



02/07/2021 "Avoid Loneliness"

1. What was something new that stood out to you from Sunday's message? Why?
2. How would you define or describe loneliness?
3. Pastor Derek stated, "We've never been more connected as a society, but we've never been lonelier." What do you think contributes to that sense of loneliness?
4. Have you ever heard of the Dunbar Number? What types of people often make it into your group of 15 whom you might confide and into your 5 that comprise your inner circle?
5. Read Matthew 26:36-46. What are some of the human struggles and emotions that Jesus faced in this passage?
6. Can you think of other passages or stories that display Jesus' emotions or struggles? What are they?
7. Jesus' human emotions and experiences clearly resonated with the biblical authors (hence why they highlighted them). What impact do you think these stories should have on those who follow Jesus?
8. Take a moment to consider or reread Matthew 26:36-46. How does this passage speak to you?
9. How might Jesus' experience impact your perspective of your own experiences?
10. How will Jesus' humility and willingness to fall on his face in prayer affect your approach prayer?
11. What things are you facing right now that might require "falling with your face to the ground and praying"?