

OVERCOMING LONELINESS

IN A SOCIAL DISTANCING WORLD



Part 1

Connecting with God and Others

This week Pastor Ken started a new series called *Overcoming Loneliness in a Socially Distanced World*. We will look together at how to stay connected to God and with others in our technology-driven world. So gather with your family, with your friends on-line, or go through these points alone each week and let's grow together.

The LORD God said, "It is not good for the man to be alone... Genesis 2:18

1. Experts have warned that too much electronically relating engenders a sense of social isolation. Technology has not only masked our loneliness it has magnified it. Add to that the pandemic and it is out of control. We are made for relationship and loneliness strikes at the very core of who we are (read Romans 12:5, 1 Corinthians 12:27, and 1 Peter 2:5).
2. Pastor Ken shared that the first way to overcome loneliness is to deepen the connection that we have with God (read Jeremiah 29:13). It is God who fills the void in side of us while others can crush us with their expectations. Only God can meet certain needs and desires that we have. What can you do this week to deepen your relationship with God?
3. The other way to overcome loneliness that Pastor Ken shared was to deepen the connection that we have with others (read Proverbs 18:24). Think about the kind of friend you would like to have and then be that kind of friend to others.
4. So how can you do this in a world of social distancing? It takes effort, being intentional and creativity. What could you do this week to give to others? (write a note, face time, have a watch party, etc.) Make a commitment to do something this week.

Close in prayer