



1. Have you ever felt lonely? What was happening that caused you to feel that way? What did you do about it?
2. Pastor Rick said that there are 3 basic needs that every human has, what are they? Do you agree we all have these needs? Do you think God can fill these needs? Can you think of any verses that tell us that God meets these needs?  
*Answer—The three needs are: 1. A need to be loved and seen by others ( 1 John 4:9,10; Romans 5:5-8) 2. A need to be heard and to be understood ( 1 John 5:14,15; Psalm 145:18,19), and 3. A need to be wanted and valued (Luke 15:20-24).*
3. Pastor Rick said that the first way to prevent loneliness is to make friends that sacrifice their comfort to comfort me. Do you make friends easily? Do you have friends that will sacrifice for your wellbeing? Have you ever had friends that would not go out of their way to help you when you are struggling? Has attending a small group help you in this area? How?
4. As a Christian, are you ever truly alone? Read Matthew 28:20 and John 14:16, 17. Do you think this means Christians should never get lonely? Why or why not? Is there a difference between having God inside of us and having human friends around? What is the difference? If you found yourself all alone for an extended period of time, do you think you would be able to keep loneliness from becoming debilitating?
5. Can you tell when other people are lonely? What can we do to make ourselves more aware of the loneliness that those around us may be experiencing? Do you think that the loneliness of other people could provide an opportunity to share Christ with them? This next week see if you can become aware of people you come into contact with that are lonely and extend a hand of friendship to them.