

Small Group Series

It's Ok To
Not Be Ok

It's Ok to Not be Ok Loneliness

Small Group Lesson: Week 2

Message: Loneliness

Main Idea: Solitude with God is an antidote for loneliness.

Main Scripture: Genesis 3:8-11/Matthew 1:23

Group Check In: How did what you learned from the "Anxiety & Fear" message impact how you interacted with others last week?

Prayer

Connect: What do you do to avoid or minimize the pain of loneliness when you become aware of it?

Video: 11 minutes 35 seconds

In the Word:

1. Psalm 22:1-11

- Discuss the emotional state of the Psalmist in this passage?
- How is crying out by day different than crying out by night?

2. Psalm 23

- Following Psalm 22, what does the Psalmist learn about God that he proclaims in Psalm 23?

Application:

1. Why do you hide or distance yourself from God? (Genesis 3:8-10)
2. What purpose might there be to times of loneliness?
3. How have you grown through times of being alone and or feeling lonely?
4. What is your personal takeaway and action step from the weekend message?

Prayer -

Father, thank you that you are our shepherd and we are in your hands. Help us to know that you will set a table before us in the midst of our enemies. Draw us near to your table this week, so that we can dine with you and experience your peace. Grant us restful sleep this week and an awareness of your presence as soon as we open our eyes to begin a new day. In Jesus's name we pray, amen.