

**Week 1: All The Lonely People**

**INTRODUCTION**

This sermon series is all about connection; how we connect with others and how culturally our level of connectedness has decreased. As an opening exercise, talk about the best ways you connect with people and some of the ways people try to connect with you that you don’t like.

**DISCUSSION QUESTIONS**

1. On Sunday Pastor Phil talked about how people insulate themselves from others and how that leads to loneliness. What are some of the ways you try to insulate yourself from others?
2. According to a 2017 study, people who spend six hours a week or more on social media are much more likely to be unhappy. How many hours a week do you spend on social media? How does that impact your life?
3. Many Psalms express loneliness, Psalm 25:16 says “Turn to me and be gracious to me, for I am lonely and afflicted.” Do you find it hard to talk about your loneliness?
4. Hebrews 10:24 talks about spurring each other on; in what ways have other Christians helped you deal with loneliness or feel connected? How have you helped others?
5. Romans 12:10 calls Christians to be devoted to one another; what are some ways you can be devoted to people?

**STEPPING FORWARD**

This week spend some time engaging with other people in person. Invite someone out to lunch or do an activity together.

*In Christ Jesus you who once were far away have been brought near through the blood of Christ.*

 **Ephesians 2:13**