

PRESSURE COOKER WEEK 3 - GROUP DISCUSSION

INTRODUCTION

What is loneliness? It is not simply being alone (solitude), rather it is being alone when we do not want to be. Or somewhat counterintuitive, we can be with people and still feel lonely. Think about being at a party, packed with people, but not knowing anyone at that party. Loneliness is essentially a state of mind.

And loneliness hurts! And when it hurts enough, we look for relief, which may include decisions we later regret. So, the big question is, for followers of Jesus, what are God-honoring and healthy ways to deal with loneliness?

BIBLE REFERENCES

“The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name. Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings. Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.” Psalm 23.

DISCUSSION

1. Read the story of Elijah in 1 Kings 19:1-9. What is contributing to Elijah’s state of deep despair? Why did he feel isolated and alone?
2. Read Psalm 23 (above). Is there anything that stands out to you about these verses that brings encouragement to your life?
3. We discover in the Psalms that David was unafraid to pray raw and honest prayers to God. Do you find it difficult to pray that way? Why or why not?
4. What practices can you adopt to help push back on loneliness and to stay connected with people?
5. What did you most need to hear from this talk?

SUGGESTED PRAYER

Father, thank you for being our caring shepherd. You know what we need before we do, and in that we find peace. You have also created us for community. Give us the wisdom to connect with people who will encourage us and help keep our focus on you. In your name, Amen.