

Community Group Curriculum
For the week of May 18, 2014
“Fear of Loneliness”

Big Picture

Loneliness is a feeling of separation, isolation, or distance in human relations. Loneliness is not the same as being alone. Loneliness is feeling alone... no matter how many people are around you. The good news is that although we may be lonely for people, for friends or for a mate, if we have trusted the Lord Jesus Christ, we never have to be lonely for God again. We have His constant assurance that He is always with us.

Let's Dig In!

1. Read Psalm 73:23-26. The psalmist's words are as true today as they were then. We may be alone, but we don't have to be lonely all the time.
 - a) How does knowing that God loves us and has control over our lives give us assurance that He will meet our needs?
 - b) If you are living with a feeling of loneliness why is it wrong to put your life on hold until things change? What should you do instead?
 - c) Why is knowing God more important than any other relationship?
2. King David, in the Old Testament, admitted feelings of loneliness and expressed them through writing and song in his psalms (Psalm 25:15, 102:7, 142:4). What does David ask of God in Psalm 142:5-7 to help him during this difficult time?
3. Read Ecclesiastes 4:9-12. Did God design and create us to desire and need companionship, friendship and fellowship (Ecclesiastes 4:9-12)? So how does God understand your loneliness (Matthew 27:46, Hebrews 4:14-16)?
4. What are widows who live alone to do to combat loneliness (1 Timothy 5:5)? How can you minister to widows in our church family?

5. Sometimes loneliness leads to anxiety and worry. What can be done to stop being afraid (Psalm 23:4-6, 1 Peter 5:6-7)?
 6. Why did Jesus often use time alone away from others (Matthew 14:13, 23; Mark 1:35, 45; Luke 4:42, 5:16; John 6:15)? How can your time alone be beneficial in your walk with the Lord?
7. BIG QUESTION: WHAT IS GOD'S SOLUTION FOR LONELINESS?

BIG ANSWER: DRAWING NEAR TO HIM!

Read the following passages for encouragement (Deuteronomy 31:6, 8; Psalm 22:1, 11, 16; John 8:16, 29; 16:32; James 4:4; Hebrews 13:5). How does God draw near to you in times of loneliness?

Prayer Please

"Dear Heavenly Father, help me to feel your presence. My heart aches and I feel so alone. I miss a human touch, someone to take my hand or give me a hug. I long for someone to tell me everything will be alright. Please send your Comforter to me and take this loneliness away. Help me instead of feeling empty, to feel full of the love You have for me. Help me to know in my heart and remember that according to your Word, I am never alone because You are with me. Amen."

Final Thought

Loneliness happens to all of us at some point in our lives. God can use those times if we let Him. When we feel alone, we can be like Jesus and use that time to grow closer to God. When we're alone with God, without distractions, we can hear His voice much more clearly. Even when feeling lonely, God calls us to give ourselves away by serving others. So the next time you feel lonely, think about the people you could minister to by utilizing the gifts God has given you (1 Peter 4:10-11). When we reach out to other people, they are encouraged and God is pleased. That's when we find true joy in life.

So remember you are NOT alone. Let's finish with Deuteronomy 31:6, "**Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you nor forsake you.**"

FEAR NOT: Fear of Loneliness

"Only the Lonely"

Brent Van Elswyk

May 18, 2014

INTRODUCTION:**SCRIPTURE:**

Psalm 142

BOTTOM LINE:**EXPOSITION:**

1. _____ to the Lord! (v. 1-4)

2. _____ to the Lord! (v. 3, 5)

3. _____ to the Lord! (v. 6, 7)

4. _____ for the Lord! (v. 7)

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