



# GROWTH GROUP

## Discussion Guide

He Knows Our Suffering  
Loneliness on the Cross

Week of

3.18.24

**Prayer:** Thank you, Lord, for bringing us together this day around your word. May we be built up in your promises and blessed by the fellowship of believers. Amen.

**Opening discussion:** According to a 2023 Gallup poll, the average U.S. adult has 7 social media accounts, spends 145 minutes a day on social media, and is networked to more than 600 people. Yet, we are experiencing unprecedented levels of loneliness (1 out of 4 adults report being lonely). The majority of U.S. adults when asked how many people they have in their life with whom they could share something really important answered: “Zero.” What do you think is causing this loneliness crisis?

1. **Read Mark 15:25-32.** How did Jesus face loneliness in this section?
2. When in your life might you or others be susceptible to feelings of loneliness? How does the devil seek to use loneliness for his purposes?
3. **Read Mark 15:33-37** How did Jesus face a different loneliness in this section?
4. Why did Jesus face such loneliness? (Isaiah 53:4-6, Romans 5:6-9)
5. God promises he will never leave us or forsake us (Hebrews 13:5). Name some specific ways he keeps that promise in our lives.
6. Psychiatrist Carl Jung wrote, “Loneliness does not come from having no people around you, but from being unable to communicate the things that are important to you.” React.

How can we as Christians show love to our lonely neighbors?

## AROUND THE ROOM

Each person (as you are comfortable, please don’t feel bad if you would like to “pass”), take a moment to share how you’re doing. What joys and struggles can we include in our prayers?