

Loneliness

I. OPENER

Cereal Box Puzzle

Cut off the front panel of several cereal boxes — one for each group you've formed. Then cut up each panel into puzzle shapes- one for each person in the group. Mix together all the pieces and give one to each person and have them compete to find their cereal.

Idea from Young Life

II. ANNOUNCEMENTS

III. STORY

If you want to make friends fast at an airport sometime, stand there with a big "welcome home" banner. Recently, we were contacted by a young woman who has been a part of our Native American work in the past - and who is going through a time of severe struggle right now. She really wants to turn things around and asked us if she could come and spend some recovery time with our Team in New Jersey. We had been praying for her, so we were wide open to her coming. Well, we scrambled to find a way to get an airplane ticket for her . . . and then decided to try and let her know we still think she's special- with a special airport welcome. We got some colorful helium balloons and a bright welcome home banner - and five of us stationed ourselves at the end of the concourse she was scheduled to come in on. It was really funny to watch the reactions of the pretty expressionless arriving passengers - they laughed, they waved, they thanked us as if this welcome party was for them. It was fun - until we saw the last flight attendant coming down the concourse with no other passengers coming behind her. The person we had come to welcome - never came.

Study

According to the book “making room for life” by Randee Frazee the majority of people feel lonely, as loneliness is a culture trend so if you are feeling lonely today, you are not alone. Loneliness is unfortunately very normal in our culture and there are many reasons to contribute to a lonely life. Some of you may be overweight, have a learning disability or something else that may lead to other people not wanting to hang out with you which makes you feel lonely.

Activity

- 1. Get in small groups and discuss with each other and to what you think the meaning of loneliness is.*
- 2. Each member in the small group cite an example in the past 2 weeks were you felt very lonely.*

3. *Talk with each other as to what makes you feel not lonely. Perhaps when you are hanging with your friends you do not feel lonely, or for others hanging around people still makes you lonely, so you need to spend time with your dog or other animals to not feel lonely.*

David himself felt lonely at times. He had people avoid him, and it did not feel good.

Psalms 38:11

My friends and companions avoid me because of my wounds; my neighbors stay far away.

Then David writes;

Psalms 142:4-6

Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life. I cry to you, O LORD; I say, **"You are my refuge, my portion in the land of the living." Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me.**

David himself went to God for his refuge, and God was a friend that David could count on. God would never leave nor forsake David. David not only was lonely at times, he had people pursuing his life! Many of you may be lonely, and some of you may not feel lonely. But even if you have many friends at this time, there will come a time when you will feel lonely. When you do feel lonely, please remember that God is there and will comfort you during your times of loneliness. He is your true friend, who will never leave you nor forsake you, and He's the friend that David cried out too during his lonely times. You can experience this same friend if you would receive him today.

Discussion Questions

1. What can you do in the following week when you get lonely?
2. What can you do to comfort others that are lonely at school?

Leader(s) lead anyone wanting to accept Jesus as Lord and savior.

WRAP UP & PRAYER