

w e e k e n d m e s s a g e s e r i e s

Lunchroom



September 21, 2025

But the Lord stood with me and gave me strength so that I might preach the Good News in its entirety for all the Gentiles to hear. And he rescued me from certain death.

-2 Timothy 4:17

Reflect

Pause and be still for a moment. Invite Jesus to speak to you from His word.

Read the full passage in your Bible - 2 Timothy 4:9-18 NLT

What is it from these verses that grabs your heart or sparks curiosity?

Put yourself in Paul's shoes for a moment. What might it have been like (felt like?) to be alone, abandoned? And then to experience the Lord being with him?

Have you ever felt deep loneliness? Have you ever felt like you've been abandoned?

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Pray

Turn to God and use the previous question as a springboard for prayer. What might God want to say to you about this? Listen carefully.

Invite God to reveal to you in a fresh way TODAY that he is with you. To meet you in any places of loneliness, places of abandonment.

Ask God to bring to mind someone who is struggling with loneliness. Pray for them and reach out to them in love this week.

Live It Out

Loneliness is an invitation to draw near to God, discover His presence, and find the satisfaction only He can provide. Take a moment to rest in His presence, reflecting on the truth that He knows you completely, loves you perfectly, and will never leave you. Reserve some time this week to pray, reflect, and experience His presence in the quiet. Invite Him to renew your heart and mind in the truth and to fill the places only He can fill.