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## G. ADDRESSING EMOTIONAL NEEDS

### G.1: I feel Alone- Loneliness [Hebrews 3:13, 10:24-25 and I John 4:7-12]

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#### **A STORY**

Bob had been a pastor for 25 years. He found in the busyness of his life and ministry that he knew many people, but the relationships with people were shallow and empty. He felt so alone. He wanted to learn how to connect and experience the joy of deeper relationships. What should he do to overcome this loneliness?

#### **DIGGING INTO THE BIBLE**

##### **Hebrews 3:13 (NIV):**

*“But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness.”*

##### **Hebrews 10:24-25 (NIV):**

*“And let us consider how we may spur one another on toward love and good deeds, <sup>25</sup> not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”*

##### **I John 4: 7-12 (NIV):**

*“Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. <sup>8</sup> Whoever does not love does not know God, because God is love. <sup>9</sup> This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. <sup>10</sup> This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.<sup>11</sup> Dear friends, since God so loved us, we also ought to love one another. <sup>12</sup> No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.”*

**DISCUSSION AND DISCOVERY**

1. As you read these passages, what are some of the ideas that are important to lasting relationships?
2. What does it mean to give encouragement?
3. How does environment affect the successful encouragement?
4. What is your thinking about the place of love in dealing with loneliness?
5. How does these passages help us deal with loneliness?

**APPLICATION AND ACCOUNTABILITY**

6. What would it take for you to encourage another person this next week?
7. Who would you like to encourage?
8. How could you apply the passage in Heb. 10:24-25 to get better at building relationships?
9. When would you like to get started?
10. What would be something you could do to be intentional in one of your relationships?  
When will you act on it?
11. What help do you need to take this step?

LIST ANY OTHER VERSES THAT YOU HAVE FOUND WOULD ADDRESS THIS ISSUE: