

Small Group Discussion Guide

Sunday, August 18, 2019

Discussion Leader's Tips (not to be read out loud but to help you prepare)

1. Look over the entire lesson before leading the discussion and get a good idea about what the major points are.
2. The Warm Up questions are related to the lesson, use them and refer to them from time to time in the lesson.
 - a. The cell phone discussion seems to be an easy segway to discussions of isolation
 - b. The second question probably deals more with busyness and personality than loneliness but it could spark meaningful discussion.
3. **Include the kids! Help them feel welcome and part of the group.**
4. Let your questions hang there for a while, don't feel the need to do all the talking. Give them 10 seconds...it'll seem like an eternity. Don't bail them out.
 - a. You know your group and who you can call on.
 - b. Don't embarrass someone, especially guests, but you can ask individuals, what do you think?
5. Change it up. If the question is worded in a way that seems clunky or confusing, reword it. The goal is meaningful spiritual discussion for your group. If the questions aren't getting you there, make some changes.
6. Have any questions or want to chat about the lesson? Feel free to call Joe.

Warm Up

1. How old were you when you got your first cell phone?
 - a. How old were your children when they first got theirs?
2. What are your general rules for yourself/children when it comes to cell phone use?
 - a. Time limits?
 - b. Situational limits?
3. If you notice a free night on the calendar, would you rather get together with friends or stay at home alone?

Music

1. Sing the song *Unto Thee O Lord* (taken from Psalm 25)

Scripture Exploration

1. Psalm 25:16-17
 - a. What was it that was causing David to feel this way? (He was hiding from Saul)
2. Genesis 2:18
 - a. What does God actually want for us? (relationships, to not be alone)
3. Psalm 68:5-6
 - a. Does your Bible have a footnote for verse 6?
 - b. How do each of these translations help us understand what God wants for us?
4. Ecclesiastes 4:9-12
 - a. Where do you most often hear this passage read? (for me, it's at weddings)

- b. What does verse 10 say about those who are alone?

Discover

1. Danny's 3 points for combating loneliness were
 - a. Develop dialogue
 - i. Do you have a safe place to talk freely? Where is that/With whom?
 - ii. If it's not within this small group, should it be?
 1. What would help foster that kind of openness and safety?
 - b. Become more sensitive and aware
 - i. Danny suggested we may be a bit self-confined in our church relationships. What are your thoughts?
 - ii. What can we do to be more intentional about inviting others in?
 - c. Rest in the presence of God (consider reading these passages to remind us of God's continual presence)
 - i. Deuteronomy 31:6;
 - ii. Hebrews 13:5;
 - iii. Psalms 23, 46:1
 - iv. Romans 8:37-39
 - v. Hebrews 4:16
2. Close out this session with special prayer for those struggling with loneliness and for those who need to be more aware of those around them struggling with loneliness.