



PRAYER

Lord of the wilderness, I know you often sought time alone, but in this season of my life, I'm just feeling really isolated and lonely. Friend, Jesus, I know that you are here with me, but it doesn't always seem like it. Help me to use this time to seek you more intimately. But also, help me to find a community and companions to share my life with- my joys and my sufferings. While I wait, Lord, help me to not fear being alone, but to embrace a time to sit with you in quiet togetherness and learn to draw comfort from your presence. Amen.

A Prayer for Loneliness - Reclaim Today

OPENING QUESTION (OPTIONAL)

What is the most common emoji or text message abbreviation that you use?



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WORD

1 May God arise, may his enemies be scattered; may his foes flee before him. 2 May you blow them away like smoke — as wax melts before the fire, may the wicked perish before God. 3 But may the righteous be glad and rejoice before God; may they be happy and joyful. 4 Sing to God, sing in praise of his name, extol him who rides on the clouds; rejoice before him—his name is the Lord. 5 A father to the fatherless, a defender of widows, is God in his holy dwelling. 6 God sets the lonely in families, he leads out the prisoners with singing; but the rebellious live in a sun-scorched land.

[Psalm 68:1-6](#)

Can you, for a moment, enter into the sorrow of that loneliness? There are men to whom it is a small matter to be friendless. Their coarse minds scorn the gentle joys of fellowship. Sterner virtues may tread beneath their iron heel the sweet flowers of friendship and men may be so defiantly self-reliant that, like lions, they are most at home amid congenial solitudes. Sympathy they scorn as womanish and fellowship as a superfluity.

But our Savior was not like they—He was too perfect a Man to become isolated and misanthropical. His grand gentle Nature was full of sympathy towards others and, therefore, sought it in return. You hear the voice of grief at the loss of brotherly sympathy in the mournful accents of that gentle rebuke, “What? Could you not watch with Me one hour?”

How could they sleep while He must sweat? How could they repose while His soul was “exceedingly sorrowful, even unto death”? He showed the greatness of His soul even in its depression when He lovingly excused them by saying, “The spirit indeed is willing, but the flesh is weak.”

How sad to Him it was that they should desert Him! The brave Peter and all the rest of them, all taking to their heels! Worse still was it to receive the traitor’s kiss with the word, “Hail, Master,” as the son of perdition betrayed his Friend to win the blood-money! David lamented the villainy of Ahithophel, but the Savior, inasmuch as He was of a more tender spirit than the son of Jesse, even more keenly felt the treachery of Judas.

For Peter to say that he knew Him not and, with cursing and swearing to deny Him three times in succession was terribly cruel. There was such an element of deliberation about that denial that it must have cut the Savior to the very quick.

But where was John—John who leaned on His bosom—“that disciple whom Jesus loved”—where was John? Did not he say a word, nor even interject a single syllable for his dear Friend? Has Jonathan forgotten his David? The Master might have said to John, “Your love to Me was wonderful, passing the love of women,” but, alas, John is gone with the rest! He has nothing to say for his Master! Though he remains at the foot of the Cross to the last, yet even he cannot defend Him! Jesus is all alone—all alone and none of us can fully fathom the sorrow of His lonely heart.

This is a painful meditation and, therefore, let us notice the result of our Savior’s loneliness. Did it destroy Him? Did it overwhelm Him? It pained Him but it did not dismay Him. “You shall leave Me alone: and yet I am not alone,” says He, “because the Father is with Me.” The effect of that solace in His soul was wonderful.

Our Savior did not turn aside from the purpose of redeeming His people though they proved so unworthy of being redeemed. Might He not well have said, “You have forsaken Me, so I will forsake you”? It would have seemed but natural for Him to have exclaimed, “You are types of all My people, you care little enough for Me: I have come into this world to save you, but you do not try to rescue Me; you have deserted Me, so I leave you to your fate.”

But no, “having loved His own which were in the world, He loved them unto the end.” And although they forsook Him, yet He fulfilled to each one of them His ancient promise, “I will never leave you, nor forsake you.”

SPURGEON - Alone but not Alone

DISCUSSION QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale from 1 to 10 (1 being never and 10 being always), how would you rate how relationally connected to others you are right now? Why would you rate yourself this way?
2. The bible promises us that God will never leave us or forsake us. Do you sense Gods love and presence with you as you go about your day? If you do, can you describe this? If you can’t would you like to?
3. Psalm 68:5-6 says “A father to the fatherless, a defender of widows is God in his holy dwelling. God sets the lonely in families, he leads out the prisoners with singing; but the rebellious live in a sun-scorched land.” Can you comment on God calling the lonely into families in this context?
4. How might God use you to help the lonely around you?
5. Do you choose today to trust Jesus as the Ruler and sole source of fulfilment of your life by accepting His call for you to enter into relationship with Him? Please take this moment to pray with your group. Will you enable him to have all authority as the one who calls the shots in your life? Would you like to enter into a saving relationship with God through Jesus? Ask your lifegroup leader to lead you in prayer to receive Christ. You can pray this prayer:

Dear Lord Jesus, I know that I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. I turn from my sins and invite You to be the master of my life. I want to trust and follow You as my Lord and Saviour. I declare that I am Yours, and You are mine, In Jesus name, AMEN.