

Discussion Guide
Traveling Light: Wk4 Loneliness
August 28, 2022

 Big Idea

Loneliness is a good opportunity for us to turn to the Lord and to the close relationship He offers us now and forever.

 Icebreaker

Have you ever had an experience where, without any other options, you visited somewhere or tried something new and realized you surprisingly actually liked it, or were blessed by it? Explain.

 Discussion Questions

1. Read Psalm 23:1-4 (NIV). How does the very essence of these passages help combat loneliness? Share a specific situation or example of where just resting on, and engaging in, the truth of God being present with you, has combatted loneliness.
2. Read Psalm 23:5-6 (NIV). What does the image of God setting a table for you tell you about His character? Do you struggle today with the reality that God is a relational God? Why or why not? Did you used to struggle with this idea, but do not any longer? What helped you to embrace the truth that God is a relational God? How has realizing this impacted your faith journey?
3. Continuing to reflect upon Psalm 23:5-6 (NIV). Talk about the aspect of the Lord anointing our head with oil. What was expressed in the sermon regarding this as being customary in near east cultures? What does this imagery signify & mean for us as we think of God's character & His interaction with us? How does that make you feel &/or make you want to respond to God & others?
4. A point in the sermon was that '*Loneliness is not about the absence of people. It is about the absence of intimacy, or closeness, with others.*'. Do you agree with this statement, and if so why? What personal evidence do you have to support your agreeance? Are you, for the most part, a natural at getting close to others, or no? If you struggle with this, any ideas why that may be? Does it mean something is wrong with you if you don't let the whole world in and get close to you? Why is it important to let someone in closely to know you?
5. What are avenues that the Lord may use to help you overcome loneliness through His provision of the tangible friendship of another human being? What does it take for us to be in a position to receive this from Him?

 Concluding Question

How does the futuristic focus of Psalm 23:5-6 provide an all surpassing hope in the face of temporary loneliness? Any other points or final thoughts that struck you from the sermon? What are they?

 Application

1. What do you think the Holy Spirit may be saying to you through this sermon and our discussion?
2. What is something God wants you to do now?
3. Is there a way we can help each other apply what God is showing us?

 Prayer

- Pray that you can become good friends with others to help combat their loneliness.