

We Are the Church—3

Letting Go of Loneliness

- **You have needs in your life and no one to meet them.**
- **You have hurts to share and no one to listen to them.**
- **You have love to give and no one to receive it.**

In the beginning God created the heavens and the earth.

Genesis 1:1 NIV

Then the LORD God said, “It is not good for the man to be alone. I will make a helper who is just right for him.” Genesis 2:18 NLT

Then the LORD God made a woman from the rib, and he brought her to the man. ²³“At last!” the man exclaimed. ... Genesis 2:22-23 NLT

Then God said, “Let us make mankind in our image, in our likeness ...” Genesis 1:26 NIV

- **God didn’t create us because He was lonely.**
- **God created us because He is love.**

Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, ⁴⁷praising God and enjoying the favor of all the people. ... Acts 2:46-47 NIV

- **The first-century believers desperately needed each other, and they knew it.**
- **Believers today desperately need each other, and they have forgotten it.**

People are intentionally pursuing a life that destroys their mental health and robs them of real joy and lasting fulfillment.

What Is a Jesus-Honoring LifeGroup?

1. A Gathering of Grace.

... you have a permanent place in my heart! You have remained partners with me in the wonderful grace of God ...

Philippians 1:7 TPT

2. A Gathering of Healing.

Therefore confess your sins to each other and pray for each other so that you may be healed. ... James 5:16 NIV

3. A Gathering of Mission.

Every day they continued to meet together ... They ... ate together with glad and sincere hearts, ⁴⁷praising God ... And the Lord added to their number daily those who were being saved. Acts 2:46-47 NIV

- **Serve one another** (Galatians 5:13).
- **Show hospitality to one another** (1 Peter 4:9).
- **Be kind to one another** (Ephesians 4:32).
- **Encourage one another** (1 Thessalonians 4:18).
- **Carry one another's burdens** (Galatians 6:2).

TALK IT OVER

Read **Genesis 1:26**. When you think about how God is never alone, what questions, thoughts, or feelings come to mind?

Share about a time when you needed others. Who showed up, and how did that experience grow your faith?

Talk about the ways your Real Group honors Jesus. How are you creating a space for grace, healing, and mission?