

## Is It Just Me?-Week 1

### Overcoming Isolation

## TALK IT OVER

**Introduction:** Overcoming isolation happens when we lean into community.

### Discussion Questions

1. Are you more rejuvenated by being with other people or by being by yourself?
2. How do you think being alone, quiet, or introverted is different from isolation?
3. Read 1 Peter 5:6-7
  - **Humble** yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7 **Cast** all your anxiety on him because he cares for you.
  - *How is humility and anxiety remedied in Biblical community with others?*
4. Read 1 Peter 5:8-9
  - **Be self-controlled** and **alert**. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 9 **Resist** him, **standing** firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.
  - How challenging is it to believe that you have an enemy who wants to take you down? What are some examples of the enemy convincing you that you are better in isolation?
  - What do you think of this statement: "Nothing good happens in isolation. Solitude is a gift of God while isolation is a tool of the enemy."
  - What is the difference between solitude and isolation? Why is one healthy and the other potentially deadly?
5. What do you think of these three statements?
  - 1. We have a collective **authority** in Jesus. 2. We have a collective **identity** together as the church. 3. We have a collective **enemy**.
  - Why is it vital to stand strong in both #1 and #2 to overcome #3?
  - What are some of the ways you have leaned into community to overcome isolation?

### To consider

This week how will you put these two applications into action?

1. **Embrace** the opportunities for community.
2. **Resist** the opportunities to isolate.