

## ME TOO

On Sunday, Pastor Doug shared that famous people felt lonely: David, Ruth, Elijah, Job, Paul, Esther, et al. I wonder if we all feel lonely at times. I know that I do. Sometimes I also feel stuck - that I don't know what to do about loneliness. The good news is that God knows and has wisdom and comfort for us.

## AS WITH ALL MATTERS OF THE HEART, LET'S LOOK AT WHAT GOD HAS REVEALED IN THE SCRIPTURES

Though David (later King David) was already anointed to be king of Israel, he was being pursued by King Saul who wanted to kill him. At times, he had to hide in caves to survive.

Let's read through Psalm 142 and consider what David (and God) passed on to us in his low time.

What was David feeling? What specific statements did he make about how he felt?

What was his first impulse to do about how he felt? (1-2)

David pointed out qualities of God. Which were important for him to remember in those times?

What did David decide or resolve?

God has much to say about our troubled times (and we all have them). What has He promised in the following verses:

- James 4:8
- Deuteronomy 31:6
- Psalm 68:6
- Psalm 34:18
- Isaiah 43:1-2

How has God spoken to you? What has He revealed or prompted you to do?

### **DISCUSS TOGETHER**

Which of David's statements connect with how we sometimes feel?

Why are we sometimes ashamed or afraid to admit that we feel lonely?

How can we be God's comforting agents in one another's lives?

Pastor Doug shared four specific applications of how God helps in times of loneliness:

- We can practice God's constant presence
- We can admit that we feel abandoned and lonely
- We can practice gratitude
- We can gather with other followers of God

Which of these are important for you in these times?

### **APPLY IT THIS WEEK**

How are you today? Has God spoken to you through His Word, His Spirit, His family? What steps do you believe He is asking you to take this week? If God is speaking to you, don't delay - follow His lead.