

SERMON TITLE

KEEPING HEARTS CONNECTED WHEN LIFE IS CHAOTIC

Pastor Jared & Trinh · October 18, 2026

Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Ecclesiastes 4:9-12 · NIV

IN CONSTANT CHANGING SEASONS, WE MUST FIGHT FOR COVENANT CONNECTION.

SHARED FAITH: WE ARE ROOTED IN GOD & EQUALLY YOKED

WHEN THE GROUND SHAKES, THE FOUNDATION SHOWS.

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.

Matthew 7:24 · NIV

THAT FOUNDATION DETERMINES DIRECTION: PERSONAL AND CORPORATE PRAYER, COMMITMENT TO YOUR OWN RELATIONSHIP WITH GOD, ACCOUNTABILITY TO SCRIPTURE.

PRAYER IS WHERE WE STOP FIGHTING EVERYTHING ELSE AND START FIGHTING TOGETHER.

Humble yourselves before the Lord, and he will lift you up.

James 4:10 · NIV

BOTH PARTNERS NEED TO BE BUILDING THE SAME THING. PRAY TOGETHER.

HONEST COMMUNICATION: WE EMBRACE THE UNCOMFORTABLE CONVERSATIONS

COMMUNICATION IS THE BRIDGE TO TRUE CONNECTION.

Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.

Genesis 2:24 · NKJV

UNITY TAKES INTENTIONALITY — THE QUALITY OF YOUR CONVERSATION LEADS TO THE QUALITY OF YOUR CONNECTION.

TRUTH WITHOUT TENDERNESS IS A WEAPON, BUT TRUTH SPOKEN SAFELY BUILDS SECURITY.

Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

Colossians 4:6 · NIV

HOW YOU HANDLE HARD CONVERSATIONS DETERMINES HOW HARD THEY WILL BE LATER. FIGHT HARD TO HANDLE THEM WELL.

PATIENCE & UNDERSTANDING: WE ROCK WITH THE RHYTHM

SEASONS CHANGE THE HABITS, NOT THE HEART.

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus.

Philippians 2:3–5 · NIV

YOU CAN'T MEET A NEED YOU HAVEN'T LEARNED.

Carry each other's burdens, and in this way you will fulfill the law of Christ.

Galatians 6:2 · NIV

A new command I give you: Love one another. As I have loved you, so you must love one another.

John 13:34 · NIV

SACRIFICE TO SERVE ONE ANOTHER.

CLARITY & FLEXIBILITY: WE'RE COMMITTED TO A PURPOSE, NOT A PLAN

IT'S OK IF PLANS CHANGE AS LONG AS THE PURPOSE REMAINS.

This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'

Matthew 22:38–39 · NIV

RIGID THINGS BREAK, ROOTED THINGS BEND.

But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.

Jeremiah 17:7–8 · NIV

IN TERMS OF PRIORITIES, GET ON THE SAME PAGE. EXPECT THE UNEXPECTED.

FULLY ENGAGED: IT'S NOT DIVIDE & CONQUER, IT'S EQUALLY PARTNERED

COMPARING WILL LEAD TO COMPETING. CO-LABORING WILL LEAD TO COMPLETING.

BEING MARRIED ISN'T THE SAME THING AS BEING IN THE MOMENT.

Submit to one another out of reverence for Christ.

Ephesians 5:21 · NIV

COMMUNITY: IT TAKES A VILLAGE

WEAKNESS DOESN'T LOOK LIKE NOT NEEDING HELP, IT LOOKS LIKE PRETENDING YOU DON'T.

When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady till sunset.

Exodus 17:12 · NIV

WHO'S AROUND YOU DETERMINES HOW FAR YOU'LL GO.