





COMMUNITY GROUP BASICS

2ND SUNDAY OF EVERY MONTH

AFTER THE GATHERING

DINNER + CHILDCARE PROVIDED

Psalm 142



Loneliness:

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.



“Feel lonely on a regular basis”:



“Feel lonely on a regular basis”:

- Boomers – 50%



“Feel lonely on a regular basis”:

- Boomers – 50%
- Millennials – 71%



“Feel lonely on a regular basis”:

- Boomers – 50%
- Millennials – 71%
- Gen Z – 79%



Psalm 142



With my voice I cry out to the Lord;
with my voice I plead for mercy to
the Lord. I pour out my complaint
before him; I tell my trouble before
him.

Psalm 142:1-3



When my spirit faints within me, you know my way! In the path where I walk they have hidden a trap for me.

Psalm 142:1-3



Look to the right and see: there is
none who takes notice of me; no
refuge remains to me; no one cares
for my soul.

Psalm 142:4



Four Realities of Loneliness:



Four Realities of Loneliness:

1. Loneliness is painful.



Four Realities of Loneliness:

1. Loneliness is painful.

2. The answer to our loneliness is not to be less alone.



My heart is steadfast, O God, my
heart is steadfast! I will sing and
make melody! Awake, my glory!
Awake, O harp and lyre! I will awake
the dawn! I will give thanks to you, O
Lord, among the peoples;

Psalm 57:7-10



I will sing praises to you among the nations. For your steadfast love is great to the heavens, your faithfulness to the clouds.

Psalm 57:7-10



Four Realities of Loneliness:

1. Loneliness is painful.

2. The answer to our loneliness is not to be less alone.



Four Realities of Loneliness:

1. Loneliness is painful.
2. The hope for our loneliness is not to be less alone.
3. The hope for our loneliness is an ever-present God.



Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul. I cry to you, O Lord; I say, “You are my refuge, my portion in the land of the living.”

Psalm 142:4-5



Four Realities of Loneliness:

1. Loneliness is painful.
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Four Realities of Loneliness:

1. Loneliness is painful.
2. The hope for our loneliness is not to be less alone.
3. The hope for our loneliness is an ever-present God.
4. God brings the gift of imperfect community.



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

Psalm 142:6-7





Fighting Loneliness:



Fighting Loneliness:

1. Learn to be alone.



“Let him who cannot be alone
beware of community...One who
wants fellowship without solitude
plunges into the void of words and
feelings...”

- **Dietrich Bonhoeffer**



But Jesus would withdraw to
desolate places and pray.

Luke 5:16



Fighting Loneliness:

1. Learn to be alone.



Fighting Loneliness:

1. Learn to be alone.
2. Sacrifice, work hard, and be patient.



“The person who loves their dream of community will destroy community, but the person who loves those around them will create community.”

- **Dietrich Bonhoeffer**



Fighting Loneliness:

1. Learn to be alone.
2. Sacrifice, work hard, and be patient.



Fighting Loneliness:

1. Learn to be alone.
2. Sacrifice, work hard, and be patient.
3. Rest in Christ.



“Here is the promise of the Gospel and the message of the whole Bible. In Jesus Christ, we are given a friend who will always enjoy rather than refuse our presence.



This is a companion whose embrace of us does not strengthen or weaken depending on how clean or unclean, how attractive or how revolting, how faithful or fickle we presently are.



The friendliness of his heart for us subjectively is as fixed and stable as is the declaration of his justification of us objectively.”

- Dane Ortlund



Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.

Joshua 1:9



...and behold, I am with you always,
to the end of the age.

Matthew 28:20



For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:38-39

