



Session 3:

Unpacking Loneliness

To view the video for this session, go to <http://www.ariseministries.net/lightenup>

In this week's session, we discovered that loneliness is that feeling of emptiness with a desire to be understood or accepted by someone. It's normal for a single mom to experience some degree of isolation; however, once we peg the origin of our loneliness, we are better equipped to find God's solution. Instead of running from loneliness, we can allow God to use it to draw us closer to Him.

*1. Name a time when you felt extremely lonely. How did it make you feel?

2. Put an X on the line indicating your degree of loneliness?

1 **5** **10**
hardly ever all the time

3. In what ways can you relate to King David in Psalm 107 – *“Help me, God. I have become like an owl in the wasteland. I lie awake at night. I’m a lonely bird on the housetop.”*

4. Loneliness comes to us through a number of possibilities. Where might one fit your scenario?

Comparison - Estrangement from God - Avoiding people - Other _____

5. True or false.

_____ Loneliness is permanent.

_____ Loneliness is an emotion that can produce an inner solitude that allows us to better hear from God.

_____ Loneliness is sometimes a tool of the devil where we believe God does not care.

*6. From Psalm 94:17-18, circle your favorite promises from your heavenly Father.

- Do not feel rejected. I have called you by name and you are mine.
- Do not be afraid in these deep waters. Your troubles will not overwhelm you.
- Do not worry while passing through this trial. The flames will not burn you.
- Do not forget that you are precious to me. I love you and I will give you honor.
- Do not grow weary. I am with you.

*7. What redemptive purpose might God bring out of this season of loneliness?

8. Circle a possible remedy to your feeling of aloneness.

- Admit that your feelings aren't the most important part of you
- Share a common interest or hobby
- Accept others as they are
- Find a church home
- Be honest with God and press into Him
- Other - _____

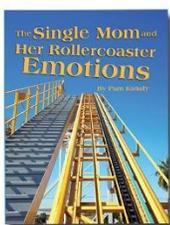
*9. In the video you heard – “Share! Share! Share!” What would that look like for you?

10. What is God saying about your choice to lighten up and unpack the effects of loneliness?

My precious Heavenly Father, though I feel empty and incomplete, remind me that you are my constant companion and that I am never alone when I spend time with you. Use this season for good and lead me to say, “Lord, you are more than enough.” Bring something of redeeming value out of this situation. Enable me to press into you when I feel like no one cares. In Jesus’ name. Amen

Notes for Thrive Group Discussion:

1. Briefly express your thoughts on the video, Session 3: Unpacking Loneliness.
2. Talk about spiritual concepts you learned.
3. Discuss the questions marked with *. If time allows, share answers to other questions from the study.
4. Identify a choice you need to make this week, one that will honor God.
5. Consider ways to see God’s redemptive work in loneliness.



For a deeper study, take advantage of Pam Kanaly’s book – *The Single Mom and Her Rollercoaster Emotions*. Enjoy the material - the book, the MP3 version or the CD set. (www.ariseministries.net/store)

To connect with a **Thrive Group**, inquire at www.ariseministries.net/thrive.

To share your thoughts regarding this study, contact us at connect@ariseministries.net.

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