



**Guidelines:** this sermon curriculum is designed to help facilitate small group conversation towards application of sermon. These are ideas to help get the conversation started, so feel free to use whatever is most helpful!

### **Sermon Discussion:**

I. Read Psalm 142 and review the **main points** of the sermon below:

#### **What are we to do when we find ourselves alone?**

- A. Come to terms that life, no matter how good things are right now or how bright things look for your future, there are life-turns that are caves of trial.
- B. When you find yourself in the caves of loneliness, what you do impacts your growth and change as a follower of Christ.
  - 1. Cry out to God.
  - 2. Pray with words.
  - 3. Tell God plainly what you FEEL (v.4)
  - 4. Run to God for refuge (v. 5)
  - 5. Express hope, speaking of God's faithfulness, which can lead you to greater thankfulness (v. 7)

#### II. Conversation Starter Questions

- A. Why can it be hard to admit when we feel alone?
- B. What can lead us to feel alone even though we might be surrounded by people and social activities?
- C. What lies can we be tempted by or easily believe when we feel alone?
- D. How do you usually respond when you feel lonely?

#### III. Application Questions

- A. What keeps you from crying out to God? What does it look like practically to cry out to God?
- B. What do your prayers look like in the middle of a trial? Are they specific or just general? Why should we be specific?
- C. Do you easily tell God how you FEEL? Why can we shy away from doing this?
- D. How is God a refuge in a tangible way? When once again you have no one to help you with a task, or don't have a date this weekend, or have an absent spouse, or long for relationships that you used to have...how does God help us?
- E. How has God been faithful to you – can anyone offer a testimony of how the Lord has met you in a time of loneliness?

#### IV. Gospel Connection – It always comes back to Jesus!

Our greatest problem is separation from God and the eternal loneliness that we deserve because of our sin. Hebrews 4:16, *"Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need."*

#### IV. Prayer Focus Ideas

- A. Who are those in our church and society that can often feel alone? I.e. Singles, Elderly, Stay-at-Home moms, etc. How can we pray for them? How could they be served practically?
- B. How do you need to trust in and run to God in your times of loneliness?