

It was a dark and stormy night...

The Darkness of Loneliness

The causes

The details

1. Relationships are the foundation of the creation story.
2. Relationships are essential for us to be fully human.
3. Relationships were at their best in the Garden.
4. Relationships are a primary target of the enemy.
5. Relationships often are the cause of severe trauma.
6. Relationships can be what God created them to be.

The game plan

1. Make your relationship with God your first priority.
2. Turn loneliness into solitude.
3. Take the initiative to contribute to someone else's story.
4. Drop the walls and invite people in.
5. Develop the tools of connection.

storylines prompt:

Take a step to reach out to someone. Write about your experience—how it affected you and what you learned.



resource guide

First Five / Final Five:

- ⇒ Take the first five minutes of each day to READ God's Word, and the final five minutes of your day to REFLECT on God's Work in your life.

The Big Idea:

- In your own words, how would you summarize the main idea of the message?

From the Message:

- Do you struggle with loneliness in your life? Which of the causes that were mentioned seem to apply to you?
- Which of the steps mentioned in the game plan seems most difficult for you? Why? What is your plan to make it happen?
- Are you struggling with relationship trauma? What can you do to address it?

From the Passage:

- In the story of the Fall, Adam and Eve's sin seems to be against God, yet their relationship with each other is profoundly affected. Why do you think that was? What connections do you see between your relationship with God and your relationships with others?

Think it through / Talk it over:

- Who are your closest friends—and why? How is your friendship beneficial to them and to you?
- Who is the person (or persons) who has had the greatest positive impact in your life? Why and how?
- Who are some of the people that you have contact with that might be struggling with loneliness or isolation? What can you do to help?
- What are some "walls" that you tend to put up in your relationships?

Take a Step:

- ⇒ Truth transforms us only as we take action. What is that one step you need to take?