



Small Group Study Guide
LIFE IS TOO SHORT TO LIVE ALONE
September 14, 2025 | CrossPointe Church
Tracy "PT" Pounders, Pastor

Introduction

In this past Sunday's sermon titled "**Life's Too Short To Live Alone**," PT explore the importance of community and relationships in our lives. As all true Southerners know, there's no such thing as a "grit" for breakfast, only "**grits!**" Just as grits do not exist in isolation, neither do we. God created us for connection, and it's essential for our spiritual and emotional well-being. Let's dive deeper into this message with discussion questions, scripture, and insights from the sermon.

Key Quotes from the Sermon

- *"I can think of nothing worse than for someone who is hurting to be alone at the end of their life with no one to help them, to pick them up when they need it most."*
- *"Circles are better than rows! Why? Because... you will experience personal care in small circles you cannot experience in a larger room with hundreds of other people."*

Key Scriptures

"Two are better than one because they have a good return for their labor. Pity anyone who falls and has no one to help them up." – Ecclesiastes 4:9-10

Discussion Questions

1. Community Influence

- What role have people in your community played in shaping your life? Can you share a specific example?
- Scripture: *Proverbs 27:17 - "As iron sharpens iron, so one person sharpens another."*

2. The Importance of Connection

- PT's sermon emphasized that *"it is not good for you to be alone."* How do you interpret this in the context of your life?
- Scripture: *Genesis 2:18 - "The Lord God said, 'It is not good for the man to be alone. I will make a helper suitable for him.'*"

3. Recognizing Loneliness

- Reflect on the examples PT gave about being a *"loner."* (a gunman, a student in Elementary School, when you are dating "Mr" or "Ms" Right and they are a loner) How can this awareness help us identify when someone else may need support within our community?

- Scripture: *Galatians 6:2* - "Carry each other's burdens, and in this way, you will fulfill the law of Christ."

4. Getting Involved

- What are some of the barriers you face in participating in small groups? How can you overcome them to cultivate a sense of community?
- Scripture: *Hebrews 10:24-25* - "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."

5. Accountability in Circles

- Why do you think having a support network is essential? Can you share a time when having someone to lean on made a difference in your life?
- Scripture: *Ecclesiastes 4:12* - "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

6. Celebrate Recovery

- PT's addressed the importance of small group communities like Celebrate Recovery. CR is designed to help individuals struggling with various personal issues and life challenges. It focuses not only on substance abuse but also covers a wide range of issues, including Drugs, alcohol and Gambling Addictions, Food addictions, Codependency, Anger Management, Anxiety, Depression, Abuse (Emotional, Physical and sexual), Divorce and PTSD.
- How do you feel about CrossPointe offering this kind of help to people? Is it important? Why? If someone you know and love tells you they are facing one of the aforementioned struggles, are you prepared to tell them about Celebrate Recovery? Would you? Please?
- Scripture: *James 5:16* - "Therefore confess your sins to each other and pray for each other so that you may be healed."

Closing Prayer

As we conclude our study, let's take a moment to pray together. We invite everyone to pray for those attending CrossPointe to find their Christian community circle. May we all grow in our relationships and support one another as we journey through life together.

Thank you for participating in this time of discussion, reflection, and prayer. You are making a difference in each other's lives!

**PLEASE TAKE A GROUP PICTURE AND TAG PT
(Franklin Tracy Pounders) ON FACEBOOK !!!**