



WE ME

Part 1: *WE Unquarantines ME*

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“The LORD God placed the man in the Garden of Eden to tend and watch over it. But the LORD God warned him, ‘You may freely eat the fruit of every tree in the garden—except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die.’ Then the LORD God said, ‘It is not good for the man to be alone. I will make a helper who is just right for him.’ So the LORD God formed from the ground all the wild animals and all the birds of the sky. He brought them to the man to see what he would call them, and the man chose a name for each one. He gave names to all the livestock, all the birds of the sky, and all the wild animals. But still there was no helper just right for him. So the LORD God caused the man to fall into a deep sleep. While the

man slept, the LORD God took out one of the man's ribs and closed up the opening. Then the LORD God made a woman from the rib, and he brought her to the man."

Genesis 2:15-22 (NLT)

"Teacher, which is the most important commandment in the law of Moses?' Jesus replied, 'You must love the Lord your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments."

Matthew 22:36-40 (NLT)

WE HAS THE POTENTIAL TO VACCINATE ME...

1. ...FROM LONELINESS

Virus: Self-imposed isolation

"And the Lord God said, 'It isn't good for man to be alone; I will make a companion for him, a helper suited to his needs.'"

Genesis 2:18 (TLB)

2.

"I look to my left and right to see if there is anyone who will help, but there's no one who takes notice of me. I have no hope of escape, and no one cares whether I live or die."

Psalm 142:4 (TPT)

2. ...FROM BURNOUT

Virus: Self-imposed busyness

"As Jesus and the disciples continued on their journey, they came to a village where a woman welcomed Jesus into her home. Her name was Martha and she had a sister named Mary. Mary sat down attentively before the Master, absorbing every revelation he shared. But Martha became exasperated by finishing the numerous household chores in preparation for her guests, so she interrupted Jesus and said, 'Lord, don't you think it's unfair that my sister left me to do all the work by myself? You should tell her to get up and help me.' The Lord answered her, 'Martha, my beloved Martha. Why are you upset and troubled, pulled away by all these many distractions? Are they really that important? Mary has discovered the one thing most important by choosing to sit at my feet. She is undistracted, and I won't take this privilege from her.'"

Luke 10:38-42 (TPT)

3.

“Come to me, all of you who are tired and have heavy loads, and I will give you rest. Accept my teachings and learn from me, because I am gentle and humble in spirit, and you will find rest for your lives. The burden that I ask you to accept is easy; the load I give you to carry is light.”

Matthew 11:28-30 (NCV)

3. ...FROM BREAKDOWN

Virus: Self-imposed Importance

“The next day, Moses took his seat to hear the people’s disputes against each other. They waited before him from morning till evening. When Moses’ father-in-law saw all that Moses was doing for the people, he asked, ‘What are you really accomplishing here? Why are you trying to do all this alone while everyone stands around you from morning till evening?’ Moses replied, ‘Because the people come to me to get a ruling from God. When a dispute arises, they come to me, and I am the one who settles the case between the quarreling parties. I inform the people of God’s decrees and give them his instructions.’ ‘This is not good!’ Moses’ father-in-law exclaimed. ‘You’re going to wear yourself out—and the people, too. This job is too heavy a burden for you to handle all by yourself.’”

Exodus 18:13-18 (NLT)

4.