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## ***This Is My Story***

Featuring  
***Katie Ellis & Mel Hiatt***

➡ ***Session 1: Alone***

*Session 2: Worthy*

*Session 3: Trust*

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*This study will examine the word “alone.” As you explore this study, don’t forget that you have a story to tell. Each day you are writing your story, remember that Jesus will sit with you in your loneliness. Know that in Christ alone you will find victory. In Christ alone. This is your story.*

1. As a single mom, alone time might seem difficult to come by. Where do you go or what do you do to find alone time?
2. You might struggle to find time to yourself as a single mom, and yet still find yourself feeling lonely. What is something positive you could do when you find yourself feeling lonely?
3. In everyone’s story there’s a chapter taken over by the reality of being alone. Being alone might play a large or small part of your story. When in your life have you felt the most alone?

4. Katie mentioned that she felt the most alone when she became a single mom. Why do you think she felt most alone then?
5. If you have a child that has struggled with feeling alone, what did you do to help them through that time?

In Katie's story you hear her talk about how the enemy told her she was not who she thought she was—it was all a lie. She felt really alone. She fought to recognize the truth. Now she is able to use her story to paint a picture of Jesus—a Jesus who, in her own words, met her in her loneliness.

6. How does struggling with being alone affect your relationship with Jesus Christ?

Katie said “But Jesus meets me in that place where I feel alone, and he is still redeeming my story. He sits with me when I don't feel worthy. He gives me life. He satisfies my soul.”

7. When has Jesus shown up for you in a very real way?

The Lord showed Katie she was never alone. He redeemed her story. In the middle of her pain and despair, he showed her that he was all she needed. He cared about the deepest desires of her heart.

Read Psalm 37:4 ESV.

**Psalm 37:4 ESV**

*Delight yourself in the Lord, and he will give you the desires of your heart.*

8. What does it mean to “delight yourself in the Lord”?
9. As a single mom, what is one of your heart's desires for your children?

Loneliness. We've all felt it. We've lived it. What do we do with our feelings of loneliness? What can God do in the middle of our loneliness? Does he want to do anything with it? Is Jesus disappointed or annoyed with us when we feel alone? Let's explore John 4 with these questions in mind.

Read John 4:1-6 ESV.

**John 4:1-6 ESV**

*Now when Jesus learned that the Pharisees had heard that Jesus was making and baptizing more disciples than John 2 (although Jesus himself did not baptize, but only his disciples), 3 he left Judea and departed again for Galilee. 4 And he had to pass through Samaria. 5 So he came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. 6 Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour.*

10. In these first verses we find Jesus sitting alone, hungry, and tired by the well. How are you encouraged by Jesus during this moment?

The woman at the well was alone. She had no choice but to be alone. A Jewish rabbi, which Jesus was, never would have spoken to her because she was a woman. She also was a Samaritan, and she was a woman of apparent bad reputation. Jesus knew all of this, and still he talked with her. He sat with her. He interrupted her loneliness.

Read John 4:7-15 ESV.



Read John 4:16-26 ESV.

**John 4:16-26 ESV**

*16 Jesus said to her, "Go, call your husband, and come here." 17 The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; 18 for you have had five husbands, and the one you now have is not your husband. What you have said is true." 19 The woman said to him, "Sir, I perceive that you are a prophet. 20 Our fathers worshiped on this mountain, but you say that in Jerusalem is the place where people ought to worship." 21 Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. 22 You worship what you do not know; we worship what we know, for salvation is from the Jews. 23 But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. 24 God is spirit, and those who worship him must worship in spirit and truth." 25 The woman said to him, "I know that Messiah is coming (he who is called Christ). When he comes, he will tell us all things." 26 Jesus said to her, "I who speak to you am he."*

This was the moment that the woman at the well discovered she had been sitting next to the Messiah. This was the moment she discovered who Jesus Christ was.

13. Do you remember the moment when you discovered the Messiah, Jesus Christ?  
If so, when?

Mel pointed out an important detail in the story. The woman left her water jar behind.

Read John 4:27-30 ESV.

**John 4:27-30 ESV**

*27 Just then his disciples came back. They marveled that he was talking with a woman, but no one said, "What do you seek?" or, "Why are you talking with her?" 28 So the woman left her water jar and went away into town and said to the people, 29 "Come, see a man who told me all that I ever did. Can this be the Christ?" 30 They went out of the town and were coming to him.*

14. What is something you need to leave behind so that you can do what Jesus told you to do?

This story paints a powerful picture of a savior who will sit next to us in our loneliness. And if we let him, he will turn that moment into something that will change everything.

15. Who is someone you feel like you need to share your story with?

Read Psalm 62:5-7 ESV out loud.

**Psalm 62:5-7 ESV**

*5 For God alone, O my soul, wait in silence,  
for my hope is from him.  
6 He only is my rock and my salvation,  
my fortress; I shall not be shaken.  
7 On God rests my salvation and my glory;  
my mighty rock, my refuge is God.*

16. What is one thing you are walking away with from this session?

To share your thoughts regarding this study, contact us at [info@ariseministries.net](mailto:info@ariseministries.net).

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**MEL HIETT**

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Hi friends, I'm Mel Hiatt. I like to believe that my nine years of being a single mom to two rowdy boys helped prepare me for Arise Ministries. Just in case raising those two wild boys wasn't enough training God allowed me to work with teenagers in the local church for sixteen years. If nothing else I have a handful of wild stories and God moments to share with all of you. My husband Trae and I decided to make life more interesting in 2017 when we got married. Together we have five children, two dogs, and some chickens. We have a family group text affectionately named "The Zoo". Please feel free to follow my adventures on Facebook or Instagram @themelymel.