



INSIDE OUT Part 5 - Lonely

Scotty Priest

June 29, 2025

Open with prayer.

Get to Know You (10 Minutes)

- What qualities do you look for and value most in a friendship?

Observation & Discussion (30 Minutes)

Psalms 25:16-18

Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and free me from my anguish. Look on my affliction and my distress and take away all my sins.

Ecclesiastes 4:9-12

Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

1. Read through Ecclesiastes 4:9-12 again slowly. Where have you witnessed these truths played out? How have you seen this reflected in your own life?
2. True friendship is a lot of work, but it's worth it. How have you seen that in your life? Who are some friends/people that you cannot imagine life without?

3. Usually, we have different people in our lives that fulfill different roles. Who do you go to when you need comfort? Who is willing and able to hold you accountable in a kind yet firm way? Who is the friend that will provide a listening ear and a shoulder to cry on? Who in your life challenges you to step out of your comfort zone and step into growth and newness? Who do you look up to and go to for advice and mentorship? Do you have anyone you are mentoring or discipling?
4. Share about a time when you experienced loneliness. How did you handle it? What was helpful for you during that time? What have you learned from that experience and how has it helped you love others who are walking through a season of loneliness?
5. What does your community currently look like?
 - a. Are you in the process of finding one? If so, what do you look for and value in a community? How can you work on being the friend that you want to have?
 - b. Are you building and nurturing a community at the moment? What can you do to make your community a better reflection of biblical fellowship?

Next Step (10 Minutes)

- It is always important to remember that shame is of the enemy, not of God. So many of us struggle with loneliness and lack of community and there is no shame in it. If this is currently the season you are in, don't let shame, fear, or discomfort hold you back. Find someone to be honest with about how you're feeling and make a game plan of what you can do to find and get plugged into a community.
- If you are not currently walking through a season of loneliness, challenge yourself to be more sensitive and aware to those around you who might be. Take some time this week to step out of your normal rhythm and relationships to make a connection with someone new.

Prayer Requests (5 Minutes)

Pray with your group to close.

Challenge

This week, find a way to step out of your comfort zone to pour into your community. Love your friends in a new and intentional way, seek out someone who is lonely and struggling to get plugged in, take a chance on a new community or get to know someone that you haven't connected with yet.