



**SERIES: JANUARY – BECOMING SPIRITUALLY FIT**

**SPEAKER: NAT CRAWFORD**

**Tuesday, 01/25/2022**

**Scripture: Ecclesiastes 4:9-12**

**TITLE: The Benefit of Community**

Recently I attempted to put up a TV in our bedroom. I wanted to impress my wife and do it all by myself. There is one word for that: stupid. After dropping the TV on my head, I called her in to help. No more than 5 minutes later, the TV was up and taking away my attention. It was in that moment I was reminded that, yes, I can do life alone, but I can't thrive alone. We, as the people of God, truly go better together.

Here is what Solomon wrote in Ecclesiastes 4:9-12.

Two are better than one because they have a good reward for their efforts. For if either falls, his companion can lift him up; but pity the one who falls without another to lift him up. Also, if two lie down together, they can keep warm; but how can one person alone keep warm? And if someone overpowers one person, two can resist him. A cord of three strands is not easily broken.

Solomon was the wisest man who ever lived. He penned these words. He said two are better than one. Why? Because it is profitable for them. Just like I could have probably put that TV up on the wall with a few more bumps and bruises. I instead leaned into the gift of my wife. There was good return on our labor. This is true in marriage, in friendship, and in the church today.

Today, we are a community of believers woven together by Christ. Today, you may be listening or watching on the east coast, west coast, Caribbean, South America, Africa, or somewhere else. We may be miles apart, but we are a community made possible by the blood of Jesus.

So what? I mean, it's not like someone in New York is going to come to my house to rake my leaves. But there are many ways to help each other. Solomon says, if one person falls down, the other can help them up. If someone is cold, we can provide warmth. If attacked, we can provide protection. Of course, these can be physical helps. But it can be what many of you are doing today: providing care, comfort, encouragement, and help for us here online.

We as the people of God can live alone. Many of you do. But you don't have to go through life alone. You can and should do it in community.

So here's my challenge for you today: step up and help. How can you help someone in the body of Christ? Is it by offering physical help through service or money? Maybe. Find out. Is it by encouraging, praying, and coaching someone here online? Maybe. Try it. Could it be sending a text or making a phone call to offer a kind word or a verse to help guide? Maybe. Try it.

There are so many ways to do to life together. We can survive alone but we can't thrive alone.  
So begin to help one each other one day at a time.