

Study QUESTIONS

Ep. 1173: How Do I Cope With Overwhelming Loneliness?

<https://christianquestions.com/character/1173-lonely/>

See:  CQ Rewind
SHOW NOTES

1. Why are our relationships with others so important to our Christian lives? How does being lonely run counter to the last six Commandments? (See Genesis 2:18-24, Exodus 20:11-13)
2. How can prayer help us escape the confines of our lonely fear? What is required for a prayer to be effective? (See Philippians 4:4-8, Hebrews 4:14-16, James 5:16)
3. How can Bible study inspire us and dissolve our loneliness? How is it better to be absorbed rather than distracted? Which Bible character inspires you the most? (See Romans 11:2-4, Hebrews 11:1-40, 12:1-3)
4. What are some precious promises God has given to faithful Christians? How can they help when we feel lonely? (See 2 Corinthians 7:1, 2 Peter 1:3-4)
5. How can helping others actually help us cope with feelings of loneliness? What is the difference between "friending" someone and "befriending" someone? How does social media increase loneliness? How did Jesus use his life as an example for us? (See Acts 20:35, Hebrews 10:24, James 1:27)
6. Why is it important to have individual fellowship with another follower of Christ? How can it help both parties grow? Why is it important to meet regularly with others in the body of Christ? (See Matthew 25:40, Romans 12:3-13, Hebrews 10:25)
7. Do you fellowship with anyone in your congregation on an individual basis? How has it affected your Christianity?
8. What does it mean a part of the body of Christ? How can we lean on this community to strengthen ourselves and release our loneliness? What is our responsibility as a body member with a specific role? What if we are one of the most minor members - the least in importance? (See 1 Corinthians 12:12-26)
9. Do you ever experience loneliness in your life? What do/will you do when you feel this way? What do/will you do to comfort others around you when they are feeling lonely?