

Small-Group Notes

HOPE | Week 3 “Loneliness”

Being alone and being lonely are two different things. The Hebrew word for “lonely” is “Desolate” meaning solitary, forsaken, and wretched. Loneliness can bring on some of our greatest anxiety and despair. King David often wrote in the Psalms about how keenly he felt his loneliness at times through a series of heartfelt appeals pleading for God’s intervention. For those who trust in Jesus, the cure is always the same: our relationship with Jesus. He is the friend who “sticks closer than a brother,” “who lays down His life for His friend” and who has promised never to leave us or forsake us.

CONVERSATION STARTERS

- What is the furthest away from another human you have ever been? (Maybe on a mountain or in the middle of the ocean.) How does it make you feel?
- Do you prefer to be alone or would you rather be around people most of the time? What are some of the challenges of that tendency?

SERMON NOTES REVIEW

Looking back at your notes from this week’s teaching, was there anything you heard for the first time or something that caught your attention, challenged or confused you?

WATCH THE VIDEO - [Click Here](#)

GROUP DISCUSSION

1. Has there ever been a time in your life when you felt lonely?
2. Chad stated feelings are not facts. When we confuse the two, we often get in trouble. Taking hold of our thoughts can sometimes be a difficult task like going to war. Read aloud [2 Corinthians 10:3-5](#).
 - What do these verses teach us about taking a hold of our thoughts?
 - What is an area of your life you need to remove your flawed feelings and replace them with the truth of Jesus?
3. In the Psalms, we often read the highs and lows of King David’s life. David wrote Psalm 51 after making some very bad choices. However, this is one of the purest prayers ever written. Read aloud [Psalms 51:10-12](#). What are the different elements in his words that can help us in our thinking and put us back on the right path?
4. What we focus on is always what we move towards. When we are feeling a little down or even depressed, we must choose action.
 - What are three things you can do to move you from feeling down or depressed to actions that are specific to you? (If you are not feeling down or depressed now, it is always good to have a plan in place for when you do.)
 - If giving and serving others is the antidote to loneliness, how can this plan involve serving others?

PRAYER

[Matthew 6:9–13](#)

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one.

ACTION ITEMS

To sign-up for baptisms next weekend, go to baptism.sv.cc

Take the 40 days of Hope challenge at hope.sv.cc

- Attend a service every week. (live.sv.cc)
- Join a small group. (groups.sv.cc)
- Watch the daily devotionals. (daily.sv.cc)
- Attend prayer time online Wednesdays at 7:00 pm. (live.sv.cc)