

**Purpose:** Jesus wants to heal our loneliness

**Supplies:**

- Bibles
- UnGame: Teen Version (or create your own questions)

**Total Time:** 45-55 minutes

## **ACTIVITY**

UnGame (15 minutes)

Either purchase the teen version of UnGame or create your own questions. This game usually creates great discussion and a good way to get to know your teens.

## **LARGE GROUP**

(15-20 minutes)

Questions: *Allow the group to discuss the questions.*

1. Do you enjoy being around a large group of people more or a small group? Why?
2. Where do you go when you want to be alone?
3. What do you like to do when you're alone?
4. Have you ever felt like you were all alone on the earth and felt everyone had deserted you?
5. What do you do when you feel lonely?

VIDEO: The Naked Brothers Band – *I Feel Alone* (2:12 minutes)

[http://www.youtube.com/watch?v=qSgFzL\\_Cpgw](http://www.youtube.com/watch?v=qSgFzL_Cpgw)

(FYI: WHO IS THE NAKED BROTHERS BAND? "*The Naked Brothers Band* is an American television musical comedy created by Polly Draper. The show depicts the daily lives of Draper's sons, who lead a faux rock band from New York City. As a "mocumentary," the storyline is a hyperbole of their real lives, and the fictional presence of a camera is often acknowledged. Lead vocals and instrumentation are provided by the siblings; they composed the songs themselves.")

1. **How would you define LONELINESS?** The dictionary defines the root word "lonely" as, "1) being without company; cut off from others; 2) not frequented by humans; 3) sad from being alone; 4) producing a feeling of bleakness or desolation."
2. **What do you think causes loneliness? Why do you think people get to the point they feel lonely and maybe even deserted?** *Give time for the teens to share their thoughts.* Loneliness is a longing for something else. Maybe there is a desire for more or you've just lost something very important. In the end, it's a deep longing for something that's missing!
3. **Since God created our emotions, then why do you think God allows and created loneliness?** *Give time for the teens to share their thoughts.* God created our emotions with a purpose. God's love for us is so intense that I can't fully explain it to you! But I do understand that He doesn't want to harm us, but He wants to protect us. Knowing that, when we start to feel lonely, that's God trying getting our attention.
4. **What do you think God is trying to tell us when we feel lonely?** *Have the teens share their ideas.* When God created Adam, God "wired" Adam to want and to need to be with God. They took walks together. They talked together. They were so close that I don't think we could even understand how close they were. But here's the point, we are from Adam and we are "wired" the same way...we all have a deep desire to be close, to be loved, and to be connected to something beyond us. That is God! Only God can fully fill those desires. When we don't allow Him to do that...we feel lonely and deserted. But God is waiting to fill that!
5. **Do you think God knows anything about loneliness? Like...do you think He's ever experienced it?** *See what they come up with.* Look at Jesus for the answer here! Jesus left His perfect Father in heaven to come to earth where he was rejected (by friends and family), beat up, misunderstood, plotted against, and eventually killed. While he was on the earth, he longed for his Father in heaven (God the Father). Jesus experienced the deepest separation from God the Father that we just can't imagine! So, can Jesus relate to loneliness? YES! But in His loneliness and separation, Jesus found strength in obeying the direction and will of God! He spent time alone praying to God and never left the path God had for Him. The separation NEVER beat Him down!

VIDEO: *Life. Sin. Loneliness. And GOD.* (4:02 minutes)

<http://www.youtube.com/watch?v=AUI1SeYkf-M>

## SMALL GROUP

(15-20 minutes)

Loneliness is to get our attention to tell us that we aren't allowing God to heal our pain, sorrow, and needs. We all do it! **Do you find this helpful in identifying what's going on inside when you start to feel lonely?** *See what the teens say.* He wants to heal you and then fill that lonely place

Read the following verses with the teens and discuss with them the meaning of each verse.

How will this help me/others dealing with loneliness?

- Matthew 7:7...ASK, SEEK, and ACTION: God wants to provide for you.
- Psalm 107:20 and Psalm 147:3...God wants to heal us! You need to go to Him and ask! We already looked at a verse that shows God's desire to provide for us. Now, we need to let God heal us!
- Luke 1:37...NOTHING IS IMPOSSIBLE FOR GOD...NOTHING!!!! Therefore the conclusion here is...nothing is too much for Him and He can do all things! Not us, but God! **So does it make sense to have a God like this to fill that loneliness and separation?** We need Him!
- The rest of the verses are encouragement and the hope we have in God! These verses can provide strength in those times of loneliness:
  - Deuteronomy 31:6
  - Isaiah 41:10
  - Isaiah 41:13
  - Isaiah 54:10

## WRAP UP

Read Jeremiah 29:11

“‘For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”

Read Romans 8:38, 39

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

God's love is a love beyond our understanding. Understand this; He wants to protect you from harm. It's up to us if we listen and follow Him. It's our choice.

Are you ready to allow God to fill your loneliness? Are you ready to be brought back to God to have closeness with Him?

If so, stay behind so we can talk more.

## CHALLENGE

Take the verses below and read them all through at least 3 times before we meet again. Also, write out the verses that you find to be helpful.

- Matthew 7:7
- Psalm 107:20
- Psalm 147:3
- Luke 1:37
- Deuteronomy 31:6
- Isaiah 41:10
- Isaiah 41:13
- Isaiah 54:10

## SALVATION VERSES

God's Amazing **Forgiveness** that Leads to Eternal Life with Him!

- We all are sinners: Psalms 51:5, Romans 3:9-12, Romans 3: 22-24, 1 John 1:8-10
- We are chained to our sin: John 8:31-36, 2 Peter 2:19, Romans 6:16-18
- We cannot be close to God because of our sin: Colossians 1:21-22, Ephesians 2:12-13
- Sin has a punishment: Romans 5:12, Romans 6:23, Galatians 3:10

- We cannot save ourselves from our sin: Romans 8:7-8, Ephesians 2:1-5, Ephesians 2:8-9, Titus 3:4-7
- JESUS saves us!!! John 1:12, John 3:14-16, John 10:11, 14-15, 1 Peter 1:18-19, Ephesians 5:25-27, 1 Timothy 2:5-6, Romans 5:8
- We can be rescued when we trust Jesus: Romans 10:9-13
- God will never turn anyone away! John 6:37, Romans 10:13
- Your new purpose in life: Romans 8:1-14, Ephesians 5:1-21, 2 Corinthians 5:15