

# Strategic and Meaningful

## INTROVERTS (AND EXTROVERTS)

Social \_\_\_\_\_ involves a sense of separation, loneliness, and disconnection.

\_\_\_\_\_ involves deeper connectedness to oneself and God.

Social isolation can be harmful, but the capacity to step into solitude, is a \_\_\_\_\_.

Social isolation is not about other people but about our \_\_\_\_\_ world.

Genesis 2:18 *The LORD God/Yahweh also said, "It is not good for the man to be alone.*

**"ALONE" - GREEK WORD: LE-VAD-DO - MEANS \_\_\_\_\_, NOT SINGLENESS; TO BE SEPARATED FROM; APART FROM; OR WITHOUT HELP.**

Being alone is to be \_\_\_\_-less.

Exodus 18:13-17 *The next day Moses took his seat to judge the people, and they stood around him from morning until evening. 14When his father-in-law saw all that Moses was doing for the people, he asked, "What is this that you are doing for the people? Why do you sit alone as judge, with all the people standing around you from morning till evening?" 15"Because the people come to me to inquire of God," Moses replied. 16"Whenever they have a dispute, it is brought to me to judge between one man and another, and I make known to them the statutes and laws of God." 17But Moses' father-in-law said to him, "What you are doing is not good. 18Surely you and these people with you will wear yourselves out, because the task is too heavy for you. You cannot handle it alone.*

The distinction between social isolation and solitude isn't about whether we are an introvert or an extrovert, it's about \_\_\_\_\_.

Proverbs 18:1 *He who isolates himself pursues selfish desires; he rebels against all sound judgment.*

### Social Isolation/Connection Quiz

Put an X by each statement that feels true to you **most** of the time.

- ☐ I have at least one person I could reach out to if I really needed them.
- ☐ I'm generally satisfied with the **quantity** of relationships I have.
- ☐ I'm generally satisfied with the **quality** of relationships I have.
- ☐ When I really want to talk about something that matters to me, I'm able to do so.
- ☐ I feel I'm part of a "family." (This doesn't have to be biological. It can be a friend group, church, workplace, organization, etc.)
- ☐ I can enjoy being by myself.
- ☐ I have a sense of connection to something bigger than myself, such as God or a cause.
- ☐ I'm engaged in "work" (a job, volunteering, raising a family) that's **meaningful** to me.
- ☐ I experience loneliness occasionally but not constantly.
- ☐ I consider myself to be someone who cares about others.
- ☐ I know when I've had too much time with people.
- ☐ I know when I've had too much time alone.

Give yourself one point for each X statement, then add them up.

1–4 means you may struggle with social isolation. Sometimes this happens because we're in a certain season, like caring for a newborn or elderly parent, or moving to a different city, and that's normal. If temporary external circumstances aren't the cause, and your social situation causes you distress, choose one item on the list to focus on and one step you can take today.

(Note: If you have no desire or energy for relationships, then you may have an underlying condition such as depression, especially if you used to enjoy being with people. Consider seeing your doctor or a counselor.)

5–8 puts you in the average range for connection. You can be with people or alone as you choose. If you're content with your level of connection, continue what you're already doing. If you want to increase it, look at each item in the assessment and choose one you'd like to focus on and one step you can take today.

9–12 indicates you're connected in meaningful ways to others and yourself. This is rare and something to celebrate. **Resist the urge to compare or place unrealistic expectations on yourself because of what society or social media tell you.** Continue what you're doing.

Proverbs 14:10 *The heart knows its own bitterness, and no stranger shares in its joy.*

Isolation walks away. Solitude walks \_\_\_\_\_.

Psalms 23:1-3 (MSG) *God, my shepherd! I don't need a thing. You have bedded me down in lush meadows, you find me quiet pools to drink from. True to your word, you let me catch my breath and send me in the right direction.*

We were made for one-\_\_\_\_\_relationships.

Being a loving person isn't about popularity, but rather personal \_\_\_\_\_.

Meaningful connection is not about quantity, it's about \_\_\_\_\_.

Most of the time we don't need a skill set but a shift in \_\_\_\_\_.

Awkwardness can make us more \_\_\_\_\_.

Introverts are also slower to respond because we are \_\_\_\_\_.

Anxiety vs \_\_\_\_\_

Genesis 3:8 *Then the man and his wife heard the voice of the LORD God/Yahweh walking in the garden in the breeze of the day, and they hid themselves from the presence of the LORD God/Yahweh among the trees of the garden.*

\_\_\_\_\_ is not the same as solitude.

True \_\_\_\_\_ only happens when we present our authentic, imperfect selves.