



SERMON NOTES

UNAFRAID

Week 3 (May 10): "Friendless and Alone"

Psalm 139:5-10

I. The age of loneliness

- A. A BBC documentary characterized our current age as "the age of _____."
- B. All of us have a need for _____.
- C. When loneliness becomes chronic and we think that it will always be this way, we tend to _____.

II. Causes and treatments for loneliness

- A. The age we live in _____ to our loneliness.
- B. Vivek Murthy says Americans can take some simple steps to help their loneliness while social _____.
 - a. Spend at least 15 minutes each day talking with or writing to a loved one.
 - b. Dial down distractions and give undivided attention to people.
 - c. Find ways to serve others.
 - d. Allow people to help you.
- C. Therapists will try and find the _____ cause of your fear of being left behind or not loved and they will look at your childhood.

III. A Biblical perspective on loneliness

- A. God's answer to our loneliness is community – the _____.
- B. We were created to have God as a _____ on our journey.

Things I Would Like to Remember About This Message

ASBURY DAILY STUDY GUIDE

INTRODUCTION

Loneliness is the feeling of isolation we feel at times, the feeling that we have no real companions with whom to share our life. It's not the same as solitude. We all need alone time, but though we need alone time, we are also wired as human beings for companionship, for someone to share our lives with, to talk to, to listen to, someone who cares about us and enjoys being with us. How can we meet our need for companionship?

Monday: Matthew 14:23, Mark 1:35, John 6:15

Loneliness and solitude are not the same. In these passages, we see that Jesus often found solitude conducive to prayer. In what ways do you find prayer different when you are alone than when you are with others? What strengths can you see in each kind of prayer setting?

Tuesday: Ecclesiastes 4:7-12

The wisdom teacher of Ecclesiastes warmly valued human friendship. "Two are better than one," he wrote. In what ways have you found value in doing things with another person or two, rather than all alone?

Wednesday: James 1:26-27

"Orphans and widows in the Old Testament symbolize the most unfortunate members of society (see Exod. 22:22-24)." If James were writing today, who might he list in his letter as among the most unfortunate members of society? As you think about those people, is your heart moved with compassion, or do you find it uncomfortable and try to put them out of your mind?

Thursday: Psalm 139:1-12

Jesus began the Lord's Prayer with "Our Father who is in heaven." The Greek word for heaven meant, not a place far away, but "air" or "sky." Jesus was not saying God is far away, but around us, above us, wherever we go—the same idea as verses 7-12 in today's reading. What helps you experience God's presence? What spiritual difference does that make for you?

Friday: Genesis 2:15-25

This Genesis text tells us that we were created for companionship. During the current pandemic, we are being asked to pull back from life-sustaining interactions with other people. Has this situation caused you to feel lonely and isolated? If so, what are you doing to stay connected with people?

MOVING FORWARD

If we are suffering from feelings of being left behind or not loved, therapists will delve into our childhood to help us. God's answer to our loneliness is community – the church. The church is a community of people tasked with loving each other. We need to be intentional about creating Christian friendships. Scripture reminds us that although we may feel alone, we are never alone. We were created to have God as a friend on the journey.

Answers to the sermon notes: IA) loneliness, B) companionship, C) withdraw. IIA) contributes, IIB) distancing, C) root. IIIA) church, B) friend.