

ACCESS, 1/26 - Loneliness

Read:

Psalm 23:4 // ⁴ Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

1 Peter 5:7 // ⁷ Casting all your anxieties on him, because he cares for you. ⁸ Be sober-minded; be watchful.

Psalm 62:5 // ⁵ For God alone, O my soul, wait in silence, for my hope is from him.

Big Questions:

- Why is loneliness such a widespread issue?
- What is the root issue of loneliness?
- How do we respond to loneliness?

Teaching Points:

- "Loneliness peaks in adolescents and young adults, then again in the oldest old."
- Over 40% of adults report feeling lonely, and research shows the number is likely higher
- God is a relational being (both in relation to his creation and to himself as a triune God), and we too, created in His image, long for deep, meaningful relationships
- The root of our loneliness lies in the pain of separation from God because of sin

Discussion Questions:

- Imagine not having human contact for a week, a month, or even a year. How would you respond? How do you think you'd respond to that?
- Share about some times that you've experienced loneliness. What were the circumstances behind it? How did feeling lonely affect the way you acted and the way you lived your life?
- What does the bible say about loneliness? What is sin's role in it?
- Do you think personal relationships are a human need, just like food, shelter, safety, etc?
- Does technology/social media help or hurt feelings of loneliness? Can you be lonely yet surrounded by people at the same time?
- What are some ways that you've fought loneliness? Have you ever sought God in the pain of loneliness? What did you do, and what happened?

Recommended Resources:

- https://www.nytimes.com/2018/01/17/world/europe/uk-britain-loneliness.html?_r=0
- <https://www.nytimes.com/2017/12/11/well/mind/how-loneliness-affects-our-health.html>
- <https://www.desiringgod.org/articles/the-soul-shattering-sting-of-loneliness>
- <https://www.tvresources.net/resource-library/sermons/the-pain-of-loneliness>