



THE PATH OF NEIGHBORING

Art of Neighboring, Part 4
Randy Frazee
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MANAGING WORLDS

The average family manages 35 separate worlds.

Every 10 minutes you spend in the _____ you reduce your available time for _____ by 10%.

Robert Putnam

“ _____ Loneliness” – You have exposure to tons of people but not really a deep relationship with any of them.

Americans are the _____ people in the world.

George Gallup, JR.

GOD HARDWIRED US FOR COMMUNITY

The Lord God said, “It is not good for the man to be alone”.

GENESIS 2:18 (NIV)

Social isolation contributes to illness and death as much as smoking.

A SOLUTION

We don't need more relationships, we need a different kind of relationship. We need more Refrigerator Rights Relationships.

Will Miller

...Better a neighbor nearby than a relative far away.

PROVERBS 27:10 (NIV)

From one man he made all the people of the world. Now they live all over the earth. He decided exactly when they should live. And he decided exactly where they should live.

ACTS 17:26 (NIRV)

God did this so that people would seek him. And perhaps they would reach out for him and find him. They would find him even though he is not far from any of us.

ACTS 17:27 (NIRV)

PRACTICAL PATHS TO BEGIN YOUR JOURNEY

1. Draw a one-mile circle around your home and do as much of life in that circle as possible.
2. Stop all work by 6:00 PM.
3. Chill out a bit with kids sports.
4. Do a Digital Fast.
5. Invite folks over for dinner.
6. Sit in the front yard versus the back.
7. Use your driveway for more than just cars.
8. If you don't have small children, get a dog and take them for walks.
9. The B.L.E.S.S. app.
10. Start a small group in your neighborhood.

Take your next steps!



1. car 2. relationships 3. Crowded 4. loneliness



睦鄰的途徑

鄰舍之道 (四)

Randy Frazee

2025 年 9 月 6-7 日

他從一人造出人類各個民族，使他們住在地面各處，又劃定他們的年限和住處的界線。

使徒行傳 17:26 (新漢語譯本)

要讓他們尋求神，或許可以摸索而尋見。其實他離我們各人不遠。

使徒行傳 17:27(新漢語譯本)

你必須參與的「關係世界」

一般家庭，會參與 35 個不同的「關係世界」。

每在 _____ 待 10 分鐘，會把現有的人際關係成本或 _____ 的時間減少 10%。

Robert Putnam

「_____ 的孤獨感」- 我們周圍有很多人，但我們與他們沒有深厚的關係。

美國人是世上最 _____ 的人

George Gallup Jr.

上帝設計我們，是為了社羣

主上帝說：「人單獨生活不好。」

創世記 2:18 (現代中文譯本)

社交孤立和吸煙的死亡率一樣高。

解決方案：

我們要以「圓圈」取代「直線」。

我們不需要更多的關係，我們需要不同類型的關係。我們需要更多「Refrigerator Rights (雪櫃使用權)」的關係。

Will Miller

相近的鄰舍，強如遠方的弟兄。

箴言 27:10 (和合本)

開始你的旅程的實用途徑

1. 在你房屋周圍畫一哩的圈，並盡可能在圈子裏生活。
2. 下午 6 時前停止所有工作。
3. 在子女的運動上放鬆一下。
4. 進行數碼禁食。
5. 邀請朋友來吃晚餐。
6. 坐在前院、而不是後院。
7. 運用你的車道、不只是開車。
8. 若你沒有小孩，養一隻狗，並帶牠去散步。
9. B.L.E.S.S. 應用程式。
10. 考慮與鄰居成立小組。

踏出你的下一步！



1. 車上 2. 關係 3. 人羣中 4. 孤獨