

**HACC Small Groups 2018 Fall Cycle**  
**Series: Soul Detox | Part #1: Loneliness**  
**Discussion Handout**

**Introduction**

Mother Teresa famously stated, “The biggest disease today is not leprosy or cancer, it’s the feeling of being uncared for, unwanted – of being deserted and alone.” The truth is that many today suffer from loneliness.

Huffington Post described the following signs for those struggling with loneliness:

1. Facebook / Social Media Fanatic
2. Netflix Binger
3. Increasingly in love with stuff
4. Terrible Sleeper
5. Gaining Weight

As with all issues we encounter, it is crucial to read what the Bible says.

2 Timothy 4:9-22 reads;

<sup>9</sup>Do your best to come to me quickly, <sup>10</sup>for Demas, because he loved this world, has deserted me and has gone to Thessalonica. Crescens has gone to Galatia, and Titus to Dalmatia. <sup>11</sup>Only Luke is with me. Get Mark and bring him with you, because he is helpful to me in my ministry. <sup>12</sup>I sent Tychicus to Ephesus. <sup>13</sup>When you come, bring the cloak that I left with Carpus at Troas, and my scrolls, especially the parchments.

<sup>14</sup>Alexander the metalworker did me a great deal of harm. The Lord will repay him for what he has done. <sup>15</sup>You too should be on your guard against him, because he strongly opposed our message.

<sup>16</sup>At my first defence, no one came to my support, but everyone deserted me. May it not be held against them. <sup>17</sup>But the Lord stood at my side and gave me strength, so that through me the message might be fully proclaimed and all the Gentiles might hear it. And I was delivered from the lion’s mouth. <sup>18</sup>The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen.

<sup>19</sup>Greet Priscilla and Aquila and the household of Onesiphorus. <sup>20</sup>Erastus stayed in Corinth, and I left Trophimus ill in Miletus. <sup>21</sup>Do your best to get here before winter. Eubulus greets you, and so do Pudens, Linus, Claudia and all the brothers and sisters.

**22** The Lord be with your spirit. Grace be with you all.

These words are the last words that the Apostle Paul writes. He is on death row and waiting his execution (v.6). He is in chains under Roman guard. He is reflecting on how some friends have abandoned him and wounded him. Weather is playing a factor...get here before winter (v.21). Paul’s source of loneliness was a lack of companionship.

#### **4 Key Steps To Walking Away From Loneliness**

1. Seek out some close friends
  - When we are feeling lonely, do we further isolate ourselves?  
Or do we surround ourselves with community?
  - Why is it tempting to seek out romance as a “solution” for our loneliness?
  - What are some practical things we can do in order to avoid loneliness?
  
2. Take care of your physical needs
  - How can loneliness affect our physical wellbeing?
  - What are some practical things we can do to ensure our physical wellbeing even while we are lonely?
  
3. Sharpen your mind
  - What are some things we do to entertain ourselves while we are lonely?
  - How does some of the entertainment we expose ourselves to affect our thought life?
  - What are some practical things we can do to ensure we fill our minds with wholesome thoughts even while we are lonely?

#### **Conclusion**

As a group discuss some ways that you can open up your circle of community to help those struggling with loneliness. Pray for each other and for our wider community.