



Loneliness

July 24, 2022

CG Discussion Guide

CATCHING UP ON LIFE

This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As A church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)

Suggested time: 10 minutes

- What can you thank God for this week?
- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

REVIEW THE MISSION

Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go because Jesus changes everything. (John 20:21 and 2 Corinthians 5:18-20) · *Suggested time: 10-15 minutes*

- People:
 - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
 - Who are the people we are intentionally living on mission with (neighbors, Serve CLT partner organizations, or a specific demographic in Charlotte)? What are our upcoming plans to love, serve, and build relationships with this group?
- Plan:
 - Are there any hangouts already planned, or an extra hangout we could plan to create a way for these friends to connect with our group?
- Pray:
 - Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.

SCRIPTURE AND SERMON DISCUSSION

God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a Community Group throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25) · *Suggested Time: 30-40 minutes*

Read Psalm 142.

1. What stands out to you from this passage? What does this passage show us about God? What does this passage show us about ourselves?

Recap the sermon.

2. What stood out to you from the sermon? What comforted you? What convicted you?

In the sermon, we said that "Loneliness is a distressing feeling that accompanies the perception that one's relational needs are not being met by the quantity or quality of one's relationships."

3. Talk about how you experience loneliness, whether presently or in the past. How do you see that feeling arise from the quantity or quality of your relationships?

In Psalm 142 and 57, we see that:

- Loneliness is painful.
- The hope for our loneliness is not to be less alone.
- The hope for our loneliness is the ever-present God.
- God brings the gift of community as we seek Him.

4. How have you sought to "fix" your loneliness by being less alone? How is the invitation to seek God first, and let Him bring the gift of community a freeing invitation?

Reread Psalm 142:5-7.

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

6 Attend to my cry, for I am brought very low! Deliver me from my persecutors, for they are too strong for me!

7 Bring me out of prison, that I may give thanks to your name! The righteous will surround me, for you will deal bountifully with me.

There are three ways we can healthily walk through and fight against loneliness:

- Learn to be alone
- Sacrifice, work hard, and be patient
- Rest in Christ

5. How is God teaching you to rely on Him more in these areas?

Pray - Pray that God would help us redefine shame in relationship with Him. That it is a sign of our fallen nature and His holiness, and that He meets us in our sin and shame with loving discipline and mercy.

ENGAGE THE HEART

Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10) *Suggested Time: 30-45 minutes.*