

When I Am

When
I am...



Week Three: When I Am Lonely

Overview

How have your emotions been lately? If you're anything like us, the last few months have seemed like an emotional roller coaster at times. If you haven't struggled emotionally lately, many have. Anxiety, loneliness, anger, sadness, etc. affect many of our friends and family members every day. We know that our emotions come from God, but when we allow our emotions to go unchecked, we can become emotionally unhealthy. In this series, we want to take a look at what emotional health looks like, as defined by who God is. When we're (fill in the blank), what does God do? What does God say about our worries, sadness, anger, and more?

This week - we talked about loneliness. Did you know that a large percentage of Americans report that they are lonely? In 2018, a study by Cigna reported that 60% of Americans reported feeling lonely, left out, and without significant relationships. While the church should be a place of great community with God and with others, we know that many of us still deal with feelings of loneliness and abandonment from time to time. Though this can be a difficult emotion to work through, the best place to start is trusting that God is with us always. Then, we should do our part to reach out to others – whether we feel lonely or not. If you deal with these feelings, know that Jesus too felt a sense of abandonment from his closest friends. He knows what you experience, and he is still with you. If you don't struggle with these feelings, know that God is calling you to be a good neighbor to those that do. Reach out, extend your friendship, and trust that God will use you to help others along.

Reading and Discussion

1. Read Matthew 26:36-46. What about this passage stands out to you? How do we see abandonment in this passage?
2. Have you ever struggled with loneliness or a sense of abandonment in your life? Share if you feel comfortable.
3. Kaleb stated that to deal with loneliness in a spiritually healthy way, we should first trust that God is with us. Then we should reach out to be with others. Do you find it easy to trust that God is with you? Why or why not? What are some ways in which you can remind yourself of God's never-ceasing presence with you?
4. We know that God created us for community and relationship with him and with others. Do you feel comfortable reaching out to others? Do you find it easy or difficult to develop

relationships with other people? Why or why not? What are some ways in which you can seek to develop a better sense of community with those around you?

5. Read Matthew 28:16-20. Jesus tells the disciples that he is with them always, to the very end of the age. We trust that Jesus makes the same promise to you and I, and we see the seal of that promise through the Holy Spirit, which we receive when we follow Jesus and are baptized. As you close this session, pray for and encourage one another. Pray that God will help each of us develop a greater sense of trust in his presence with us. Encourage one another to keep pursuing God in the midst of any situation. As we talk about loneliness, this is a great chance to encourage your group and resolve to commit to deeper community together.