

W H I T E N O I S E

PART 2: Lonely But Not Alone

INTRODUCTION

Life is full of noise. Sometimes we just want to escape. Sometimes we just want to mask the noise by drowning it out with other distractions. But not all noise needs a mask. Some of the noise in your life is worth dealing with head-on. But that can stir unwanted emotions. One of them is loneliness. So, how can we overcome our fear of loneliness?

DISCUSSION QUESTIONS

1. Do you prefer time alone or would you rather be around people most of the time? What are some of the benefits of that tendency? What are some of the challenges?
2. When have you seen another person make unwise decisions because he or she was lonely? Why do you think it was easy for you to see the dangers of those decisions, but difficult for that person?
3. Talk about a time when circumstances turned down the white noise in your life. Did you experience loneliness? What, if anything, did the silence teach you?
4. Read Matthew 27:46. Have you ever felt like God had “forsaken” you? If so, how did you respond? What happened?
5. Read 2 Corinthians 5:21. Is it difficult for you to believe that Jesus overcame loneliness so that you could experience intimacy with God? How would your faith be transformed if you could truly accept that you can *never* be separated from your heavenly Father?
6. Is the fear of loneliness preventing you from dialing down the white noise in your life? If so, what can you do to refuse to believe the feeling of loneliness, refuse to act out of loneliness, and refuse to fight loneliness alone? How can this group support you?

MOVING FORWARD

Sometimes it's best to turn down the white noise in your life. But when you do so, the silence can be deafening. Loneliness is scary. But it's not an indication that you're inadequate. It's an invitation from your heavenly Father to connect with him and experience a different kind of life.

CHANGING YOUR MIND

*For I am the Lord your God
who takes hold of your right hand
and says to you, Do not fear;
I will help you.*

Isaiah 41:13