

PEOPLE NEED PEOPLE

Day 1: Created for Connection

Scripture: *"The Lord God said, 'It is not good for the man to be alone. I will make a helper suitable for him.'" – Genesis 2:18 (NIV)*

God never meant for us to walk through life alone.

Devotional Thought:

Before sin ever entered the world, before the fall, before brokenness—God looked at a perfect man in a perfect garden and said, *"It is not good for the man to be alone."* That tells us something powerful: **even in paradise, connection was necessary.**

Adam had God. He had purpose. He had beauty surrounding him. But still, God recognized something was missing—**human companionship**. This verse isn't just about marriage; it's a foundational truth about the human condition. We were created to need each other.

Somewhere along the way, many of us were taught that independence equals strength. We're told to be self-sufficient, to "tough it out," and not to burden others with our problems. But that mindset is a subtle lie that leads to loneliness, isolation, and even spiritual dryness. God's design is interdependence—**a web of relationships where we support, challenge, and love one another.**

Jesus Himself lived this out. He didn't walk alone—He chose disciples to walk with Him. He visited friends. He wept with others. He taught in crowds. He shared meals. If the Son of God needed people around Him, how much more do we?

Real Life Reflection:

Have you ever gone through something difficult and felt tempted to keep it all to yourself? Maybe you told yourself, “Nobody would understand,” or, “I don’t want to seem weak.” But healing often begins when we open up and let others in.

God has placed people in your life for a reason—**not just for your benefit, but for theirs too.** Your voice, presence, and encouragement might be the lifeline someone else needs.

Action Step:

Call, text, or message someone you haven’t connected with in a while. Not to ask for anything—just to say, *“I’m thinking about you.”* Your intentionality could be the reminder they need that they’re not alone.

Prayer:

Lord, thank You for creating me for connection. I confess that sometimes I try to do life on my own. Help me to see the beauty in community, to reach out when I need help, and to be a faithful friend to others. Teach me to value the people You've placed in my life. In Jesus name we Pray, Amen.