



## **You're Never Alone | Ryan Wekenman | 3.5.23**

### **Weekly Study**

### **S H A R E**

On Sunday, Ryan brought us a powerful and relevant message for week four of our series “Reel Real Relationships” by talking about how we are never alone because Jesus is always with us. God created us to be with each other, so when we feel a lack of connection in our relationships or a lack of desire fulfilled in a romantic relationship it can cause us to develop a sense of loneliness. Loneliness is something that we all experience at some point and is one of the most innate fears of the human heart, but it is an opportunity to experience intimacy with the Holy Spirit in an entirely different way. The Bible has a ton to say about this topic, and after this weekend, we hope you are feeling more confident in the truth that regardless of your relationship status, you can be confident that God is with you always, has good plans for you and desires for you to have healthy relationships in all aspects of your life.

**Before you dive into the study check-in with each other by asking these questions:**

- **How has God shown up in the last week when you think about finding your *completion* in Christ and your *companionship* in other people?**
- **What was your the most impactful part of Ryan’s sermon for you?**

### **G R O W**

**Read Matthew 28:18-20, Romans 8:38-39.**

At Red Rocks Church, we worship Jesus because we believe He is the King of Kings and Lord of Lords. Jesus was a rabbi who had disciples while he was on earth and gave them a commission to go make heaven more crowded, and we have the same mission today. If you ever feel lonely, there's good news available for you today: you are never alone because Jesus promises that He will be with you every step of the way. Later in the book of Acts, we see that Jesus makes good on his promise given in Matthew 28:20 by giving his followers the gift of the Holy Spirit. As followers of Jesus, our bodies are temples of the Holy Spirit. We were bought with a price — the cost was Jesus' death on the cross that was made so that we can be reconciled to God forever. Nothing in life or death can separate us from the love of God that is in Christ Jesus our Lord! As the people of God, the Holy Spirit is with us wherever we go. When we get that, it changes everything about our relationships, but when we do not understand that the Spirit is with us at all times we will shrink back and live from a scarcity mindset. We all have experienced a fear of being alone, but when we let Matthew 28:20 sink into our hearts we begin to operate from a place of security that changes everything.

- **Take turns going around the room and talking about a time in your life when you felt Jesus' presence with you most strongly. What were those circumstances?**
- **Take turns going around the room talking about a time when you felt most alone. What did you learn during that time? How did Jesus rescue you from those feelings?**
- **Leaders: open up space for group members to share if they are feeling alone right now or have a fear of being alone. Invite them to share to the level they feel comfortable, and allow the Holy Spirit to move in your space for a time of support and prayer and comfort.**

## **M O V E**

**Read James 1:17.**

There is an experience that we have all likely had at some point in our lives where we walk into a social situation and recognize that we are alone, but do not want to be. When that happens, it is really easy to go into performance mode and work hard to make sure people like us and accept us. This will always end in exhaustion, because we are pretending to be people we aren't. When we realize that Jesus is always with us and the Spirit of God has taken up residence inside of us, we stop auditioning for a part in every room and start contributing instead.

We really can learn to listen! When we are operating out of a scarcity mindset, we are often quick to speak because we are trying to get our piece in and make sure people hear us and know we are in the room. With Jesus' presence at the forefront of our hearts and minds, we understand that we can listen without needing to respond and instead listen to bear someone's else's burdens because people are deserving of our love and affection. If we fix our listening problems and learn how to ask really good questions, we will quickly fix our loneliness problem as well. People are desperate to be heard, because life is hard and we all have burdens. It takes a deep amount of security that is found in the Holy Spirit to be able to build a relationship with someone without the need to always be talking and sharing your "piece", but imagine what the relationships in your life would begin to look and feel like if you were quick to listen, slow to speak and quick to enter into bearing each other's burdens. The world would get an even clearer picture of what it looks like to be like Jesus in our interactions with others!

- **Do you find that you are often genuinely interested in what other people have to say, or do you tend to find yourself waiting for people to stop talking so that you can start talking?**
- **Who is the person you know who asks the best questions? Go to them this week and ask them how they learned to do that and what wisdom they can impart, because it likely did not come naturally to them.**

## **P R A Y**

Pray together in groups of no more than three and ask the Holy Spirit to remind you that you are a temple of the Holy Spirit, and because of Jesus you are never alone. Ask Him to give you an unshakeable confidence that nothing will ever be able to separate you from the love and presence of God, and that being filled with that security would allow you walk with security instead of scarcity in all of your relationships.