

Loneliness

1 Kings 19:1-18

PREPARE

Quiet your thoughts and welcome the presence of the Holy Spirit in your midst.

Begin with prayer. What do you most want to receive from the Lord this day? Perhaps it's the warmth of His loving presence; or you are waiting to hear specific guidance or direction. Take a few moments to release the anxieties and worries you have and receive His good, pleasing, and perfect plan for you today. This time of prayer will be different for everyone.

Read/Pray/Memorize these words of Jesus from John 14:18-27

¹⁸ I will not leave you as orphans; I will come to you. ¹⁹ Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. ²⁰ On that day you will realize that I am in my Father, and you are in me, and I am in you. ²¹ Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them."

REFLECT

In your core group, briefly discuss one of these three questions. Break into triads if necessary.

1. How have you experienced the blessing of God in these past few weeks?
2. What burdens, worries, or anxieties have you been carrying and would appreciate prayer for?
3. What's a next step looking forward that you are excited about, fearful about, or uncertain about and want to step out in faith and need prayer support for?

STUDY

Read 1 Kings 19:1-4

- Describe a time when you felt isolated, alone, or that no one was with you.
- What was the result of those times? Reflecting back, did those times draw you closer to God or pull you further away?

Focus on 1 Kings 19:5-8

- God responded to Elijah’s desperation by taking care of his basic needs. Has God responded similarly to you? Discuss times when God has provided for your basic needs.
- How does that response affect your situation? How do you feel after God has responded this way?
- Do we often rely on God for our basic needs? Why or why not?
- Is that more or less difficult? Why?

Focus on 1 Kings 19:9-18

- Elijah describes his feeling of loneliness in verse 10. Though our experiences may be different, has the pandemic made you feel similarly lonely? Why?
- God responds to Elijah this time with wind, fire, an earthquake, and a whisper. How do you think Elijah knew God “was not in” the wind, fire, or earthquake?
- Do you think the “gentle whisper” had more impact on Elijah than the wind, fire, or earthquake?
- Put yourself in Elijah’s shoes. Would the gentle whisper speak louder to you? Does God speak in gentle whispers to you today? What is that like?
- When do you most hear from God?

RESPONSE

1. Reflect on the moments you hear from God most often. What do they have in common? How can you hear from God more often?
2. Has the pandemic been a source of loneliness or isolation for you? What can you do to combat that loneliness?
3. Are there people around you who may suffer from loneliness as well? How might God be calling you to play a role there?

Remember your assignments!

- STEP ONE – Take a moment each day to pause and feel God’s presence
- STEP TWO – Actively connect to the opportunities for connection God has placed in front of you
- STEP THREE – Reach out to someone new who may be suffering from loneliness too

Close in Prayer: List prayer requests here.