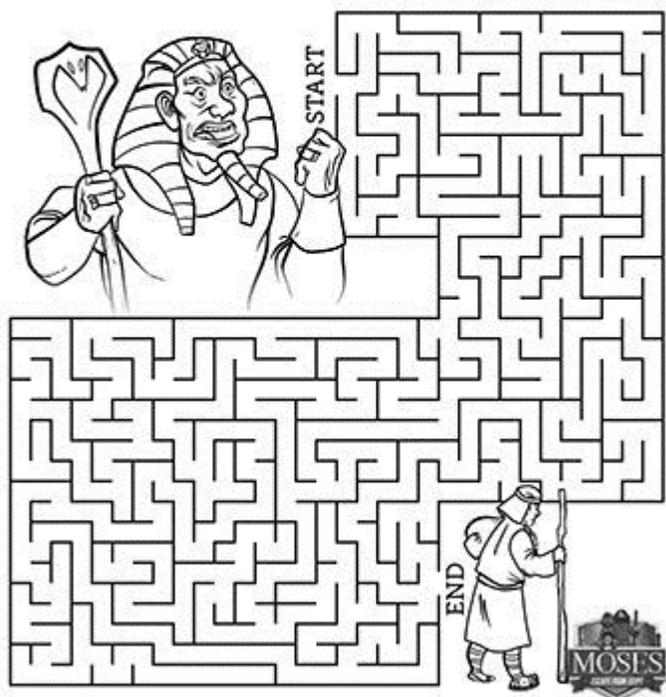
There has always been a text that I struggled to understand how it would be accomplished. The Bible declares "And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come" Matthew 24:14.

I thought the fulfillment of this text would require for preachers to travel to distant places and remote villages to carry the gospel message. However, the increase in technology has reshaped my interpretation and gives us a great opportunity.

We can quickly conclude that every church must put its energy and focus into having a vibrant social media presence. The gospel can enter homes through social media in places where we will never be able to physically enter. It is common to hear from visitors that they have viewed the church's website or watched videos on YouTube of services before actually visiting.

KIDS CORNER

Help Moses escape from Egypt.



Women of the Bible — Word Scramble

- esehtr _____
- yarm _____
- herodab _____
- hasra _____
- ebelztiah _____
- barah _____
- theshaba _____
- truh _____
- allehid _____
- vee _____

URGENT prayer

- Hunt family, breakthrough
- Dwayne Crosby, recovery
- Rod Cartasegna, health
- Goodwin-Larry family, grief
- Adam Brinkley, praise and thanksgiving



FRIENDS can challenge us, confuse us, and sometimes, we might wonder why we bother. But friendship is as important to our well-being as eating right and exercising. The friends we meet in school teach us how to be patient, wait our turn, reach out, and try new hobbies. When we move into young adult hood we learn more

about taking responsibility, finding a career path and seeking out people as mentors.

As we continue into our 40s and beyond, we learn to weather the ups and downs in life, and once again friends provide a sounding board and place for us to grow. The people we bring into our lives as friends will show us how to forgive, laugh and make conversation. We learn how to interact with people because of our friends, even the ones that are opposite from us or share a different world view. A recent Harvard study concluded that having solid friendships in our life even helps promote brain health. Friends help us deal with stress, make better lifestyle choices that keep us strong, and allow us to rebound from health issues and disease more quickly.

But as we get older, our number of friendships decrease. This is due in part to a time deficit; a schedule full of responsibilities and the painful logistics of coordinating with someone else's schedule and preferences. Retirement may add a further complication, as we no longer have the daily interaction of co-workers.

There are however things you can do to help instigate friendships and initiate communication. Assuming you live around other people, make sure that you are visible on your street. Work out front on your flower bed, sit on your porch and say hello to people who pass by. People become integrated into groups when they become familiar to those who are already adjusted to the community life.

Be active in community and church life. Go to the farmer's market, search the bulletin board of your local grocery store for interesting activities, or go to your local library and see what events you can attend, join a mission team. People become trusted members of a community because they prove themselves to be valuable members through their actions.

If you want to know people and enjoy companionship, introduce yourself. Invite church members over to your home for a potluck or game night. If you don't have space to accommodate a group, suggest a coffee date at a local Starbucks. Do more than exchange casual pleasantries when you see each other.

Put yourself in an environment where there are people you could potentially connect with over similar interests. Join a craft group, a weekly exercise class, take a night class at a local community college. If you are comfortable using a computer or smartphone, check out Meetup.com, an app for meeting new people, learning new things, finding support or just pursuing a passion with others who are like-minded.

Proverbs 27:9 says, "A sweet friendship refreshes the soul." God knows our desire to be known and to be loved, that's why he made us for companionship.

*Sources: How to Make a Friend: A 4-Step Plan. Hughes, Locke. March 11, 2019. www.silversneakers.com.
How to Make Friends as an Adults. Page, Danielle. March 29, 2018. www.nbsnews.com.
Why Friendship is Important. September 23, 2017. www.liveabout.com.
Integrating Into a New Community When You Move. Twitty, Al. May 19, 2017. www.realitybiznews.com.*

5 Messages Youth Need to Hear Today

By Rachel Blom

God loves you, no matter what. This is the most important truth of them all and one that we should keep repeating every single time we talk to teens. *No matter what you have done, no matter what you will do, God will always love you.*

I love you. It may sound too cheesy to say, but do you know how many teens are longing to hear someone say this to them? Show them you love them by spending time with them, investing in a relationship with them; but don't forget to say the words as well.

I forgive you. Teens will mess up. At one point or another, they will make a mistake, cost you money or end up hurting you. The words they need to hear are: *I forgive you* (followed by: *and I still love you!*).

No. The current generation of teens are spoiled (says the author of Generation iY). Teens need boundaries, they need rules and they need to hear you say *No*. You are not their buddy or BFF, you are their parent or leader.

Hang in there and don't quit. Encouraging our teens doesn't mean telling them it's all going to be OK, that things will look better tomorrow or that others have it way worse. Encourage young believers by telling them the truth: struggles and trials are part of the life as a Christian, but they're not alone.

Being a teen has never been easy and it sure isn't today. Teens need our support and encouragement, both in their everyday struggles and in their faith.