

THE SAINT PAUL'S BAPTIST CHURCH  
**GROW | PRAY | SERVE**



**WWW.MYSPBC.ORG • 804.643.4000**

# Welcome!

**SERIES: SOUL REPAIR**

*Today's Message: Leaving Loneliness Alone*

*Dr. Lance D. Watson, Senior Pastor*

**PRAYER:** Loving God, the world is full of lonely people who are weary and burdened, alone and afflicted. Be gracious to each hurting soul we pray. We ask that many would find their comfort in you. Thank you for the promise of precious rest and perfect peace. Fulfill your promises to those that are lonely. Meet us at the point of our need. In the name of Jesus, we pray. Amen.

**ICEBREAKER:** Many people created “COVID” circles during this pandemic—people who entered into covenant with each other to wear masks, take their temperatures, sanitize their hands and environment and avoid large crowds—did you have a COVID circle of friends over the last 12 months? If so, how did you decide on each other? If not, how have you handled socializing?

**INTRODUCTION:** How do you handle loneliness? Chase relationships, fill your schedule, get on social media? Before you adopt the practices that are detrimental—remember this: sometimes lonely moments are where a relationship with God can grow the most.

**SCRIPTURE:** Read Psalms 142 (Message)

### **DISCUSSION:**

1. What stood out in today's message? Has your experience during this pandemic made you feel lonely? Opportunities to meet new people and attend events have diminished significantly during the COVID-19 crisis, how have you handled that reality?
2. Think of the relationships you had pre-pandemic, have you put more or less energy into them? Have your relationships with your family and friends grown or diminished in the last twelve months? How? Why do you think that's the case?
3. Think about a time when you've been lonely—either because you were physically isolated or you felt like an outsider in a group of people. How did it feel? What was the hardest part of that experience?
4. David was on the run, in a cave, in the dark, in a lonely place. And God met him there. What's your “there”? What's the dark place you feel utterly lonely in, and you need God's hand to help guide you? How can “taking notes in the dark” help you through this season?
5. When have you seen another person make unwise decisions because he or she was lonely? Why do you think it was easy for you to see the dangers of those decisions, but difficult for that person?

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6. Read 2 Corinthians 5:21. Is it difficult for you to believe that Jesus overcame loneliness so that you could experience intimacy with God? How would your faith be transformed if you could truly accept that you can never be separated from God?
7. Have you ever made decisions out of loneliness? What can you do to prevent acting out of loneliness in the future? Do you fight loneliness alone? How can this group support you?

**CHALLENGE:** Create a checklist. What can you do to improve your family relationships? Your relationships with close friends? Your relationships with people in the church? Your relationships with people with whom you work? Pray over your list. Commit to working on your checklist one by one.

**SERVE:** Pray over Psalms 142 this week. **Praise** God for being present with you even in your loneliness. **Listen:** when you are quiet before God, it is amazing how clear things become. **Respond.** Write it down, live it out, give God praise!

**ANNOUNCEMENTS:** Take this time to share group announcements. Church wide and campus specific announcements can be found at [www.myspbc.org](http://www.myspbc.org). You can also “find, follow and like” our Facebook page at [facebook.com/myspbc](https://facebook.com/myspbc). Turn on your notifications.

**CELEBRATIONS:** Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

**PRAYER REQUESTS & PRAYER:** Take this time to share prayer requests. Close with prayer.

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## We Care!

**NOTICE: DUE TO THE COVID-19 CRISIS, ALL OF OUR CAMPUSES ARE PHYSICALLY CLOSED AT THIS TIME UNTIL FURTHER NOTICE.**

As a small group leader, we depend on **you** to show members that we care. Here's a list of resources to help you.

### FOR PRAYER:

CALL: 804.463.2472  
EMAIL: [prayer@myspbc.org](mailto:prayer@myspbc.org).

### FOR COUNSELING:

CALL: 804.643.6177  
EMAIL: [Barnabas@myspbc.org](mailto:Barnabas@myspbc.org)

### TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)  
EMAIL: [ecare@myspbc.org](mailto:ecare@myspbc.org).

### TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)  
EMAIL: [ecare@myspbc.org](mailto:ecare@myspbc.org).

### TO FIND A SUPPORT GROUP:

CALL: 804.643.6177  
EMAIL: [Barnabas@myspbc.org](mailto:Barnabas@myspbc.org).

### TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000  
EMAIL: [emergencyassistance@myspbc.org](mailto:emergencyassistance@myspbc.org).

### TO CONTACT MY LIFE STAGE PASTOR/DIRECTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory  
EMAIL:

- Imagination (0-10): Vernita Williams ([Vernita.Williams@myspbc.org](mailto:Vernita.Williams@myspbc.org))
- SMB (11-19): Martina Jones-Smith (SMB: [Martina.Jones-Smith@myspbc.org](mailto:Martina.Jones-Smith@myspbc.org))
- Dreamchasers (20-29): Curtis Ballard ([curtis.ballardjr@myspbc.org](mailto:curtis.ballardjr@myspbc.org))
- Aspire (30-39): Lance Watson, Jr. ([lance.watsonjr@myspbc.org](mailto:lance.watsonjr@myspbc.org))
- Fusion (40-49): Michelle Townsend ([michelle.townsend@myspbc.org](mailto:michelle.townsend@myspbc.org))
- Encore (50-59): Jamie Duncan ([Jamie.Duncan@myspbc.org](mailto:Jamie.Duncan@myspbc.org))
- Prime Time (60-69): Maceo Freeman ([maceo.freeman@myspbc.org](mailto:maceo.freeman@myspbc.org))
- Refiners (70+): Wallace Simms ([Wallace.Simms@myspbc.org](mailto:Wallace.Simms@myspbc.org))

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*GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study.  
Previous GPS Guides are available online at [www.myspbc.org](http://www.myspbc.org).*