



THE **INFLATABLE** LIFE

filled | loosed | empowered | loved | resourced | graced

Built to Belong

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A word cloud centered around the word "community". The word "community" is the largest and most prominent, written in a dark teal color. Other words are arranged around it in various sizes and colors: "loneliness" (green, horizontal), "love" (maroon, vertical), "relational" (blue, horizontal), "alone" (yellow-green, horizontal), "connection" (green, diagonal), "belonging" (small, vertical), "full" (small, vertical), and "life" (small, vertical).

loneliness
belonging
love
full
community
life
relational
alone
connection

A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong.

Brené Brown

The background of the bottom section is a light-colored, textured surface with several colorful, fuzzy pom-poms in shades of red, purple, and teal.

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When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick.

Brené Brown

The book cover features a light-colored, textured background with several colorful, fuzzy pom-poms in shades of red, purple, and teal scattered across it. The title 'THE INFLATIONABLE LIFE' is centered in a serif font, with 'INFLATIONABLE' enclosed in a thin black rectangular border. Below the title, the words 'filled | loosed | empowered | loved | resourced | graced' are written in a smaller, lowercase serif font.

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We Belong to God

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Know that the **Lord** is God —
he made us; we belong to him.

Psalm 100:3

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And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love.

Romans 8:38–39

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No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

Romans 8:38–39

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What marvelous love the Father has extended to us! Just look at it—we're called children of God! That's who we really are.

1 John 3:1

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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.'

Matthew 22:38-39

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"YOU ARE ROCK"
AND ON THIS ROCK
I WILL BUILD MY CHURCH"
MT 16:18

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

John 13:34

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Your sons and daughters were feasting in their oldest brother's home. Suddenly, a powerful wind swept in from the wilderness and hit the house on all sides. The house collapsed, and all your children are dead. I am the only one who escaped to tell you.

Job 1:13-19

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Those who have a strong sense of love and belonging have the courage to be imperfect.

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Accept one another.
Care for one another.
Encourage one another.
Forgive one another.

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Submit to one another.
Bear with one another.
Restore one another.
Carry one another's burdens.

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To be loved but not known is comforting but superficial. To be known and not loved is our greatest fear. But to be fully known and truly loved is, well, a lot like being loved by God.

It is what we need more than anything.

Tim Keller



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What this adds up to, then, is this: no more lies, no more pretense. Tell your neighbour the truth. In Christ's body we're all connected to each other, after all. When you lie to others, you end up lying to yourself.

Ephesians 4:25



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You're imperfect. You're wired for struggle.
But you are worthy of love and belonging.

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True belonging is not passive. It's not the belonging that comes with just joining a group. It's not fitting in or pretending or selling out because it's safer.

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It's a practice that requires us to be vulnerable,
get uncomfortable and learn how to be present
with people – without sacrificing who we are.

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That day about three thousand took him at his word, were baptized and were signed up. They committed themselves to the teaching of the apostles, the life together, the common meal, and the prayers.

Colossians 2:6-9

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Everyone around was in awe—all those wonders and signs done through the apostles! And all the believers lived in a wonderful harmony, holding everything in common. They sold whatever they owned and pooled their resources so that each person's need was met.

Colossians 2:6-9

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They followed a daily discipline of worship in the Temple followed by meals at home, every meal a celebration, exuberant and joyful, as they praised God. People in general liked what they saw. Every day their number grew as God added those who were saved.

Colossians 2:6-9



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