

## Key Points Summary

Rev. Jamie Butcher

April 28, 2024

- This sermon discusses the challenges of creating meaningful community connections in modern times, drawing insights from Esther Perel interview on Brené Brown's podcast "Unlocking Us"

<https://brenebrown.com/podcast-show/unlocking-us/>

- Artificial intimacy, such as social media interactions, has become prevalent, but it lacks genuine connection and fosters loneliness and despair.
- Traditional religious communities provided a sense of belonging and certainty, but modern society emphasizes individualism, leading to a burden of self-reliance and increased anxiety.
- The church, with its ancient words, creeds, and hymns, offers relief from this burden and provides a sense of confidence rooted in faith.
- The church has the potential to be a community of real intimacy, provoking and encouraging each other toward love and good works, promoting genuine confidence that comes from belonging to God.