



UNLONELY

DYING TO BE TOGETHER : RISING TO THE OCCASION

05/10 • Un-Lonely: Part 5

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

The social pain of loneliness, like physical pain, results in observable behaviors. Unfortunately, when we feel lonely, we begin to think and act in self-defeating ways. We can become anti-social and the symptoms reinforce the disease. But there is a cure. **Read Ephesians 4:25-32.**

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

1. Get ready for a middle-school question: If forced to choose one body part to be cut off, which would it be?
2. We can sometimes do things to contribute to our loneliness: either a) disqualifying others or b) disqualifying ourselves—both are a cutting off relationships. Which one do you tend to do?
3. Ephesians 4:25 says we are “body members” of one another. How does this explain the lasting pain of broken relationships?
4. Think of a group you are a part of---a member of (your family, a team, a Connect Group), What are qualities you appreciate about some of the others?
 - Humor
 - Analysis
 - Discipline
 - Action
 - Diplomacy
 - Caring
 - Service
 - Accountability
 - Encouragement
 - Creativity
 - Motivation
 - Passion

What are the shadow-sides to the traits you appreciated? How might these potentially cause offense or make others angry?
5. Verse 26 says not to sin when angry and not to let the sun go down when angry (vs. 26).
 - What is the difference between being angry and sinning when angry?
 - When you are angry, do you prefer a speedy resolution, or do you prefer time to reflect before seeking resolution? What is the danger of each approach?
 - How can we model Jesus when in a conflict with someone whose approach is different?
6. We are told not to grieve the Holy Spirit when He guides us. According to Jesus in John 14:26, how does the Holy Spirit direct us? How do the following verses reinforce Jesus' teaching?
 - Joshua 1:8
 - Psalm 119:9-11
 - 2 Timothy 3:16
 - Hebrews 4:12
7. We are told to forgive as we have been forgiven (verse 32). What do you like or dislike about the following quotes from the message?

- “Forgiving is not forgetting. but acting in kindness despite what you remember.”
- “Forgiving is not given permission to keep doing what is offensive.”
- “Forgiving, like faith, doesn’t make things easier, but makes them possible.”

8. We can live the solution to our own loneliness by applying the “one another” verses of the Bible. Which one of the following verses we studied do you want to grow in most and why?
 - a. Encouraging one another with God’s Words (1 Thessalonians 4:18).
 - b. Bearing with one another in humility, gentleness, and love (Ephesians 4:2).
 - c. Counting others as more important than self (Philippians 2:3).
 - d. Praying for one another (James 5:13).
 - e. Forgiving one another (Ephesians 4:32).
9. The UNLONELY series has been modeled on Jesus dying to reconcile us to Himself and rising again to make that possible. How is this both the motivation and model for pursuing connections with others even though it is very draining sometimes?

Summary: We are prone to adding insult to the injury of our own loneliness by cutting-off people from our lives. Jesus provided the motivation and model for staying in lasting, fulfilling relationships with one another. By dying to ourselves we can rise to the opportunity to serve others as Christ served us.

Prayer Requests

Share prayer requests with your family, Connect Group, or text Your Five to get some.

And please pray for our nation and communities not to become divided by the stresses of the novel coronavirus as well as the safety measures enacted. Pray that we can love one another.

Praise List

Songs picked by Terri & Dan Baumbach:



- **Goodness of God by Bethel**
<https://www.youtube.com/watch?v=-f4MUUMWMV4>
- **Who You Say I Am by Hillsong**
<https://www.youtube.com/watch?v=IKw6uqtGFfo>
- **Come as You Are by David Crowder**
<https://www.youtube.com/watch?v=r2zhf2mqEMI>