

Message Notes

All the Feels Part 6: Why You are Lonely

Matthew 26:50-56

- sadness that accompanies the lack of company
- how mankind was created - **Genesis 2:18**

#1 Adam was lonely because he was _____.

- this shouldn't be an issue - vs. 50-53

#2 Circumstances neither _____ nor _____ loneliness.

- something you would never choose - vs. 54

**#3 Jesus had to _____
to do what _____ could do.**

- why are you lonely?

**#4 You are lonely because you _____
you are still _____.**

Group Questions

All the Feels Part 6: Why You are Lonely

Matthew 26:50-56

1. It is common to view the feeling of loneliness as a weakness. Why do you think that is?

How does **Genesis 2:18** challenge the idea that loneliness is weakness?

2. Do you feel like you are more or less lonely compared to the most people? Why or why not?

3. **Read Luke 5:15-16.** Why did Jesus actually seek out loneliness, and how did he use it to his advantage?

How can you apply this to your own life?

4. "Even though your circumstances might force you to be alone, nothing can ever force you to feel lonely."

What does that mean, and what are the implications?

5. The reason you feel lonely is because you believe the lie that you are alone. Why is that a difficult lie to overcome?

6. As a group, share some scriptural stories or scriptural truths that can help a person realign their heart to believe that they are never alone. (It's okay if you don't know the Bible reference or if you have to paraphrase.)

7. In this series we talked about a variety of things that Jesus felt during the final week of his life: empathy, honored, overwhelmed, anger, love, and loneliness. What's one thing you took away from this series that deepened your appreciation for Jesus or shaped your life in some way?