



Isolation

WARM UP

**If you had the opportunity to start your own business, what would it be?**

SET IT UP

There are all kinds of loneliness: the loneliness that comes when you bury someone you love, of growing old, of a relationship lacking communication, and even the loneliness of success. Loneliness can destroy us spiritually. If we feel alone in this world, we lack confidence, become weary in well-doing, and are more susceptible to temptation.

CHAT IT UP

1. Loneliness is less about being alone and more about being relationally disconnected. **What season of your life have you felt most connected to others? Least connected?**
2. **Have you ever thought you were the only one to think or act a certain way but found out others did too? What was the situation?**
3. **Read Matthew 27:45-46. What did Jesus say on the cross? What did Jesus mean?** (Answer: God the Father turned away from Jesus as He bore our sins.)
4. **Read Matthew 27:50-53. What supernatural event took place in the temple at the time of Jesus' death?** (Answer: The veil into the Holy of Holies was torn in two.)
5. **How would you explain to a friend the significance of the veil in the temple being torn in two when Jesus died?** (Possible Answer: Jesus was forsaken so that we would always have open access to the Father.)
6. Read Hebrews 10:19-23 aloud to your group (below). **Pastor Tim Keller said, "The only person who dares wake up a king at 3:00 AM for a glass of water is a child. We have that kind of access." Do you feel like you have that kind of access to God? Why or why not? How do you know?**

WRAP IT UP

If you've ever felt lonely—you're not alone. The closer Jesus got to the cross, the more alone He was. Jesus experienced a loneliness that was more deep and more profound than any of us will ever feel. Jesus chose to walk through loneliness so that we would never walk alone. Because of the cross and the empty tomb – even on your worst day, you are not alone.

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## LEADER TIPS

- Try starting off question two with an example from your own life!
- Encourage the group members to read Hebrews 10:19-23 when they feel alone. Perhaps you could print the passage off and hand it out to your group to take with them.

“Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Let us hold unswervingly to the hope we profess, for he who promised is faithful.” — Hebrews 10:19-23