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Series: Change

You Don’t Have to be Lonely

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1. What is the difference in solitude and isolation? **(Henry Cloud says that solitude is connected; isolation isn’t. Solitude replenishes, isolation diminishes.)**

2. It is said that people are energized in two ways: by solitude or by being among people. Which energizes you?

3. Is anyone ever completely known? How does it make you feel to know God knows you completely, even better than you know yourself?

4. What does Mother Teresa, who worked in Calcutta among the poorest of the poor, say is the “most terrible poverty”? **(Loneliness, and the feeling of being unloved.)** Have you seen or know of people who could be called poor for any number of reasons but who are also happy? What accounts for it? **(They are loved?)**

5. If people are isolated and lonely, how can they realistically change that? What if they are very elderly?

6. Would you say your relationship with God is healthy? Do you pursue him? In what way or ways?

7. Do you feel “It’s ok to not be ok”?

8. Have you experienced that “hurt people usually hurt people”?

9. How have your relationships enriched your life?

10. Hebrews 10:25 says we should “stir up one anther to love and good works.” Who has done that in your life? How? Or put another way, who holds a light to your path or illuminates your life?

11. Have you experienced that “circles are better than rows”? Why is that true?