

Find Your People, Love Your Neighbor You Are Not Alone in Feeling Alone

TALK IT OVER

Key Scriptures

"... Love one another. In the same way I loved you, you love one another. This is how everyone will recognize that you are my disciples—when they see the love you have for each other." John 13:34-35 MSG

And he said to them, "My heart is overwhelmed and crushed with grief. It feels as though I'm dying. Stay here and keep watch with me." Matthew 26:38 TPT

Start talking. Find a conversation starter for your group.

- What do you do when you have an entire evening to yourself?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- Culture can push us toward convenience, busyness, and independence. While those can be good things, what are some ways they could create loneliness?
- We push back against loneliness by trusting others with our weaknesses, but vulnerability isn't always easy. On a scale of 1 to 10, how hard is it for you to ask for help?

Start sharing. Choose a question to create openness.

- Who are some people in your life who have made you feel safe to share your faults and weaknesses? How did they help you feel safe?
- We were created by God to need others, so needing help isn't a sign of weakness. Is there something you need help with today? If so, share it with your LifeGroup.

Start praying. Be bold and pray with power.

Dear God, thank You for creating us to be in relationship with others. Help us to identify ways to grow in authenticity and vulnerability so we can experience true community. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- Start the *Wisdom for Friendships* Bible Plan using Plans With Friends: www.go2.lc/friendships
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.