

Look Back

- What was the key message you took away from last week's discussion of sexual purity and how are you applying it personally?

Connect:

- How would you define what it means to experience loneliness? What are some of the contributing factors that lead us into it?

Look Up:

Read : Psalm 25:15-21

- When loneliness comes where does your focus typically go? In this section where is David's?
- What kinds of things cause "troubles of the heart to multiply"(v17)? When have you ever experienced this personally?
- What does David ask for in verse 18 and how can that be related to loneliness?
- What does it mean to take "refuge" in God when you are lonely? What works well for you in those seasons?
- What are two key components in v15 and v21 that can help with loneliness?

Read : Proverbs 18:1 and Hebrews 10:23-25

- What are the dangers of isolation? How can you be surrounded by people yet still be isolated?
- Some translations of Proverbs 18:1 talk about isolation and others about unfriendly people? What do these have to do with each other?
- What are the key components in Hebrews about community?
- In what ways has this group stirred one another? What does this group mean to you and how has it impacted your life?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead:

- The truth is, even being surrounded by people you can still experience loneliness. Are you feeling lonely? If so, who are you going to intentionally reach out to? If you are not, who in your life may be feeling this way that you can intentionally connect with ?

Leader Notes

King David was surrounded by people all the time and yet experienced loneliness often. Psalms can be a great window to the soul. Loneliness is something we have all experienced and chances are, we will experience again. When we end up in those seasons, our focus typically turns inward which just multiply our troubles. One of the key components we see from David is shifting that focus off ourselves and onto God (v15).

The other piece is community. We need each other... God created us for community and to stir one another one. The writer of Hebrews lays it out so well in Heb 10. The ultimate cure is each other and being committed. This is a great chance to discuss what your group means to each other and how you might grow in serving one another

Leadership tip

This would be a great week to bring up making plans to get out and have fun together. Groups are a great place to study but should also be a place to do life and hang out together. Schedule in your next group outing, get out and have some fun together!