Restored Week 3 People

How many people would you let take anything they wanted out of your fridge without asking? Will Miller, former pastor and author of "Refrigerator Rights," defines the harm isolation causes and helps us see how small groups can bring healing to each other through community.

Healing comes from the Lord, but God often works through the vessel of his church, both gathered and scattered. We see that throughout the early church that praying for one another, loving one another, supporting one another, and healing one another are all part of a church family. This means we need to be vulnerable with one another and dependent on one another for our healing. Also, this means that God wants us to be actively involved in helping others get healed. How can we pray for people’s healing, use Scriptures for others, and love them, and heal them through the power of the Holy Spirit? Groups and communities can be a healing space only if it is truly a safe space, a healing space. For healing, people need a place where they can be comfortable in sharing their pain, whether it’s spiritual, emotional, or physical. Many of us would admit there are times we're stressed and feel empty. In this 2-minute clip, Will Miller, former pastor, author, and motivational speaker from Lafayette, IN, discusses the causes and effects of today's isolated lifestyle and helps us see the importance of developing meaningful relationships.

Watch the Video on “Refrigerator Rights” by Will Miller

<https://www.rightnowmedia.org/Training/Post/View/9279>

Scripture: Acts 2:42-47

**The Fellowship of the Believers**

**42**And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. **43**And awe came upon every soul, and many wonders and signs were being done through the apostles. **44**And all who believed were together and had all things in common. **45**And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. **46**And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, **47**praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.

Questions:

1. Will identified 2 major causes, or trends, in society that have led to our lifestyle of isolation: 1) Relocation and 2) Watching 25+ hours of TV a week. What are your thoughts about that statement?
2. As you read through Acts 2 passage, what are your thoughts about how the early church practiced community?
3. How many people outside of your immediate family have refrigerator rights at your home?
4. Will connects the individualistic lifestyle with spiritual disease, stress, and health problems. He said that fixing the relational problem will help alleviate the emotional, spiritual, and physical problems we face.
How can psychological, physical, or spiritual problems be healed in or through the members of your small group?

# **The Practice**

Be creative this week. Share with your group how you plan to fix the issue of contributing to an isolation and individualist culture.

1. A.C. Nielson Company reports that there are more tvs in homes than people. In place of media this week, substitute watching tv with an intentional “one another”

(Is God giving you an idea?) See list below of Scripture ideas

1. Who is someone that you can invite closer and give them “refrigerator rights” in your home? Is there someone you know who is isolated and in need of healing? This week, invite them into your circle and become a safe place to heal.

**The 59 “One Anothers” of the New Testament\***

1. “…Be at peace with each other.” ([*Mark 9:50*](https://biblia.com/bible/nkjv/Mark%209.50))

2. “…Wash one another’s feet.” ([*John 13:14*](https://biblia.com/bible/nkjv/John%2013.14))

3. “…Love one another…” ([*John 13:34*](https://biblia.com/bible/nkjv/John%2013.34))

4. “…Love one another…” ([*John 13:34*](https://biblia.com/bible/nkjv/John%2013.34))

5. “…Love one another…” ([*John 13:35*](https://biblia.com/bible/nkjv/John%2013.35))

6. “…Love one another…” ([*John 15:12*](https://biblia.com/bible/nkjv/John%2015.12))

7. “…Love one another” ([*John 15:17*](https://biblia.com/bible/nkjv/John%2015.17))

8. “Be devoted to one another in brotherly love…” ([*Romans 12:10*](https://biblia.com/bible/nkjv/Rom%2012.10))

9. “…Honor one another above yourselves. ([*Romans 12:10*](https://biblia.com/bible/nkjv/Rom%2012.10))

10. “Live in harmony with one another…” ([*Romans 12:16*](https://biblia.com/bible/nkjv/Rom%2012.16))

11. “…Love one another…” ([*Romans 13:8*](https://biblia.com/bible/nkjv/Rom%2013.8))

12. “…Stop passing judgment on one another.” ([*Romans 14:13*](https://biblia.com/bible/nkjv/Rom%2014.13))

13. “Accept one another, then, just as Christ accepted you…” ([*Romans 15:7*](https://biblia.com/bible/nkjv/Rom%2015.7))

14. “…Instruct one another.” ([*Romans 15:14*](https://biblia.com/bible/nkjv/Rom%2015.14))

15. “Greet one another with a holy kiss…” ([*Romans 16:16*](https://biblia.com/bible/nkjv/Rom%2016.16))

16. “…When you come together to eat, wait for each other.” ([*I Cor. 11:33*](https://biblia.com/bible/nkjv/1%20Cor.%2011.33))

17. “…Have equal concern for each other.” ([*I Corinthians 12:25*](https://biblia.com/bible/nkjv/1%20Cor%2012.25))

18. “…Greet one another with a holy kiss.” ([*I Corinthians 16:20*](https://biblia.com/bible/nkjv/1%20Cor%2016.20))

19. “Greet one another with a holy kiss.” ([*II Corinthians 13:12*](https://biblia.com/bible/nkjv/2%20Cor%2013.12))

20. “…Serve one another in love.” ([*Galatians 5:13*](https://biblia.com/bible/nkjv/Gal%205.13))

21. “If you keep on biting and devouring each other…you will be destroyed by each other.”  ([*Galatians 5:15*](https://biblia.com/bible/nkjv/Gal%205.15))

22. “Let us not become conceited, provoking and envying each other.” ([*Galatians 5:26*](https://biblia.com/bible/nkjv/Gal%205.26))

23. “Carry each other’s burdens…” ([*Galatians 6:2*](https://biblia.com/bible/nkjv/Gal%206.2))

24. “…Be patient, bearing with one another in love.” ([*Ephesians 4:2*](https://biblia.com/bible/nkjv/Eph%204.2))

25. “Be kind and compassionate to one another…” ([*Ephesians 4:32*](https://biblia.com/bible/nkjv/Eph%204.32))

26. “…Forgiving each other…” ([*Ephesians 4:32*](https://biblia.com/bible/nkjv/Eph%204.32))

27. “Speak to one another with psalms, hymns and spiritual songs.” ([*Ephesians 5:19*](https://biblia.com/bible/nkjv/Eph%205.19))

28. “Submit to one another out of reverence for Christ.” ([*Ephesians 5:21*](https://biblia.com/bible/nkjv/Eph%205.21))

29. “…In humility consider others better than yourselves.” ([*Philippians 2:3*](https://biblia.com/bible/nkjv/Phil%202.3))

30. “Do not lie to each other…” ([*Colossians 3:9*](https://biblia.com/bible/nkjv/Col%203.9))

31. “Bear with each other…” ([*Colossians 3:13*](https://biblia.com/bible/nkjv/Col%203.13))

32. “…Forgive whatever grievances you may have against one another.” ([*Colossians 3:13*](https://biblia.com/bible/nkjv/Col%203.13))

33. “Teach…[one another]” ([*Colossians 3:16*](https://biblia.com/bible/nkjv/Col%203.16))

34. “…Admonish one another ([*Colossians 3:16*](https://biblia.com/bible/nkjv/Col%203.16))

35. “…Make your love increase and overflow for each other.” ([*I Thessalonians 3:12*](https://biblia.com/bible/nkjv/1%20Thess%203.12))

36. “…Love each other.” ([*I Thessalonians 4:9*](https://biblia.com/bible/nkjv/1%20Thess%204.9))

37. “…Encourage each other…”(*[I Thessalonians 4:18](https://biblia.com/bible/nkjv/1%20Thess%204.18)*)

38. “…Encourage each other…”[*I Thessalonians 5:11*](https://biblia.com/bible/nkjv/1%20Thess%205.11))

39. “…Build each other up…” ([*I Thessalonians 5:11*](https://biblia.com/bible/nkjv/1%20Thess%205.11))

40. “Encourage one another daily…”[*Hebrews 3:13*](https://biblia.com/bible/nkjv/Heb%203.13))

41. “…Spur one another on toward love and good deeds.” ([*Hebrews 10:24*](https://biblia.com/bible/nkjv/Heb%2010.24))

42. “…Encourage one another.” ([*Hebrews 10:25*](https://biblia.com/bible/nkjv/Heb%2010.25))

43. “…Do not slander one another.” ([*James 4:11*](https://biblia.com/bible/nkjv/James%204.11))

44. “Don’t grumble against each other…” ([*James 5:9*](https://biblia.com/bible/nkjv/James%205.9))

45. “Confess your sins to each other…” ([*James 5:16*](https://biblia.com/bible/nkjv/James%205.16))

46. “…Pray for each other.” ([*James 5:16*](https://biblia.com/bible/nkjv/James%205.16))

47. “…Love one another deeply, from the heart.” ([*I Peter 3:8*](https://biblia.com/bible/nkjv/1%20Pet%203.8))

48. “…Live in harmony with one another…” ([*I Peter 3:8*](https://biblia.com/bible/nkjv/1%20Pet%203.8))

49. “…Love each other deeply…” ([*I Peter 4:8*](https://biblia.com/bible/nkjv/1%20Pet%204.8))

50. “Offer hospitality to one another without grumbling.” ([*I Peter 4:9*](https://biblia.com/bible/nkjv/1%20Pet%204.9))

51. “Each one should use whatever gift he has received to serve others…” ([*I Peter 4:10*](https://biblia.com/bible/nkjv/1%20Pet%204.10))

52. “…Clothe yourselves with humility toward one another…”([*I Peter 5:5*](https://biblia.com/bible/nkjv/1%20Pet%205.5))

53. “Greet one another with a kiss of love.” ([*I Peter 5:14*](https://biblia.com/bible/nkjv/1%20Pet%205.14))

54. “…Love one another.” ([*I John 3:11*](https://biblia.com/bible/nkjv/1%20John%203.11))

55. “…Love one another.” ([*I John 3:23*](https://biblia.com/bible/nkjv/1%20John%203.23))

56. “…Love one another.” ([*I John 4:7*](https://biblia.com/bible/nkjv/1%20John%204.7))

57. “…Love one another.” ([*I John 4:11*](https://biblia.com/bible/nkjv/1%20John%204.11))

58. “…Love one another.” ([*I John 4:12*](https://biblia.com/bible/nkjv/1%20John%204.12))

59. “…Love one another.” ([*II John 5*](https://biblia.com/bible/nkjv/2%20John%205))