



**Sticky Statement: If you feel alone—you're not alone.**

**Someone who will Be the One—for the One will ask:  
"What aloneness can I remove?"**

Recent stats show that **66% of people feel lonely, less than 12% of people will admit it, and talk about it.**

Loneliness is not a **YOU** problem, it's not a **ME** problem, it's actually an **WE** problem.

"God saw all that he had made, and it was very good." **Genesis 1:31**

From the beginning, God desired to have a deep connection **WITH** us and God desired this kind of connection **FOR US** with others!

"It is not good for man to be alone— I will make a helper suitable for him." **Gen. 2:18**

### Relational Discipleship Moment

"Freely you have received; freely give." Matt 10:8

- Reflect and talk about a time when **God brought people** into your life to encourage, comfort, and reassure you. How did this person reassure you and show their commitment to you so that you were not alone?

I remember a time when \_\_\_\_\_ and God brought \_\_\_\_\_ into my life to \_\_\_\_\_. Share with a few around you.

- Remember a time when God involved **you** in loving and reaching out to another person who was alone?

### 3 practical ways that Jesus loved the lonely and removed their aloneness:

#### 1. LOVE WITH \_\_\_\_\_.

"When Jesus came down from the mountainside, large crowds followed him. The Bible says that a man with leprosy came and knelt before Jesus.<sup>2</sup> A man with leprosy came and knelt before him and said, "Lord, if you are willing, you can make me clean."<sup>3</sup> Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" Immediately he was cleansed of his leprosy." **Matthew 8:1-3.**

#### 2. LOVE BY \_\_\_\_\_.

<sup>17</sup> He asked them, "What are you discussing together as you walk along?" They stood still, their faces downcast. <sup>18</sup> One of them, named Cleopas, asked him, "Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?" <sup>19</sup> "What things?" he asked. About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people." **Luke 24:17-19**

#### 3. LOVE WITH \_\_\_\_\_.

<sup>28</sup> As they approached the village to which they were going, Jesus continued on as if he were going farther. <sup>29</sup> But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." **So he went in to stay with them.**

<sup>30</sup> When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. <sup>31</sup> **Then their eyes were opened and they recognized him,** and he disappeared from their sight. <sup>32</sup> They asked each other, "**Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?**" **v28-32**

"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." **Isaiah 41:10 NLT**

### DO THE WORD—BE THE ONE: REMOVE ALONENESS

<sup>36</sup> "Freely you have received; freely give." Matt 10:8

#### REFLECT:

Think about your family, spouse, co-workers, neighbors, or friends.  
Who is lonely around you?

Q: Who has been struggling and could benefit from your attention & support.

Q: Who has been facing a series of relational/physical circumstances in life & could benefit from your encouragement and comfort?

Q: Who has specific financial or tangible needs and could benefit from your giving?

Pray and ask God to bring specific people to your mind and fill in your Relational Aloneness Map as you consider each question above.

**NOW TAKE ACTION! BE THE ONE!**