



**FROM THE BIBLE**  
Psalm 139:1-12 (NLT)  
Genesis 2:23 (NLT)

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## MESSAGE TO CONVERSATION GUIDE

Week 4 | Greater Than Your Loneliness

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1. We kicked off this message by talking about the classic game - *if you were stuck on a deserted island & could only bring 1 thing, what would you bring?* What's the 1st thing you thought of?
2. Refer back to question #1. Do you find it strange that almost no one answers that they'd like to bring another person? Why do you think that is & how long do you think you could be on an island by yourself before you felt lonely?
3. In this message, we talked about loneliness. Joel said, *it's possible to have friends, co-workers, & even be in a basement church with a 100 people & still experience loneliness.* Why do you think this is?
4. Read Psalm 139:1-4. David is actually glad that God knows "*everything about me*". David had a pretty colorful past (like most of us) & yet He's glad God knows everything about him because that means God's always with him. Why is that a better perspective than being afraid that God knows everything about you?
5. Joel said, *the reason God knows everything about you is because He's always present with you.* How can that impact your loneliness?
6. Read Psalm 139:5-7. Pick out a few phrases or words in this passage that encourage you & share them with the group.
7. Joel said, *the quality of your life is directly tied to the quality of your relationships.* Do you believe this to be true & if so, how have you experienced this in your life?
8. In Genesis, Adam is in paradise with God before sin entered the equation and God had been saying everything He created was *good* but what did he say about Adam being alone? What does this say about the cliché that *God is all we need?*
9. Often when we're lonely, we wait for someone to reach out to us. In this message, we learned that loneliness is our cue to reach out. What's 1 way you can reach out this week to deepen or add to the quality of your relationships?