



Finding FRIENDSHIP

In A Lonely World

Loneliness is perhaps one of the most painful feelings, and it comes at a cost. Psychologist Julianne Holt-Lunstad found that “a lack of social relationships was equivalent to smoking up to 15 cigarettes a day.” One research team concluded that “People with strong social relationships were 50 percent less likely to die early than people without such support.”

How can we find friends in a lonely world? The answer is simple: be a friend.

1. Be a friend by spending time with people.

We devote much of our time to making money, getting projects done, and pursuing hobbies, but we neglect giving time (our most valuable possession) to that which matters most – people.

True friendship requires segments of unhurried time. Friendships can't be micro waved. You can't listen in a hurry, comfort in a hurry, counsel in a hurry, rejoice in a hurry. If you want meaningful relationships with others it will require that you devote time to building relationships.

2. Be a friend by being friendly.

Many people do not have friends for the simple reason that they are not friendly. You can only have a friend

when you make the decision to become one. Smile, be kind, and be generous.

Proverbs 18:24 says, “A man that hath friends must shew himself friendly.”

3. Be a friend by making others a priority.

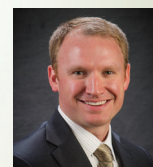
Friendships are forged when a person assigns high priority to the life of another.

4. Be a friend through adversity.

Where there are two people there will be sin, and where there is sin there will be strife. Be willing to work through disagreements, difficulties, and dissension. We all have bad days – be willing to extend grace and love to others.

Loneliness is harmful and it's unnecessary. Are you lonely? Are you investing your life into other people? Are you surrounded with people who love you? If not it might be best if you invest in others – because when you do others will invest in you.

By Daniel Fleet
Associate Pastor



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KNOW FOR SURE YOU'RE GOING TO HEAVEN

The Bible says in John 3:16, *For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.*

God sent His Son, Jesus, to die on a cross for your sins. The Bible teaches that if you will ask Him to come into your heart and forgive your sin, He will save you from Hell and take you to Heaven when you die. Right now will you pray and ask Him to forgive you of your sins and become your personal Savior?

Visit eastlandbaptist.org/about/our-savior/ to learn more.



Eastland Baptist Church
Community
Connection

Fall 2015

A Willing SPIRIT

PETER WAS A MAN WHO, LIKE ALL OF US, WAS HINDERED BY HIS FLESH. He often spoke too soon, made promises he could not keep, and allowed his temper to get the best of him. This weakness of flesh nearly destroyed Peter in the Garden of Gethsemane, where he failed the Lord and subsequently denied him multiple times. This discouraged Peter so much that for a brief period he returned to his old vocation of fishing—until the Lord Himself encouraged him to get back to feeding His sheep.

In Matthew 26, there is a principle taught that has great application for people like Peter, and it goes like this: “the spirit is willing, but the flesh is weak.” This biblical truth reminds us that even though we are encumbered with a flesh that is prone to failure, through spiritual discipline we can strengthen it.

Jesus’ ensuing words were “watch and pray.” In other words, grace and strength result by engaging in spiritual discipline. It is a truth that people greatly benefit from, and they are helped immensely in overcoming weaknesses by positive habit, a disciplined routine, and spiritual exercise.

There is another principle that we find in Jesus’ words in this truth about our flesh, and it is that Peter’s spirit was willing. Despite all of his failures of the flesh, Peter had a heart and desire to serve the Lord, make a difference, and to be true and faithful. He may indeed have struggled doing those things, but it wasn’t because he was unwilling. I believe it was Peter’s willingness that, in part, played a role in his return from his failure. It was his initial willingness that motivated him to leave his career and serve the Lord in the first place.

Here was a man who may not have been the most talented person in the world, but he still accomplished great things for God because he was simply willing. Is that true about you? Do you have a heart to give, to serve, and to be a help in the church and to those around you? I am often reminded that it is not the talented, neither is it the rich, nor those with available time who get things done. Rather, it is the willing hearted.

By Troy Dorrell
Lead Pastor



BACK 2 CHURCH SUNDAY

Has it been a while since you’ve been to church? Do you miss the music, friends, and Bible messages that help you through life? Well, what are you waiting for? Come back to church!

We invite you to our “Back 2 Church Sunday” October 11th at 10:30 am. You will enjoy uplifting music, friendly people, and a relevant Bible message. Also all kids under 12 will receive a free pumpkin. We hope to see you then!

**OCTOBER 11TH
AT 10:30 AM**

1835 S 129th E Ave
Tulsa, OK 74108

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eastlandbaptist.org

Welcome



EBC CONNECTIONS:

 **Website**
eastlandbaptist.org

 **Blog**
pastordorrell.com

 **Twitter**
twitter.com/EBCtulsa

SERVICE TIMES:

Sunday - classes for all ages @ 9:30am

worship service @ 10:30am

evening service @ 6pm

Wednesday - Bible study @ 7pm

New & Prospective Members Class Sunday, October 25 @ 6pm

This class is for anyone who has interest in learning more about Eastland Baptist Church.

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