

Find Your People, Love Your Neighbor—2
You Are Not Alone in Feeling Alone
Liz Bohannon

If you feel alone, you are not alone in feeling alone.

Your loneliness is not an accusation of your unworthiness; it is a signal.

The loneliness we are experiencing is not inevitable.

We can design lives that prioritize connection.

“... Love one another. In the same way I loved you, you love one another. This is how everyone will recognize that you are my disciples—when they see the love you have for each other.” John 13:34-35 MSG

And he said to them, “My heart is overwhelmed and crushed with grief. It feels as though I’m dying. Stay here and keep watch with me.” Matthew 26:38 TPT

We were created to do life together.

Christians are hope dealers.

TALK IT OVER

We push back against loneliness by trusting others with our weaknesses, but vulnerability isn’t always easy. On a scale of 1 to 10, how hard is it for you to ask for help?

Who are some people in your life who have made you feel safe to share your faults and weaknesses? How did they help you feel safe?

We were created by God to need others, so needing help isn’t a sign of weakness. Is there something you need help with today? If so, share it with your LifeGroup.

Reach out to a friend this week and open up about what’s going on in life right now. Give them space to do the same.