

Take Heart

March 19, 2023 | Erwin Ramos

WARM UP QUESTIONS: What causes you to feel alone?

READ: John 16:33, Ps 68:4-6

FOCUS: Take heart! The Lord sets the lonely in families: He is a Father, Defender and Leader.

OBSERVE:

- Loneliness can hit us all. We can feel as if we are isolated from the entire world population. Most of us have felt lonely at some point in our lives. Loneliness is not a sin: loneliness can be associated with feelings of isolation, rejection and/or abandonment. The main cause of loneliness is feeling disconnected. Our communion with God and people has been severed by sin, but God desires us to be reconciled with Him and with humanity. This perfect reunion is made possible through Christ. He does not want us to live alone. He will unite us with His family as sons and daughters.
- We respond to loneliness by acknowledging our feelings and asking ourselves why we feel that way. We fight loneliness with singing, praying, rejoicing and expressing our emotions and thoughts to God, who is our Father. Additionally, we need to fight for community. Isolating from spiritual family will only exasperate our feelings of loneliness.
- God wants us to talk to Him, even when we feel alone. He always wants to hear from us. He knows everything we go through; we can get through anything with God on our side. He promises to guide our footsteps when we trust and follow Him. He is our Father, Defender, and Leader who is able to guide us to overcome loneliness. We do not have to dwell in a state of loneliness.
- God is the Author of Relationships. God has the power to lead us from being prisoners of loneliness to prosperous overcomers. However, we must acknowledge who He is and our need for Him.

REFLECT:

- What triggers have you noticed that create feelings of loneliness in your life? Why do you think you have that reaction?
- Do you feel distant from God? Why do you feel that you are distant or not distant from God?
- How have your own actions contributed to feeling lonely?

TAKING ACTION:

- If you struggle with loneliness, ask yourself why. Give your loneliness to God and enjoy fellowship with Him through the Bible, music, prayer and corporate worship.
- Pursue community. Join a Life Group, find a way to serve on a GO Team, complete Growth Track or reach out to a friend for a meal.
- Make community a normal part of your community by prioritizing it in your schedule.

PRAY: Dear Jesus, thank You for Your finished work on the cross that has reunited us with the Father. Father, You have drawn near to me; help me reciprocate. Give me the strength to pursue You and spiritual community, even when all I want to do is withdraw. Thank You, Holy Spirit, for helping me to renew my mind and fight loneliness. You have made me for relationship with You and others. Amen.

