

# *Stay Connected!*

**National Women's Ministry Breakout Session**

**COGBF Year-End Conference**

**Saturday, December 19, 2020**

**Minister Domonique Brunson**

# Why All The Connections?

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- Women need other women in order to do life well.
- According to The Guardian, studies since the 1980s **have** shown that if you haven't got **friends**, family or community ties, your chance of dying early may be 50% higher than if you did. Social isolation is now being touted as similarly detrimental to health as smoking or **not** taking exercise.
- The average adult has anywhere between 2 and 5 close friends, but 1 in 5 often feels lonely. So...WE MUST FIGHT BACK!

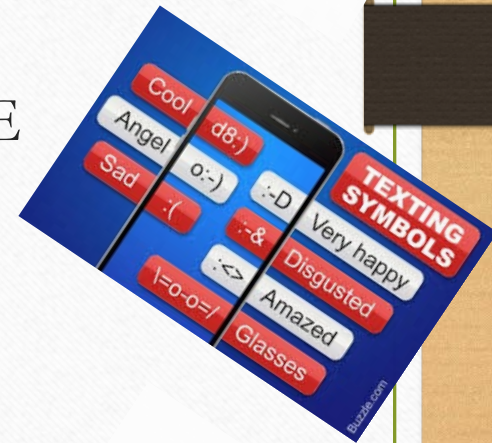


# STAY CONNECTED: VISUALLY

- What you allow into your “eye gates” can affect your entire being.
- Friendly Tip: When a friend comes across your mind, send a quick encouraging line or two to uplift their spirit.



- EMAIL
- TEXT MESSAGE
- SNAIL MAIL
- READING THE WORD



# STAY CONNECTED: AUDITORILY

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- Guard your ear gates because if faith comes by hearing, so does fear.
- Friendly Tip: Real friends speak the truth in love, so WATCH YOUR MOUTH!

- PHONE CALL
- VOICE TEXT
- AUDIO BOOKS





# STAY CONNECTED: SOCIALLY

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- No man is an island to himself. As a matter of fact, the Word of God tells us that a friend loves at all times (Prov. 17:17). That means that there are times when you must spend time with your friends!
- The devil is walking about seeking someone to devour and if you are by yourself, it will be easy for him to find you. So, stay in a group of praying friends who can cover you.
- Introverts—Make the effort to stay in touch!
- Extroverts—Use the tools available to you for now
- Socially distanced gatherings
- Zoom/Messenger/Duo
- Social Media: Facebook, Instagram, Snapchat, etc.
  - Some people focus on other people's lives and become lonelier, but use these tools to stay in touch with your friends and remain in each others' lives.

# WHAT DO I DO NOW?

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- Go to the chat box and enter your name and any contact info you want to share (phone number, email, social media handles)
- Pick 2 women you don't already know and grab their contact info.
- Reach out to them in the coming days!!!
- **GOAL:** We want no woman to be left behind and we want **EVERY** woman to know that not only does God love you, but you have a sister-in-Christ out there who does too. We will make it through this life **TOGETHER!**

***STAY CONNECTED!!!!!!***

***GOD BLESS YOU ALL!!!***