

HOPE RISING: When Facing It Alone

"It is not good for man to be alone." Gen. 2:18
2 TIMOTHY 4:6-21
The Final Days of Paul's Life

FOUR CAUSES OF LONELINESS

- MOVES AND CHANGES.** (vs 6-8)
"... the time has come for my departure..."
- SEPARATION FROM FRIENDS AND FAMILY.** (vs. 9, 21)
"Do your best to come to me quickly..."
"Do your best to get here before winter."
- CONFLICT AND BETRAYAL.** (vs. 14)
"(He)... did me a great deal of harm... he strongly opposed our message."
- REJECTION AND DESERTION.** (vs. 16, 10)
"... no one came to my support, but everyone deserted me."
"... Demas has deserted me..."

HOW TO COPE WITH LONELINESS

- USE YOUR TIME PRODUCTIVELY.** (vs. 12)
"... bring my coat... and bring my books..."
- RESIST BECOMING BITTER AND CYNICAL.** (vs. 16)
"... everyone has deserted me. May it not be held against them."
- REMINDE GOD IS ALWAYS WITH YOU.** (vs. 17a)
"But the Lord stood by my side and gave me strength..."
- FOCUS OUTWARD ON OTHERS INSTEAD OF YOURSELF.** (vs. 17b)
"... so that through me the message might be fully proclaimed and all the Gentiles might bear it."
 - Stop building: **WALLS BETWEEN YOURSELF AND OTHER PEOPLE.**
 - Start building: **BRIDGES BY TAKING A RISK AND HELPING OTHERS.**

Sources: Gene Appel, Title concept. Billy Graham, "The Answer To Loneliness," Rick Warren, "Growing in the Seasons of Life—The Season of Loneliness"

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SMALL GROUP QUESTIONS

We've all had moments or seasons in our life when we felt completely alone. In Psalm 142 we find David alone in a cave, completely overwhelmed by his circumstances.

1. What is the main theme of this prayer? Why did David need the Lord's help? How did David demonstrate his faith and confidence in God? (vs. 1-7)
2. In what specific ways should we imitate David's example in this psalm? How was David's attitude honoring to God? What does this passage teach you about relying on the Lord in times of need?
3. How did David feel about his situation? (vs. 3-6)
4. When have you felt overwhelmed by your circumstances? How has God been a "refuge" for you in these times?
5. How did David feel about his own ability to save himself? What sort of language did David use to describe his situation? (vs. 6-7)
6. How should we respond to God's help and deliverance?
7. What did David expect from the Lord? How did David promise to respond to God's deliverance? And how did David predict others would respond to God's help? (vs. 7)
8. In what practical ways can we demonstrate our confidence in the Lord?

*For more questions and this week's video visit,
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11. How did David feel about his situation? (vs. 3-6)
12. When have you felt overwhelmed by your circumstances? How has God been a "refuge" for you in these times?
13. How did David feel about his own ability to save himself? What sort of language did David use to describe his situation? (vs. 6-7)
14. How should we respond to God's help and deliverance?
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