



IT IS NOT GOOD
**TO BE
ALONE:**
HOW FAMILY COMPLETES
THE IMAGO DEI

SESSION

3

LONELINESS AND
GOD'S ANTIDOTE

INTRODUCTION

Every time God created something, "He saw that it was good"—with one exception. "It is *not* good," He said, "that the man should be alone" (Genesis 1:18, emphasis added). So He created Eve, and the rest is, literally, history. But there are still lonely people. Let's think about that today.

NOTES

Watch the DVD
and record your
thoughts here.

THE BACKSTORY

Let's turn to the ultimate authority, the Bible, for our starting point. Read individually or as a group:

Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him." . . . So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. Then the man said, "This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man." Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

—Genesis 2:18, 21-24

"I do not ask for these only, but also for those who will believe in me through their word, that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me. The glory that you have given me I have given to them, that they may be one even as we are one, I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me. Father, I desire that they also, whom you have given me, may be with me where I am, to see my glory that you have given me because you loved me before the foundation of the world. O righteous Father, even though the world does not know you, I know you, and these know that you have sent me. I made known to them your name, and I will continue to make it known, that the love with which you have loved me may be in them, and I in them."

—*John 17:20-26*

You might also want to read:

Proverbs 18:22; 19:14; Ephesians 5:31-33; Matthew 3:13-17.

Use the blank lines below the discussion questions to record your initial thoughts, questions, and whatever God might be saying to you through the video, so you can review and reflect on all of this later.

WHAT DO YOU THINK?

1. Why did God make us so that we cannot live without having others to relate to? What's wrong with the idea of a solitary man or woman?

2. When have you felt the loneliest? Describe some of those times. What causes loneliness, often even for those who have plenty of casual friends, acquaintances, and family members?

3. Give an instance of how marriage uniquely meets the need for human connection. How is it different from our friendships? From sibling relationships? If you're married, in what way is your spouse a "helper" fit for you?

4. In what ways do all families reflect the nature of God? If you're married (or in marriages you've observed), do your marriage and family life have the same flavor, or same beauty, that you sensed from the John 17 reading? Why or why not? What experience comes to mind?

5. This session's video shows the painting of the Creation on the ceiling of the Sistine Chapel in Rome. God is pictured reaching out to Adam but holding Eve in His arm. What might the painter have been thinking about God's feelings for men and women?

6. How should the fact that the family reflects God's nature influence the way we live together day-to-day?

Think of and write down at least one practical thing you can do tomorrow as a result of today's session.

When God saw that Adam was alone, He didn't bring him some buddies to hang out with. Instead, He created a whole different kind of human being and named her Eve. So in a profound way, the ultimate answer to loneliness is the companionship of someone of the opposite sex—specifically, someone with whom a man or woman can form an intimate, unbreakable bond. And out of that bond, the two create a family, which itself is an image of God.