

# CHECK UP

**WE HAVE ALL FELT LONELINESS. DESCRIBE A TIME WHEN YOU FELT LONELY.**

**WHEN YOU FEEL LONELY, WHAT IS THE FIRST THING YOU TURN TO? WHY?**

**IS IT THE SAME TO BE LONELY AND TO BE ALONE? EXPLAIN.**

**OPEN YOUR BIBLE TO JOSHUA 1:9. TRY TO HAVE EVERYONE IN YOUR GROUP MEMORIZE THIS VERSE AND SAY IT OUT LOUD.**

**WHY DOES JOSHUS SAY WE SHOULD NOT BE AFRAID OR DISCOURAGED? WHAT DOES THIS MEAN FOR YOU AND YOUR LIFE?**

**WHAT ARE SOME HELPFUL/UNHELPFUL PRACTICES TO TRY WHEN YOU FEEL LONELY?**

**HOW CAN YOU WALK ALONGSIDE SOMEONE ELSE WHO MAY BE LONELY?**

**PRAY**

**\*PLEASE REMEMBER TO CLEAN UP YOUR SMALL GROUP SPACE**



# Other Verses To Look At

If you Have Time

Deuteronomy 31:6

1 Samuel 12:22

Romans 8:31-38

Psalms 25:16

Matthew 28:18-20

Isaiah 41:10

Psalms 68:5-6

Proverbs 18:24