

SERMON NOTES

September 28 & 29, 2024

It's Ok to Not be Ok: Loneliness

Psalm 22-24

1. **Genesis 1 & 2:** To be made in the image of God is to be made as a people _____
_____.

Genesis 1:26

2. **Genesis 3:** _____ created a _____ that gave birth to loneliness.

3. Loneliness is more than _____.

4. Loneliness is a _____ that we naturally _____.

5. Jesus _____ into loneliness and _____.

Luke 5:16

Psalm 22 – Prayer of _____

- In the loneliness of night, our prayers become more _____, more _____,
and more _____.

Psalm 23 – Prayer of _____

- Loneliness is the _____ of being alone

- Solitude is _____

John 17:3

- Solitude is _____

Psalm 24 – Prayer of _____

- Faith is _____ with God

Life Steps

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Monday

Genesis 1: 26-27

Reflect: "To be made in the image of God is to be made to long for perfect connection." How do you see this statement being true in your life? How was the message on loneliness relevant to your life today?

Prayer: Lord, I give this day to you. Guide me and help me to remember that I am never truly alone.

Tuesday

Psalm 22: 1-2

Reflect: In your life, how is crying out to God by day different than crying out by night? When do you most sense the nearness of God's presence? Why do you think that is?

Prayer: Lord, in the day and in the night, make your presence known to me. I need and want you in the center of my life.

Wednesday

Psalm 22:6-7

Reflect: Psalm 22 is a prayer of the lonely. Loneliness does not mean the absence of people. At the source of David's loneliness was the fear of losing his reputation and rejection. What are your fears that drive you inward and evoke the feeling of loneliness?

Prayer: While I wait on you, Lord, help me to not fear being alone but to embrace sitting in the comfort of your presence.

Thursday

Psalm 23:1-3

Reflect: To what degree can you affirm, "The Lord is my shepherd: I lack/want nothing?" Wrestle honestly with the question, "Is God enough"?

Prayer: Lord, I lack nothing. I know you are my shepherd, and that is enough.

Friday

Psalm 23:1-6

Reflect: What does the Psalmist learn about God in Psalm 22 that he affirms in Psalm 23? What has your loneliness taught you about yourself and about God?

Prayer: Good shepherd, I know you are with me on the mountain and in the valley. Thank you.

Saturday

Psalm 24:1-10

Reflect: Psalm 22 is the prayer of the lonely, Psalm 23 is a prayer of solitude, and Psalm 24 a prayer of faith. What purpose might there be to times of loneliness? How have you grown "through" your times alone or in times of loneliness?

Prayer: Use me today, God, as a light in the darkness of someone else's loneliness.

Sunday

Luke 5:16

Reflect: What is the difference between being alone and feeling lonely? What is God saying to you through this short, simple verse? Right now, schedule some extended alone time with God on your calendar (go for a walk, take a ride, take a nap, ride your bike) and see what God reveals.

Prayer: Being with you is enough, God. Speak, and I will listen. Direct and I will go. I surrender this day to your perfect will.