



reboot

How To Cure Loneliness

Colossians 2:15: "And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross."

Colossians 1:11: "...being strengthened with all power according to his glorious might..."

Luke 24:49: "...stay in the city until you have been clothed with power from on high."

Acts 1:8..... receive power

Acts 4:33.... received GREAT POWER

True Power is granted not grabbed

"One recent study examined 323 opposition movements from 1900 to 2006, in places ranging from East Timor to countries of the former Soviet bloc. Some of these movements used the tactics of coercive force—bombs, assassinations, beheadings, torture, and civilian killings. Others relied on nonviolent tactics—marches, vigils, petitions, and boycotts. The latter were twice as likely (53 percent versus 26 percent) to lead to achieving gains in political power, winning broad support from citizens, and contributing to the fall of oppressive regimes."

The Power Paradox by Dacher Keltner

Enthusiasm-- reaching out to others

Kindness- cooperate , share, and give to others

Focus- on shared goals.... how can WE WIN

Calm- instill calm and perspective

Openness- be open to others' ideas and feelings

A lack of power leads to poor health

Power is a state of mind

True power is contagious

Power is found in everyday actions.

Enduring power comes from empathy.

Enduring power comes from giving.

Enduring power comes from expressing gratitude.

Enduring power comes from telling stories that unite.

Stress defines the experience of powerlessness.

Powerlessness undermines the ability to contribute to society.

Powerlessness causes poor health.

Colossians 2:9-12: "For in Christ all the fullness of the Deity lives in bodily form, ¹⁰and in Christ you have been brought to fullness. He is the head over every power and authority. ¹¹In him you were also circumcised with a circumcision not performed by human hands. Your whole self-ruled by the flesh was put off when you were circumcised by Christ, ¹²having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead."