



**Sermon-based reflections connect the week to the weekend!**

*Dig deeper into the talk each week, in a small group or independently. Challenge yourself to see how the message actually makes sense and applies to your everyday life.*

**Message Info:** People Problems - Loneliness, 10/15/23 - Loneliness unchecked distorts. The longer we ignore it, the heavier it gets. The bigger the burden and deeper the pain. So we rush instead of waiting to try to fill the void as quickly as possible. Instant gratification sounds good when we're worn out by loneliness, but the peace and wholeness God offers is the real thing. (*Passages: Numbers 11:4-24 & 28, Psalm 34:18, Joshua 1:9*)

**Discussion Questions:** Take your time and dig into these questions.

Why do we hide and distract from what we feel? Can fear weigh in on our relationship choices? Do we have to be alone to feel lonely? Why do we keep God at arm's length? What are the consequences of responding rashly to loneliness ?

Read Numbers 11:4-24. What stands out to you in this passage. Why?

Moses was feeling the pressure. The responsibility of 600,000 people is hard to imagine. Finally, amidst their wailing over food boredom, Moses lost it a little. He cried out to God in his distress; and God replied with a solution for all. What do Moses' actions say about him? Do you think he felt overwhelmed suddenly, or had been carrying it a while? So what should we do with our loneliness?

Bearing our hearts to God sounds messy and uncomfortable, but it is the best way to handle loneliness. Read Numbers 11:28. What can we gather from this verse? Was Joshua with Moses? What was Moses focused on in this chapter?

Maybe, like Moses, we need to take our eyes off our struggles and look to God. It's likely God already has help laid at our feet. His presence and provision is with us, even when we feel helpless and lonely. What is God providing that you might have overlooked? How can we train ourselves to focus on him versus hurt?

See the lonely space as an opportunity, a moment for growth. Like Jesus, redeem that space by connecting with God, and practice solitude. Be ok with God being the source of your need. Be mindful of distractions; don't compromise to feel better. Trust in God's timing. Learn to live in grace, and make healthy relational moves.

**Weekly Challenge:** Invite someone to attend church with you on Sunday.