



CONNECT

WEEK 1: THE LONELINESS EPIDEMIC

Exile – The Curse of Sin

Monday: The Danger of False Community

Scripture: Ecclesiastes 4:9-10

[9] Two are better than one, because they have a good reward for their toil. [10] For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! (ESV)

According to recent studies, nearly 50 million adults in America report feeling lonely regularly—and that's likely an underestimate. And here's some crazy findings: research shows that chronic loneliness can be as harmful as smoking 15 cigarettes a day, increasing the risk of heart disease, depression, and even early death. So yeah, God really did create us (and our physical bodies) for community.

What's making this worse is the very digital world we live in. A 2021 study found that use of social media platforms often leads to more feelings of isolation, not less. We get this false sense of community online—likes, comments, messages—that can trick us into thinking we're part of something bigger. But deep down, these digital interactions will never replace meaningful relationships. And this is no longer a dilemma that only impacts our youth or young adults. We are seeing that some of the most addicted individuals are in their mid thirties ranging all the way to late sixties.

Ecclesiastes reminds us: life isn't for us to do alone. We were designed, wired, created to do this together—strengthening one another, encouraging each other, and lifting each other up. When we try to do God's work alone, we weaken—we're vulnerable to falling, to burnout, to disillusionment. The truth is, God created us to be in deep relationship with Him and with each other.

So as we begin this journey of walking through 25 days worth of devotions reminding us how much more rich and satisfying our lives will be when we navigate them in deep relationship with each other, take some time to pay close attention to your rhythms of life and how much of it is spent connecting not only with other people, but with your church family.

REFLECTION

- Do I have more online relationships than real life relationships?
- Do I spend as much or more time scrolling as I do engaging in real life relationships with others?
- Who's someone I can connect with today to pray for or to encourage?



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Tuesday: God Cares That You Feel Like You Belong

Scripture: Psalm 68:6

*[6] God settles the solitary in a home;
he leads out the prisoners to prosperity,
but the rebellious dwell in a parched land. (ESV)*

In the context of Psalm 68, David is praising God as a defender of the vulnerable—especially the fatherless, widows, and the lonely. The full verse says:

“God settles the solitary in a home” or some translations say, “God sets the lonely in families, he leads out the prisoners with singing; but the rebellious live in a sun-scorched land.” (Psalm 68:6)

What it means:

- **God cares deeply for the isolated.** He doesn't ignore those who are lonely or on the margins—He actively works to bring them into meaningful connection.
- **“Families” here isn't just biological**—it's about community. In the Old Testament and especially in the early church, family extended to the faith community—people bound together by God's covenant love, not just blood.
- **It reflects God's heart for belonging.** We were never meant to do life alone. God's design has always been for His people to live in community—caring for one another, bearing each other's burdens, and sharing life.

So when that verse says “God sets the lonely in families,” it's a promise that He provides relational belonging—whether through church, friendships, community groups, or even literal families. It's a reminder that even if we feel alone, God is actively working to place us in a place of connection and care.

But sometimes we have to do some work too. And where he “sets” us isn't always our first choice.

If you're feeling disconnected, maybe instead of waiting for someone to reach out, you can reach out yourself. If they decline, don't take it personally. Go to God and ask Him to direct you to the community that He has for you.

REFLECTION

- Who could you invite into your life this week?



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Wednesday: When You're in the In-Between

Scripture: John 14:18

[18] "I will not leave you as orphans; I will come to you." (ESV)

Life has a way of shifting under our feet—graduation, job changes, moves, loss, new seasons of parenting, or just a general sense of not quite fitting in anywhere. Sometimes you're not lonely because you've done something wrong, but because you're in between where you were and where you're going. And it's in these in-between places that loneliness can feel the loudest. But Jesus makes us a promise here that we need to remember: you are not alone. He sent the Holy Spirit not just as a theological idea, but as an actual Presence who comforts, leads, and reminds us we belong—even when we feel like we're in no-man's land.

While you're waiting for connection to form in the flesh—through friendships, family, or church community—you can depend fully on the company of the Holy Spirit. He is your companion, your peace, and your ever-present friend.

Yes, you need to live in community. Yes, you need to pursue deep connections. But it's not because God isn't enough for us. God is more than enough.

REFLECTION

- Reflection: Where in your life do you feel "in-between" right now?
- How can you welcome the Holy Spirit into that space today?



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Thursday: The Illusion of Connection

Scripture: Genesis 3: 8-10

[8] And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. [9] But the LORD God called to the man and said to him, “Where are you?” [10] And he said, “I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself.” (ESV)

In the solitude of Eden’s aftermath, Adam and Eve felt the profound loneliness of sin’s separation. Even in paradise, they experienced a deep isolation. But instead of seeking connection, their shame led them to hide—sound familiar? Sometimes our own choices (or the world’s brokenness) leave us feeling cut off from God and others. But notice: God still came looking for them.

Our life can look so put together from the outside. We can even fool ourselves into believing that we are living in community because we go to church or participate in our neighborhood cookout, but true connection, the kind that God intended us to have, requires His presence. Connection with anyone that doesn’t have Christ at the foundation often feels shallow and maybe even a bit unsatisfying. Does this mean we only connect with believers? Absolutely not. But it means that our deepest most life giving connections will likely be with our brothers and sisters in Christ so we need to prioritize them.

Today, many of us feel lonely or isolated so we keep collecting friends, packing our calendar with social events, and pursuing popularity like we’re back in high school. But have you stopped to consider that maybe the problem isn’t in how many friends we have, but in how many brothers and sisters in Christ we are deeply connected with?

Friends are great. Family is greater.

REFLECTION

- Do you need to pursue deeper connections with other believers?
- How well do you know your church family and how often do you invest in time with them?



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Friday: Nothing Can Separate You

Scripture: Romans 8: 38-39

[38] For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, [39] nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. (ESV)

Jesus came so we could be connected to Him in a way that is so deeply intimate it's often hard to comprehend. He died for our sins, past present and future, and made us heirs to the throne, a perk none of us deserve. He then promises to never leave us, assuring that no matter how isolated we feel or how alone we are, we are known, loved, and never abandoned by Him. Romans 8:38-39 reminds us that nothing can separate us from His love. NOTHING.

Sometimes, when you start to feel disconnected or like an island to yourself, the best thing you can do is pause, breathe, and cling to these truths—allowing not only His love but His very real presence to fill the void.

Nothing can separate you from the love of God. Not loneliness, not your worst mistakes, not darkest secrets. God's love is stubbornly present. Receive it fully and you won't be able to not give it back out.

REFLECTION

- Do you live your day to day life focused on the presence of God?
- Do you really understand the gift that is?

LOOKING BACK, LEANING FORWARD.

- Looking back on this week, where have you seen God providing opportunities for genuine connection—and how have you responded to them?
- What practical steps can you take to replace surface-level or online interactions with deeper, Christ-centered relationships?
- How can the truth of God's constant presence reshape the way you approach seasons of loneliness or transition?



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