

One of the most thorough research projects on relationships is called the Alameda County Study. Headed by a Harvard social scientist, it tracked the lives of 7,000 people over nine years. Researchers found that the most isolated people were three times more likely to die than those with strong relational connections.

People who had bad health habits (such as smoking, poor eating habits, obesity) but strong social ties lived significantly longer than people who had great health habits but were isolated. In other words, it is better to eat Twinkies with good friends than to eat broccoli alone.

*Everybody's Normal Till You Get to Know Them*

John Ortberg



Spiritual warfare is about winning the war within. There is a struggle going on inside of us daily in some capacity. You cannot win anything outside unless you win the war inside. You must learn to reprogram your thought patterns.

*The Weapons of Our Warfare*

Phil Hopper



Satan weakens your walls of absolute truth by getting you to doubt the word of God and the character of God. He wants to get you to doubt what God has said or the goodness of God. When you begin to doubt the word of God or the goodness of God, those defenses are weakened.

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Some day Satan's rule will be ended, and Christ will reign as Lord over all creation. Some day all the sin and rebellion of this corrupted universe will be destroyed, and Christ's kingdom of righteousness and peace will rule forever. Don't be discouraged by what you see in the headlines every day. God is at work, and some day Christ will rule.

*Hope for Each Day*

Billy Graham



God has created us not to live in emotional isolation; He's created us to need one another. Because of this, Satan loves to split people up, split churches, families, friendships, and countries.

When we are deeply bonded and empathize with one another, we are galvanized mentally and spiritually to endure suffering to victory. But when we are isolated emotionally, we lose the thing we need most to endure—love.

*Change Your Thoughts, Change Your World*

Bobby Schuller