

# Hope in Action

## WEEK 3 – THE LONELY AND HURTING

### BIG IDEA:

3 in 4 adults struggle with loneliness. "There's a misperception that loneliness means social isolation. Loneliness is subjective. It is what you feel. The definition of loneliness is distress because of a discrepancy between actual social relationships and desired social relationships. There's a discrepancy between what I want and what I have" Dr. Dilip Jeste. Just about everyone feels alone. There are people around us all the time, but we are all lonely. Loneliness is not about what you have - it's about what you feel.

### KEY VERSE:

*1 John 3:17-18 "If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear children, let us not love with words or speech but with actions and in truth."*

### DISCUSSION QUESTIONS:

1. Why are people lonely?
2. How do we respond to the lonely and the hurting? How did Jesus?

#### Key Point #1: Hope in action loves with touch.

3. Jesus didn't have to touch the leper- Jesus healed other people by just speaking the word. Why do you think Jesus touched him?
4. What could this look like in your life? What are the boundaries here?

#### Key Point #2: Hope in action loves by listening.

5. "Most people don't listen with intent to understand. Most listen with intent to reply." Has this been true in your experience? Is this true of you?
6. How could you improve as a listener?

#### Key Point #3: Hope in action loves with time.

7. Who do you need to spend more time with and what do you need to do to be more intentional to spend that time?

### MOVING FORWARD:

We feel isolation when we are distant from God. We were created to be in a relationship with him from the very beginning of time. He doesn't want you to feel alone and he doesn't want you to hurt. A great next step for everyone is to get in a Grow Group. Feb. 2nd is the launch of our Spring small group session - you weren't created to do life alone, you were created for community. As a group, share what God is calling you to do to connect with people more.