

From Loneliness to Fellowship

What can I do about my feelings of loneliness?

Ice Breaker: Have you ever visited a cave? What was it like?

Realize Life Can Become Lonely (Read 1 Samuel 19:1-2; 22:1-5)

1. David was battling loneliness because he was a fugitive trying to escape from King Saul. Four hundred men were hiding with David. How is it possible to be surrounded by people, busy with life and yet still be lonely?

2. What are some of the causes of loneliness in our lives? Can you share about a time when you felt particularly lonely?

3. Do you think our business sometimes contributes to feelings of loneliness? How?

God Hears And Cares (Read Psalm 142:1-6)

[By the heading this Psalm was written while David was in a cave, perhaps referring to 1 Sam. 22.]

1. Although David was extremely distressed, what hope did he possess? How does David express it . . . how would you describe David's "fellowship" with God?

2. The Hebrew noun "compliant" in verse 2 conveys the idea of "my troubled thought". How do you feel about sharing your "true feelings" with God? (see Matthew 11:28; 1 Peter 5:7)
What drawbacks do you see in praying only during times of trouble?

Incline Yourself To the Support Of God And His People (Read Psalm 142:7)

1. David knew God would help him and promised that he would tell others about what God had done for him. What does that tell us about faith? Discuss the values in sharing about God's goodness and care or how He is working in your life with others.

2. Sometimes we can be used by God to help a friend or someone who is lonely just by being a good listener. Who has served as a "good listener" to you and why? How did it help to "talk it out" with them?

3. How does this help us better understand the meaning of Christian "fellowship"?

4. How might this lesson be applied to demonstrating love to a non-believer?

Wrap up:

- How can God use you to reach out to someone who might be lonely this week?
- Ask God to reveal someone you can invite to join our small group.

Special Prayer: How can we pray for one another today?

LIFE Groups

Providing an environment to nurture caring relationships and spiritual growth.

- L ♦ Learn..... applying Biblical truth for everyday living
- I ♦ Invite.....welcoming others to our fellowship
- F ♦ Fellowship.....nurturing Christ centered caring relationships
- E ♦ Evangelism..... combining evangelism, teaching and nurturing to impact our world for Christ