



S O C I A L

N E T W O R K S

18 And the LORD God said, “It is not good that man should be alone; I will make him a helper comparable to him.” NKJV



Genesis 2:18

33 Do not be deceived: “Evil company corrupts good habits.”



1 Corinthians 15:33

- Learn to ask for help



⁷ “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. NKJV



Matthew 7:7

- Learn to ask for help
- Own your needs



24 A man who has friends must himself be friendly, But there is a friend who sticks closer than a brother. NKJV



Proverbs 18:24

- Learn to ask for help
- Own your needs
- Take initiative



- Learn to ask for help
- Own your needs
- Take initiative
- Develop gratitude



² Bless the Lord oh my soul and all that is within me. Bless the Lord oh my soul and forget not all His benefits.



Psalm 103:2

Stop faking it



Keep your boundaries



Confess the difficulties



Work through resistances



16 Confess your trespasses to one another,
and pray for one another, that you may be
healed. The effective, fervent prayer of a
righteous man avails much. NKJV



James 5:16

35 I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than to receive.' ” NKJV



Acts 20:35

⁵ For this very reason, you must make every effort to support your faith with goodness, and goodness with knowledge,

⁶ and knowledge with selfcontrol, and selfcontrol with endurance, and endurance with godliness,

⁷ and godliness with mutual affection, and mutual affection with love. **NRSV**



2 Peter 1:5-7