

LESSON HANDOUT



**Mayfield Memorial Missionary Baptist Church**  
**Facing My Fears**  
**Facing my Fear of Loneliness**



**Next Week: Facing My Fear of Sharing My Faith**

Psalm 102:7-11

02/27/2019

**Main Point**

**Fear “freezes” us, while faith frees us from loneliness.**

**INSTRUCTIONS: Construct a 5 minute “talk” on loneliness based on your group’s answers to the following questions.**

**Group 1**

Unpack the biblical text to discover what the Scripture says or means about a particular topic.

**Read Psalm 102:7-11.**

1. How does loneliness affect our perspective on the world, on ourselves, and on God?
2. How does loneliness amplify other hurts and pains in our lives?
3. Where do you most often look for help when you are in a similar experience as the psalmist? Why do we often look within ourselves for help first?
4. Why do we mask our loneliness with activity? Ultimately, does this work?

## Group 2

**Read Psalm 121:1 and 31:7.**

1. Where is God when we are hurting or lonely?
2. What are some ways we can remember to look to God first and not as a last resort when we are in need of help?

## Group 3

**Read Hebrews 6:19; Read Hebrews 4:15.**

1. What function does an anchor serve on a ship?
2. What, then, does it mean for Jesus to be an anchor for our soul?
3. How can we know and believe this to make it more to us than a spiritual platitude? What has Jesus done to demonstrate that He is your hope?
4. What experience does Jesus have with loneliness?
5. How is Hebrews 4:15 encouraging to those who are lonely?

## Application

Help your group identify how the truths from the Scripture passage apply directly to their lives.

Three remedies for loneliness—**discover a relationship with Jesus**, **develop friendships with others**, and **decide to serve and be connected to a body of believers**.

1. Evaluate your current life situation. Which of these would be the most impactful as you experience loneliness?
2. Maybe you are one of the lonely people who has a relationship with Jesus. What are some ways you can deepen that relationship with Jesus that may lead you to feel less alone?
3. Do you know when someone in this group is feeling alone?
4. Do we feel comfortable reaching out to one another when we feel alone? If not, what needs to happen for those types of relationships to grow?