

# Want to Get Stronger?

**They committed themselves  
to the teaching of the apostles, the life together,  
the common meal, and the prayers—Acts 2:42**

Want to get stronger? Want to be tougher? Get connected. When we face trials and challenges, those to whom we're connected can support us—help us find courage we'd not find on our own. When we experience pain and loss, they can comfort us—help us back from places we'd not return from, on our own. When we're hit by fear and anxiety, they can give us perspective—help us see things in ways we'd not see on our own. When we need truth, they can teach us—help us discover and understand what we we'd not grasp on our own. When we get stuck, they can call us out, speak truth, push us forward—help us stop (or start) what we'd be unable to, on our own. When we face complicated questions, they can listen and counsel us—help us process through problems that are too difficult on our own. When we mess up, make mistakes, they can correct us and have mercy—help remind us we're loved, despite flaws and failures, something that's hard to remember on our own.

The Apostle Paul urged connectedness (Romans 12:15; 1 Thessalonians 5:11, Hebrews 3:13). The early Church demonstrated it—spending time together, knowing one another, eating, learning, and praying together. Why? Alone, we men are vulnerable; together, we're stronger and more resilient toward the ups-and-downs of life (Ecclesiastes 4:9-12). Connectedness ruggedizes us, restores us, fuels us for what's ahead. And, brother, there's important stuff ahead.

## **Okay, so what do we do?**

Go look at your weekly calendar. What are the major groupings, in terms of commitments and people? Work/Colleagues? Home/Family? Social/Friends? Others? Okay, now you need at least a couple people from each category who (1) know you, (2) understand the context too, and (3) who'll make connectedness with you a priority.