



LESSON 3 // WHEN IT'S JUST ME

Big Idea: God has a good purpose for your season of solitude. As you anchor yourself in His presence, you can make the most of a lonely time by trusting the Lord and choosing to grow personally and with others in Him.

Genesis 50:19-20 (NLT) *But Joseph replied, “Don’t be afraid of me. Am I God, that I can punish you? You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.”*

Romans 8:28 (NLT) *And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*

Psalms 68:6 (NIV) *God sets the lonely in families.*

John 14:16-17 (NIV) *And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. ... He lives with you and will be in you.*

Galatians 2:20 (ERV) *So I am not the one living now—it is Christ living in me. I still live in my body, but I live by faith in the Son of God. He is the one who loved me and gave himself to save me.*

Ephesians 5:15-16 (GNT) *So be careful how you live. Don't live like ignorant people, but like wise people. Make good use of every opportunity you have, because these are evil days.*

Start Talking:

What's the difference between being alone and feeling lonely? Why do you think many people feel lonely in our culture even though we are, in some ways, more “connected” than ever?

Start Thinking:

Read Genesis 50:19-20. What do you learn from this story of Joseph about how God can work in lonely and dark times?

Read Romans 8:28 and Psalm 68:6. How can trusting God's goodness and sovereignty in your life help you navigate difficult seasons, including times of loneliness?

Read Galatians 2:20. Why is it so important to realize that Christ lives in you as a believer? What difference can this make in your life in times of solitude?

Read Ephesians 5:15-16. What are some ways you can “make good use” of times when you are alone?

Start Praying and Doing:

Pray that God would help you grow through times of solitude. Trust His presence and promises to sustain and strengthen you in these times. Look for ways this week to practice making the most of moments when you are alone so that God can work in you and prepare to work through you.