

When Life Seems Unlivable

Review the main lesson outline briefly

- Do you struggle with loneliness sometimes? Based on our lesson, what do you see as the cause? What steps could you take to “Get Connected?”

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day

Write down your daily thought under each day

Monday – Exodus 18:13-27

Thought:

Tuesday – Numbers 11:10-17

Thought:

Wednesday – Hebrews 13:5

Thought:

Thursday – Romans 12:9-21

Thought:

Friday – Acts 2:41-47

Thought:

Saturday – 1 Kings 19:1-9

“Elijah”

“I’m Tired & Afraid”

When Life Seems Unlivable



I Feel All Alone

Exodus 11:4-15

“Moses”

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I Feel All Alone

Exodus 11:4-15

Intro: *Have you ever felt truly alone? (My Mom's Death).*

I. Causes of Loneliness

- Spiritual – without God
- Social – social skills not developed in childhood, “loner” attitude, low self-esteem
- Self inflicted – building walls to keep from getting hurt.
- Situational – college, moving for job, death, divorce

II. Cure for loneliness – “Get Connected” – Exodus 11:16-17

- Overcome the “Do It Myself” syndrome - Exodus 18:13-27
- Realize God didn't intend for us to live life alone – Genesis 2:18 - In John Ortberg's book, **“Everybody's Normal till You Get to Know Them”**, he says that *“I have never known anyone...who was isolated, lonely, unconnected, had no deep relationships-yet had a meaningful and joy-filled life.”*

III. Connect to what?

• God Personally

- Salvation – John 3:16, Romans 10:13, John 1:12
- Daily communication-fellowship – John 15:1-5, 1 John 1:1-4, Hebrews 13:5

- **God's People** – Acts 2:41-47, Romans 12:4-6 (9-21), 1 Corinthians 12:14, 21-27 (Barnabas – Acts 9:26-27)
(Community-Proper Relationships-Church)

- **God's Plan** – Romans 12:1-2 (Moses – Exodus 3:10)

- Everyone
 - Salvation - 2 Peter 3:9
 - Sanctification – be like Jesus - Romans 8:28-29
 - Live a joy filled & purposeful life – John 10:10

When Life Seems Unlivable

- Specific to me
 - Be committed to God's plan
 - Be guided by God's Word
 - Be confident of your gifts
 - Be faithful to God daily (live one day at a time)

NOTES

PERSONAL APPLICATION