



DATE	June 16, 2019
SPEAKER	David Smith
TITLE	Overwhelming Loneliness
SERIES	On the outside, you're crushing it - at work, at the gym, at the bank. But on the inside, you're collapsing - shame, doubt and loneliness weigh you down. It's okay to not be okay. Because when we bring our struggles out of the shadows into the light, God can help us heal.

Loneliness—the feeling of being disconnected, out of touch, or lacking a sense of belonging or intimacy—can be physically and emotionally crushingly heavy. But Jesus promised to give us rest—to be with us!—if we come to Him with our heavy burdens.

1. Pastor David shared the surprising statistic that over $\frac{3}{4}$ of us feel a deep sense of loneliness. Do you feel nervous when meeting new people? How might remembering this statistic help?
2. Read Psalms 25. Which of the five sources of loneliness (sorrow, isolation from God, rejection, insecurity, destructive behavior) can you see David identifying? Further, how do you see David trying to overcome his overwhelming loneliness?
3. In the Matthew 11:28-30 verses, what do you think it means to “take my yoke upon you, and learn from me” in order to “find rest for your souls.” It sounds like work to “take my yoke upon you,” but what kind of work is that? How does the image of the yoke relate to the message of overcoming loneliness?
4. Chances are we all know people (or we may BE people) who have experienced a publicly known moral failure and our heads might be saying they “deserve” to be lonely. How might you speak to a person in this situation if you were given the opportunity? Would anyone be willing to share an example?
5. In today’s message Pastor David challenged us to decide to spend 5-15 minutes a day in solitude with Jesus (at least to try it for the summer and see what happens). What are some intentional things you could do during that 5-15 minutes with Jesus? What are some of the roadblocks you can immediately identify to securing that time/space of solitude with Jesus and how might you navigate around those roadblocks?

Loneliness is a sobering epidemic in the world today, affecting 76% of people ages 27 through 101. Christ followers are not exempt from the feeling of overwhelming loneliness, but we do have steps we can take to overcome loneliness. Pray this week for the courage to identify aspects of loneliness in yourself or others and seek ways that you can connect to Jesus in order to overcome that loneliness.