

# Family Guide

Use this to guide your family discussion around these cultural issues. On the left are questions for understanding your students current point of view and the culture around them. On the right are questions to discuss from Scripture. Please use this as a "jumping off" point, it is not all-inclusive of everything you can/should talk to your students about.



## LONELINESS

God designed all people to be relational.

### The Culture

**Parents** - this can be one of the most uncomfortable conversations you have with your child, however we are in a mental health pandemic and it needs to be talked about. When you discuss anxiety, depression, suicide, etc. it does **not** put the idea in their head, it gives them a space to talk about it.

**Loneliness** - a distressing feeling that accompanies the perception that one's social needs are not being met by the quantity or especially the quality of one's social relationships.

What are your thoughts on loneliness?

How often do you feel like you are alone?

Any idea what causes you to feel that way?

How many of your friends seem frequently withdrawn or alone?

How different do you feel when you're around friends than when you're alone?

Who do you know that may be lonely that you can reach out to and check on?

### Articles to read:

[The Loneliest Generation](#)

[Loneliness Epidemic in Workplace](#)

[Why So Lonely?](#)

[Made For Relationships](#)

### The Bible

**Read Ecclesiastes 4:7-12**

What are some things that take people away from relationships?

Why do people seek after things other than relationships?

What is most important to you?

Have you ever found yourself more consumed with pursuing success or material things rather than spending time with friends?

**Read 1 Kings 19:14-21**

How did Elijah feel in this moment?

What do you see the Lord's response being to Elijah?

How do you think Elijah felt when God gave him a companion to help with the ministry?

**Read Psalm 25:16-21 & Mark 15:34**

How does it feel knowing great Bible figures were lonely at times?

How can following Jesus feel lonely at times?

**Read 2 Corinthians 5:14-21**

What was Jesus' reason for dying for humanity?

How can you be a "minister of reconciliation" helping people lonely and apart from God be restored to a right relationship with Him?