



**SUMMARY** | Oh, how lonely we are in this world! At some point in our lives, and often throughout our lives, we struggle with feeling set apart, isolated, rejected, and unwanted—which is loneliness. What can we do about it? Scripture tells the tale of why loneliness first appeared on our planet and in our lives and how we can find help and become unlonely.

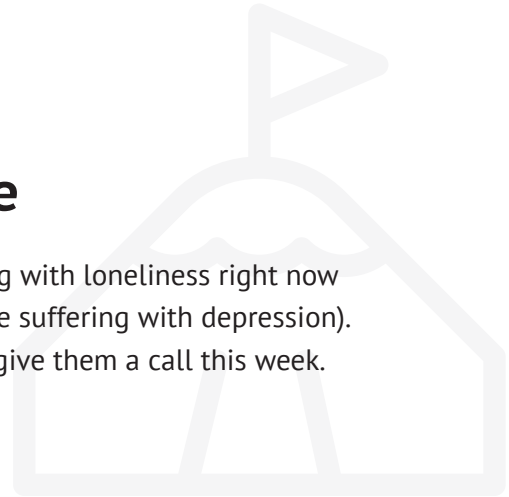
## This Week's Discussion Questions

1. Read [Genesis 2:18–20; 3:6–10](#). Explain the “why” of our lonely state.
2. The entire Bible tells the story of God’s rescue of us from our loneliness. Look specifically at [John 3:16–17 and Romans 8:38–39](#) and note what you discover about how we begin the journey to “UnLonely.”
3. How might “practicing God’s presence” lead to an unlonely life? Read [Matthew 28:20; John 14:25–27; Romans 8:26–27](#). What do you learn from these passages?
4. Another life lesson about living “UnLonely” is to turn outward. Read [John 16:33; Ecclesiastes 4:9–10; Romans 12:1–21](#). What might you do today to turn outward?
5. We can become lonely when life disappoints. Read [Jeremiah 29:11 and Romans 8:28](#) and note how God promises to use everything for our good and His purposes.

## Challenge

Think of someone you know who is struggling with loneliness right now (an older person, someone who's sick, someone suffering with depression).

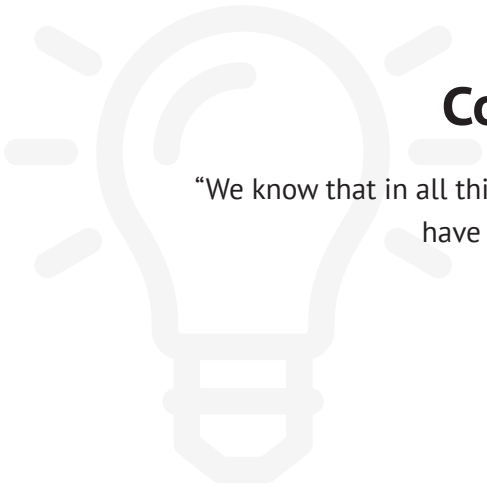
Write a card, pick flowers and visit them, or give them a call this week.



## Commit To Memory

“We know that in all things God works for the good of those who love him, who have been called according to his purpose”.

[Romans 8:28](#)



## Prayer

Dear God, thank You for promising never to leave me alone, and, even more, for providing Your presence so that I can live “UnLonely” in this life. Amen.

