

GROUP DISCUSSION GUIDE

I'VE
HAD
IT!

INTRODUCTION

Think about it: hunger is the built-in signal for food; thirst is the built-in signal for water; exhaustion the built-in signal for rest; and loneliness is the built-in signal for friendship. Inside every person there's a God-sized hole that no human can fill, but there's also a human-sized hole that even God can't fill. Both need to be filled in order to overcome loneliness. If either of those are missing we'll feel the pain of loneliness. And there is no pain, as Bob mentioned, like the pain of loneliness.

DISCUSSION QUESTIONS

1. What are some songs, TV shows or movies that focus on loneliness?
2. Has anyone ever come to you and talked about being lonely? Explain. Have you ever talked with someone about a time where you were experiencing loneliness? Explain.
3. People of all ages and stages of life can experience loneliness. One statistic from a survey found that 90 percent of the male population in America lacks a true friend. If loneliness is something none of us want but a lot of us have, why can't we get it together?
4. Bob talked about three types of loneliness:
Situational Loneliness—This happens to all of us; we feel a bit left out, not recognized, not remembered.
Seasonal Loneliness—You go off to college, a friend moves, a parent dies, or your spouse dies.
Chronic Loneliness—When loneliness is a lifestyle, something deep is going on inside of you that needs help and attention. It could be caused by divorce, death, job loss or poor relating patterns that push people away.
When and where have you experienced any of these? Is there someone in your life that has experienced these?
5. How do you answer the following questions in regards to how we could overcome loneliness?
 - Are you trusting in God? Read **Romans 15:13**. How could you change and grow in trusting God?
 - Have you identified your home team? Read **Proverbs 18:24**. Describe your home team throughout your life—how has it stayed the same—how has it changed?
 - Have you dealt with your relational viruses?
 - Do you have any habits or flaws in your life that may be pushing people away and keeping you lonely? Read **Colossians 3:5-11**.

THINK ABOUT IT

TAKE AN INITIATIVE—Serve, be in a small group, sign up for Connect Groups. Take the initiative to seek community. If you are feeling lonely, you have to do something.

BIBLE VERSE

"May God fill you with all joy and peace as you trust in him so that you will overflow with hope." **ROMANS 15: 13**

COMMIT TO MEMORY:

