



# UNLONELY

DYING TO BE TOGETHER : RISING TO THE OCCASION

04/26 • Un-Lonely: Part 3

CHRIST IS RISEN! HE IS RISEN, INDEED, HALLELUJAH!

Social isolation has an adverse impact upon your health comparable to high blood pressure, lack of exercise, obesity, or smoking. Therefore, it is more important than ever to regard others as more important than yourself, right? Wait. How does this work? I'm healthier if I care more for others than myself? **Read Philippians 2:1-8.**

[This discussion sheet will prove more useful if you've listened to the corresponding message beforehand: <https://subsplash.com/nblc/sermons/ms/+7nrhk9p>].

1. Which has been the most helpful or surprising takeaway about loneliness in this sermon series?
  - a. Loneliness often leads us to behaviors that reinforce our sad experience.
  - b. Loneliness is more unhealthy than high blood pressure, inactivity, obesity, or smoking.
  - c. Loneliness comes in three types: intimate, relational, and/or collective.
  - d. Other?
2. Verse 1 provides a Trinitarian motivation for "others-centered" living: the grace we have *in Christ*, the *love* of the Father, and the *fellowship of the Holy Spirit* (2 Corinthians 13:14).
  - a. When were you put into Christ according to Galatians 3:27?
  - b. What/Who does love show according to 1 John 4:7-12.
  - c. Why was the Holy Spirit given to us? (John 14:15-17 & 25-26).
3. *Verse 2—complete my joy.* Paul's joy transcended personal circumstances—even sitting on death row. After all, Paul mentions joy 16 times in 104 verses! What tends to be your measure for joy?
  - a. Health
  - b. Full tummy
  - c. Fat bank account
  - d. Everyone getting along
  - e. Answers to my difficult questions
  - f. Other
4. *Verses 2 & 5—be like minded.* You know the answer to the question: Are we to be like minded with Paul, each other, or Christ? YES (See 1 Corinthians 11:1)!
  - a. What were Paul's and Christ's attitude/mindset, according to these verses:
    - Paul's: 1 Corinthians 9:22; Philippians 4:4
    - Jesus': Luke 19:10; Hebrews 12:2
  - b. On a scale of 1 (low) to 10 (high), how centered is your life upon "making Christ known" or "saving others"? What practical action could you take to see the

- score move higher—even a little?
5. *Verse 3—Do nothing out of selfish ambition or conceit.* Human problems began with us wanting to be like God. God provided the solution to humanity’s problems when He served us as a human (cf. Romans 5:17).
    - a. How is being “self-centered” a lot like wanting to be like God? (Genesis 3:4)
    - b. How is Christ’s humility a demonstration of what it means to be truly human? (Philippians 2:7-8)
  
  6. *Verse 4—look after the interests of others.* Pastor Joe provided examples of how to do this. Which of these will you do and when this week?
    - a. Create a “friendventory” and pray for them (cf., Your Five).
    - b. Send people faith building messages—like Paul did while in social isolation (prison!).
    - c. Truly listening to others (learn how to ask good questions).
    - d. Another way ...
  
  7. In Max Lucado’s book, *How Happiness Happens*, he points out that focusing on your own unfulfilled desires is the best way to lose joy, but doing good for others is the fastest path to finding joy. UNLONELY is a sermon series studying a few of the almost 60 “one another” verses in the Bible. Answer these questions for a plan to deeper joy:
    - a. Who can you encourage with God’s Word? (1 Thessalonians 4:18).
    - b. How can you build that person up? (1 Thessalonians 5:11).

- c. With whom in your life is it hard for you to be humble toward, gentle and patient with? Pray to God that you can bear with him or her in love (Ephesians 4:2).
- d. Who are you feeling a conflict of interests with? How can you help him or her with what they are trying to do? (Philippians 2:4).

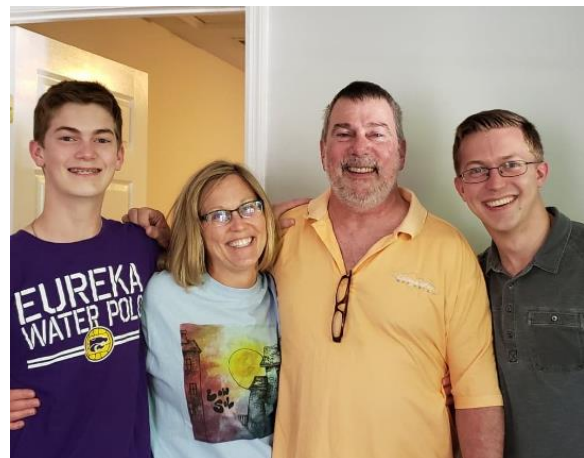
**Summary:** We are tempted to live “self-centered” lives—either causing or resulting from our loneliness. Christ lived and died centered on saving us. Motivated by grace in Christ, the love of God, and the fellowship of the Holy Spirit, we strive to live for one another.

**Please Pray**

Pray for those who are grieving loss: the loss of loved ones, jobs and income, businesses, homes, and a whole way of life. Pray for Christ’s death and resurrection hope to be demonstrated to the world through each of us as we face life’s challenges with the undaunted joy of Jesus.

**Praise List**

Dale Ward supplied our praise list:



- My Lighthouse by Rend Collective <https://youtu.be/dSn9HW5P-sA>
- Build My Life by Pat Barrett [https://youtu.be/QZW4\\_8\\_zCBE](https://youtu.be/QZW4_8_zCBE)
- Word of God Speak by Mercy Me <https://youtu.be/JTY-UKgLIXs>