



Close Quarters With Yourself

BIG IDEA: You need community when you are by yourself in close quarters.

TEACHING POINTS:

- WE is the fix for despair.
- WE is the fix for fatigue.
- WE is the fix for defeat.

SCRIPTURE: Ecclesiastes 4:9-12

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OPENING QUESTIONS

- 1. When the stay at home order is lifted, who are you looking forward to seeing in person?
- 2. When have you most enjoyed having a friend?

IN THE WORD

- 1. How have you seen Ecclesiastes 4:9 work in your life?
- 2. In what way does 1 Corinthians 12:12-13 help us understand that "we" is essential to deal with feelings of despair, fatigue, or defeat?
- 3. Ecclesiastes 4:10-12 is seen in most of those we read about in the Bible. Identify how this is seen in these people's lives:

Moses - Exodus 4:13-17; 17:11-13 Joseph - Genesis 40:12-14; 39-40 David - 1 Samuel 20:12-13 Saul - Acts 9:1-2; 13-19

- 4. What does Ecclesiastes 4:12 mean in practical terms today?
- 5. How can 1 Peter 5:8-9 help us deal with discouragement or fatigue we may feel isolated at home?

MAKING IT PERSONAL

- 1. Who do you talk with right now to help you carry the load of life?
- 2. Share a time when you felt fatigue or defeat and someone else helped bring relief to you.
- 3. Pray about who you can encourage this week, and then connect with them.

CONTINUED LEARNING

Read Ephesians 4:1-7. Reflect on why unity is so important and therefore the importance of treating each other well.

O I WILL:

I will obey something from God's word in the next 24-48 hours.

O I'LL SHARE:

I will share, with either a believer or non-believer, what God is teaching me and what I'm learning.

Notes & Prayers

