

PART III: Jesus and Loneliness



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BEGIN IN PRAYER AND WORSHIP.

Pray asking the Holy Spirit to lead and guide your time together.

IMPORTANT

Let's remember some of the guidelines for an emotionally healthy community to practice today.

- Do not give advise or correct.
- Get out of our comfort zone.
- Be brief when sharing.
- Speak in first person.

TALK ABOUT LAST WEEK'S PRACTICE.

Let's remember what last week's practice was: Last week's practice was to remember and put Jesus at the center of our Christmas celebration.

- Who would like to share how did it go with the practice?
- Was it for someone the first time putting Jesus at the center of their celebration and it was difficult?
- Who else would like to share something they experienced during this Christmas?

READ THIS SUMMARY.

Something we all go through, regardless of age, social status, or economy, is loneliness. We have all experienced it and for many, during these dates that feeling is even greater.

And the best way that we can learn to deal with loneliness is by seeing Jesus; because just like us, Jesus experienced loneliness.

TALK ABOUT SUNDAY'S TEACHING.

- What caught your attention the most about Sunday's teaching?
- Had you ever stopped to think that Jesus also felt loneliness?
- How do you usually react to loneliness?

READ THE BIBLE TOGETHER.

Mark 15:33-34

- In what ways is it similar or different what Jesus did when He felt lonely to what you do when you feel lonely?
- In what way does it help you know that Jesus felt lonely? (In this and other occasions)

John 14:26-27

- Why do you think it was so important that Jesus and the Father would send the Holy Spirit when Jesus left?

DO THIS PRACTICE AS A COMMUNITY.

In this practice we are going to learn how to deal with loneliness.

1. Step One: Write down a moment when you have felt lonely

- It could be a moment that already happened.
- It would that right now you are feeling lonely.
- Or it could be a feeling that comes and goes when certain circumstances are present.

2. **Step Two: Write down how you reacted or how you are reacting to that loneliness)**

- Be as honest as possible, no one is going to look at what you are writing.

3. **Step Three: Read Psalm 22:1-5)**

- Read this passage individually.
- Read it one time, not so fast.
- Read it a second time and notice that, **1) the first part is expressing everything that he's feeling, 2) and the second part is remembering and**

declaring the truth that God is with hime (v. 3-5)

- Read it a third time slowly, and with the circumstance of your loneliness in your mind.

4. Step Four: Pray individually.

- Everyone is going to pray individually.
- Pray, expressing and telling God how you feel. Be as honest as possible. Remember that prayer is not a place to be good but to be honest)
- Then pray, declaring and reminding yourself that God is a good father and that He is close)

READ THIS WEEK'S PRACTICE.

- This week's practice is to do this steps during your prayer time or when you are feeling lonely.
- Remember, at the beginning is going to be difficult to go to prayer when you are feeling lonely because you have never done it. That's why we recommend doing this exercise during your prayer time.

DOES ANYONE HAVE A QUESTION OR IS IT CLEAR?