



The Gospel's Antidote to Loneliness

DATE: May 1, 2019

SPEAKER: Francis Genung

Use the following as a starting point for conversation:

1. Read Romans 8:37-39 and 1 John 4:7-12 aloud.
2. In what ways do/have you struggled with loneliness? What have you typically done to try to fight it?
3. Feeling lonely can often encourage us to act in ways we wouldn't normally act to try to get people to like us. Have you seen this in your own life? How did that work out for you?
4. Instead of trying to be who the world wants you to be, what if you focused on trying to be who Jesus wants you to be? What specific changes do you think you should make in that regard?
5. How does the gospel answer the question of why we're lonely and also cure our loneliness?
6. If you are in a season of loneliness, what steps can you take to reach out to others? How will you go about doing that this week? How will you be prepared to show grace if people don't respond in the way you want them to?
7. If you're not currently in a season of loneliness, what steps will you take to reach out and include those who might be?
8. The church is essential for community. Whether you're feeling lonely or not, are there ways you feel called to be more involved in the church and build that community? How will you go about responding to that call?