

Hope Chapel Series - *Living Beyond Our Setbacks*, Part 8

Message Summary: Loneliness is not an issue we can ignore. Today we are going to explore how we fight loneliness. Everyone experiences loneliness from time to time. The loneliness we're talking about is the ongoing absence of significant relationships and meaningful connections. This type of loneliness is actually at epidemic levels in our society today. This is one issue the church is uniquely qualified to meet in our society.

Living Beyond Loneliness

- 1. Create a lifestyle that values relationships.** Colossians 3:14
- 2. Resist negativity.** Proverbs 15:5
- 3. Resist social isolation.** Ecclesiastes 4:12
- 4. Serve Others.** 1 Corinthians 12:7; 12; 27
- 5. Risk being known.** Romans 12:9

Your Group Questions: *All LifeGroups on Summer Break*

BEGIN IT – (5min) Praise song and opening prayer.

OPEN IT- (10min) Share about your own experiences with loneliness. Why do you feel loneliness is such a major experience with so many people today?

EXPLORE IT- (60min) Follow Sunday's sermon outline together and add additional notes people made about the message.

1. How can we create lifestyles that value and build relationships?
2. Why is resisting negativity important to fight loneliness?
3. What are practical things we can do to resist social isolation? Why is isolation unhealthy?
4. How does serving others fight loneliness? Share about your own serving experiences at Hope Chapel.

APPLY IT- (15min) To risk being known can be a scary thing. We've all been wounded by others. We've all had trust betrayed. But, without being known we are forever lonely. What practical steps can you take to risk being known by others?