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SUMMARY OF LESSON:

In this week's lesson we take a look at what happens to humans put in isolation. Firstly, they fall into depression, experience anxiety, major health problems rise. This isn't just happening in people who are put in solitary confinement in prison. No, there is a rise of mental illness in the general public, depression and anxiety is at an all-time high. Even though we are more connected than ever, our relationships have reached an all-time low. We see others and what seems like their nice life, makes us more discontent in life.

Researchers say that one of the major needs in every human life is human interaction with others.

REFLECTION QUESTIONS:

Take a moment, with this lesson in mind, think of times in your life that you feel the most anxiety?

What parts of your life are you isolating yourself?

What can we do to connect relationally?

Have you put yourself in a position to make yourself uncomfortable but is healthy for your growth?

Are the people you surround yourself with going the same direction as you?

What steps can you take today to be more connected?