

INTRO

- How do you like to recharge: with people or by yourself?
- How can technology be both helpful and harmful to us developing meaningful relationships?

In this series, we're looking to start conversations surrounding mental health and see the spiritual connection and what wisdom and hope Jesus & Scripture offers us.

READ

Psalm 25:16-21

REFLECT**THE LONELINESS EPIDEMIC**

- Loneliness is not the same as being alone.
- Loneliness is the pain/sadness of feeling alone, disconnected from others or isolated.
- Loneliness has been declared more hazardous than smoking and obesity.
- Loneliness can be aggravated by modern technology where the digital world begins to replace real-life interactions and experiences.
- Loneliness affects us all to varying degrees.

Qu: what's been your experience with loneliness? What are common causes of loneliness?

SCRIPTURE & LONELINESS

Loneliness at its root is a spiritual issue more than just a social, mental or emotional one.

- We are made in the likeness of a deeply relational God (Gen 1:27).
- We are made by God for relationship. Gen 2:18 declares man's alone state not good. Although man had relationship with God, God chose to meet man's aloneness through others.
- The result of our fallenness & sin is the pain of our alienation or loneliness before God and

others. Sin has severely affected our relationships.

In Ps 25:16-21, how does David process his loneliness & affliction (16-17)? Why do you think he confesses his sin as part of his processing (18)? What does he resolve to do (20-21)?

Qu: What do you learn from David's example?

Sometimes we think being more social or having more people around us solves our loneliness. If loneliness is a spiritual issue at root, then loneliness should lead us to turn to God first.

JESUS & LONELINESS

If anyone can empathize with your loneliness, it's Jesus; and if anyone can encourage you in and help you out of your loneliness, it's Jesus. Throughout his life, Jesus was misunderstood, mocked, rejected, and denied by those closest to him. He is well acquainted with the pain of loneliness (see Is 53:3).

*And about the ninth hour Jesus cried out with a loud voice, saying, "My God, my God, why have you **forsaken** me?" (Matt 27:46)*

Jesus felt the full weight of our alienation from God when our sins were placed upon him. Because he did this for us, we can look to Jesus to heal us and help us out of our deep rooted loneliness.

Lastly, whilst we must start with God in addressing our loneliness, that should also lead us to step more fully into community and intentionally build relationships with one another.

Qu: based on today's discussion, how can you better deal with loneliness in the future?

RESPOND & PRAY

- What was most encouraging/challenging?
- How will you apply this to your life?