



Help, I'm Lonely | Shawn Johnson | 1.29.23

Weekly Study

SHARE

This week Shawn continued our series “The Future You” by reminding us that we were not created to do this life alone, we were created to pursue the plans of God with the people of God. There is a deep desire in all of us to live life full and we are meant to do this with each other. We were not created to do life alone and we do not have to when we invite God into our loneliness.

Before we jump into the study, take some time to check in with your group and ask the following questions:

- After wrapping up the fast, how has it impacted your relationship with God?
- Share one thing that God has been speaking to you during this series?

GROW

Read Psalm 25:16-21; Matthew 28:20

Shawn shared a stat this week from 2020 that said, one of three people feel “serious loneliness.” Loneliness affects all ages, from all demographics, it doesn’t discriminate. As we

read, King David cried out to God in honesty and desperation as he experienced loneliness. As we continued to read, he found his refuge in knowing that God was with him, it created proximity with God that deepened rather than stifled it. Loneliness can be a way that God is reminding us that he placed a deep longing in our hearts that only he can satisfy.

You may be in a season of feeling loneliness due to the loss of a spouse, an empty spot at the table, the loss of friends, or attending events solo. Just as Shawn said this week that loneliness can at times feel the strongest when we're in a crowded room. Regardless of the root of our loneliness, we can trust in the promise that God is always with us. God may not take away the season of loneliness right away, but as we continue to lean into him just as David did, he has promised to be so near.

Share a time that you have experienced loneliness.

How does knowing that God is with you in the loneliness?

MOVE

Read Genesis 2:18; Acts 2:42-47; Romans 12:15

Shawn reminded us of this that life is all about doing it together! Friendships and being in community are incredible gifts from God. Just as we read in Genesis, God made his most prized creation to be in relationship with himself and with others; that it is not good for man to be alone. As Shawn pointed out this week that it is not just being around other people and having a good time, but the invitation is to authentically do life with one another.

As we continue to lean into Jesus and invite him into every part of our lives, he will cultivate deep relationships that will push us towards him and not away. This is where God will bring community around us that will pray for you, encourage and carry the burdens with you. Life is difficult and as followers of Jesus this is not our destination. We are heading home to him, and we need him and each other to help us along the way.

If we are not meant to do life alone, why is there a temptation to do so?

How has being a part of a group helped you grow in your relationship with God and with others?

This Week's Challenge

Choose one person to pour into this week. Ask God to reveal to you how to be there for them in this season.

P R A Y

Take time to pray together asking God to bring authentic prayer, encouragement and awareness to carry one another's burdens within your group.

