

OVERCOME: Loneliness - May 13, 2018 - Dave Dawson

SCRIPTURE-BASED MIXER

1. In Psalm 25:16 David says, *"I am lonely and afflicted."* We all face loneliness at some point. What are the seasons or ongoing circumstances when you feel lonely?

QUICK REVIEW

2. As you consider this week's worship gathering, was there anything you heard for the first time or that caught your attention, challenged, or confused you? It could have been through a song, the sermon, another person, or an experience.

MY STORY

3. What do you do when you feel lonely?

DIGGING DEEPER

4. What did David feel at various seasons in his life? Consider the following passages (read aloud):
 - Psalm 102:7
 - Psalm 34:1-3
 - Psalm 40:12
5. Read Psalm 142:1-3a and Psalm 33:21 aloud. David poured his heart out to God. Why would the ability to pour your heart out to God alleviate loneliness? Are you able to do this? Explain.
6. In many Psalms, such as 142:5, David says that he makes God his refuge. What does that mean? What are the results? Consider Psalm 31:19.
7. In what ways can Jesus identify with being left alone? Consider Matthew 26:56b and Matthew 27:46.
8. Read aloud John 16:32 and Matthew 28:20b. What hope do we find from Jesus in these passages?

TAKING IT HOME (APPLICATION)

9. Think of somebody you know that could be struggling with loneliness. What could you do this week to help them?

1. Pour out your trouble to God Ps 142:1-2, 3;
Isa 53:3

2. Point out your demons Ps 142:3-4

3. Make God your refuge Ps 142:5;
Ps 34:8;
Ps 36:7-8;
Ps 142:6-7

4. Thank God for His deliverance Ps 142:7;
Ps 68:5-6;
Ps 73:28