

WE ALL KNOW SOMEONE

MCA
The Church on the Hill

Sermon Outline

Key verses

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

Genesis 2:18

How to combat loneliness

1. Call on the Lord

I cry to you, Lord; I say, "You are my refuge, my portion in the land of the living."

Psalms 142:5

2. Don't isolate yourself

Two are better than one, because they have a good return for their labor: ¹⁰ 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.

Ecclesiastes 4:9-10

3. Reach out to the lonely

God sets the lonely in families, he leads out the prisoners with singing.

Psalms 68:6

"Loneliness and the feeling of being uncared for are the greatest poverty."

- Mother Teresa of Calcutta

DAVID'S LONELINESS

JANUARY 12
DISCUSSION GUIDE

Opening Thought

David was running for his life. He was scared. He felt alone. He found himself hiding in a cave and hit a low point. Psalm 142 records his prayer of lament with raw, honest emotion. This man after God's own heart shows us how to combat loneliness. We are never truly alone. The Lord is with us! We can praise God for his goodness to us.

Ice breaker

- If your house was burning down, what three objects would you choose to save?
- Do you prefer time alone or would you rather be around people most of the time?

Dig Deeper

- What are some unhealthy responses people have to loneliness in their lives? In other words, what are the worst things to do if you are struggling with loneliness?
- Have you ever experienced a time when you felt abandoned by God? How did you respond during that time? (Psalm 22:1-2)
- How does Jesus' experience of abandonment on the cross help you relate to Him during your own moments of loneliness? (Hebrews 4:15)
- Read 2 Corinthians 5:21. Is it difficult for you to believe that Jesus overcame loneliness so that you could experience intimacy with God? How would your faith be transformed if you could truly accept that you can *never* be separated from your heavenly Father?
- Share about a time when you were lonely. What did you learn?
- John shared three ways to combat loneliness. Which of these do you need to do more of this week?

Closing

Loneliness is scary. But it's not an indication that you're inadequate. It's an invitation from your heavenly Father to connect with him and experience a different kind of life.