

9/25/2022

Triggered

Emotion #3: “Loneliness”

**Loneliness:
absence of meaningful human connection**

Loneliness in America:

- ✦ 62 million Americans claim to feel lonely on a regular basis.
- ✦ Loneliness is a relatively new emotion.
- ✦ It is uniquely a problem for first world settings.
- ✦ Young adults and moms are the most likely to be chronically lonely.
- ✦ Social Media increases loneliness through perceived imbalances.
- ✦ Para-social relationships are on the rise (and are *unhealthy*).

God’s Plan for His Children:

“...It is not good for the man to be alone. I will make a helper suitable for him.” Genesis 2:18 (NIV)

“...Encourage one another and build one another up, just as you are doing.” 1 Thessalonians 5:11 (ESV)

“...Let us not neglect our meeting together, as some people do, but encourage one another.” Hebrews 10:25 (NLT)

“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! ... a threefold cord is not quickly broken.” Ecclesiastes 4:9-10,12 (ESV)

The Story of Elijah (1 Kings 16-19)

“Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. I have had enough, Lord...” 1 Kings 19:4 (NLT)

“I am the only prophet of the Lord who is left. I alone am left.” 1 Kings 18:22 (NLT)

Tips for Building your Christian Community

- ✦ **BE** friendly first.
- ✦ **JOIN/START** a Bible Study.
- ✦ **INVEST** in others.
- ✦ **CHOOSE** not to be offended.
- ✦ **AVOID** the self-pity trap.

Keep the Conversation going...

Small Group Discussion Questions

1. How have you seen loneliness affect people? How does it affect you?
2. How can regular fellowship with other believers help us?
3. What is the difference between solitude and loneliness?
4. Read Matthew 28:20b and John 14:16. Is a follower of Christ ever truly alone? How might this truth help us in the midst of loneliness?