**LESSON FOUR**

**DEALING WITH LONELINESS**

**Read: Genesis 2:18; Eccl. 4:9-12; Matt. 27:45-46**

Can you remember any popular songs about loneliness? What stood out about them?

1. **Read Genesis 2:18**

1. Why wasn’t it good for man to be alone?
2. God said he would find a helper “suitable” (lit. “corresponding to”) for Adam. How important is it to have “suitable” people as our companions in life?
3. Would it be accurate to say that the first problem for humankind was that of loneliness? What does this tell us about our own need for companionship?
4. **Read Eccl. 4:9-12**
5. What four practical benefits for companionship are listed here?
6. Are there emotional and spiritual benefits that aren’t listed here? What are they?
7. **Read Matthew 27:45-46**
8. In what way was the Son forsaken by the Father?
9. What do you think Jesus was thinking in this moment?
10. Do you believe Jesus can fully relate to our loneliness? In what ways can He help us to overcome it?

**REFLECT ON IT:**

1.Can you be lonely in a crowd? If so, how?

2. Is loneliness sometimes beneficial? Why or why not?

3.In what period of your life would you say you have felt the most alone? What, if anything, did you do about it?

1. How does knowing God’s desire to fulfill humankind’s need for companionship make you feel? Does it help?

5. Do you believe that God really cares about you right now, at this very moment? How do you know?

6. What would you do and/or say to help someone that is living in a state of loneliness right now?

7. What is one thing we could do for you as a group that would make you less lonely?

**PRAY ABOUT IT: “**Prayer is not monologue, but dialogue; God’s voice is its most essential part.  Listening to God’s voice is the secret of the assurance that He will listen to mine.” ~ Andrew Murray