

# UNAFRAID

May 10, 2020  
**FRIENDLESS  
AND ALONE**

## OPENING PRAYER

Heavenly Father, thank you for loving us. You know everything about us and you still love us. Today we ask that you would help us to love you in return? Help us to seek you, to know you and to share your love with others. Help us to reach out to those who are lost, lonely, hurting and feel unloved. And finally, Lord, help us to invest in relationships with others so that we don't go on this journey alone. We pray this in the name of Jesus. Amen.

## SCRIPTURE PASSAGES:

### Psalm 139

1 You have searched me, Lord,  
and you know me.

2 You know when I sit and when I rise;  
you perceive my thoughts from afar.

3 You discern my going out and my lying down;  
you are familiar with all my ways.

4 Before a word is on my tongue  
you, Lord, know it completely.

5 You hem me in behind and before,  
and you lay your hand upon me.

6 Such knowledge is too wonderful for me,  
too lofty for me to attain.

7 Where can I go from your Spirit?

Where can I flee from your presence?

8 If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.

9 If I rise on the wings of the dawn,  
if I settle on the far side of the sea,

10 even there your hand will guide me,  
your right hand will hold me fast.

11 If I say, "Surely the darkness will hide me  
and the light become night around me,"

12 even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.

## 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?

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.

## QUESTIONS

- 1) Do you have a favorite Mother's Day tradition?
- 2) We were created for companionship, however during the current pandemic, we are being asked to pull back from our 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?
- 3) "Orphans and widows in the Old Testament symbolize the most unfortunate members of society. Who might we list 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?
- 4) Loneliness and solitude are not the same. 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?
- 5) 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?
- 6) 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 from Psalm 139 on page 1. What helps you experience God's presence? What spiritual difference does that make for you?