



GOOD NEWS FOR THE LONELY

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In this new series, we are looking at the Christmas story and applying it to our daily lives. We are all struggling with something. And we all need some good news. This week we look at how the news of Immanuel (God with us) is GOOD NEWS for the lonely.

READ Genesis 2:18, Psalm 25:16 - You don't have to be alone to feel lonely. Why do you think God gave us this emotion?

READ 2 Timothy 4:9-18 - Paul was virtually alone and probably lonely. No one had been at his trial to speak in his defense. What did Paul do because he was lonely?

READ Luke 2:10-11 - I bring you good news! How is this GOOD NEWS meant to comfort the lonely? Do you feel lonely at times? Discuss.

BIG IDEA: In a season of shutting down, commit to OPENING UP!

1. Open up to the possibility that life will get better.
 - **READ Colossians 3:2** - How do you set your mind on things above?
 - **READ Psalm 30:5, 1 Peter 5:10, Joel 2:25-26, Psalm 30:11** - How do each of these scriptures give you hope/joy?
2. Open up your heart to God.
 - **READ Hebrews 4:16, Hebrews 4:12 and Matthew 1:23** - Who is God according to these passages and why should you open your heart to Him?
3. Open up your hands to serve someone in need.
 - **READ Matthew 20:26** - How is serving an incredible cure for loneliness?

DISCUSSION QUESTIONS:

1. In a season of shutting down, how can you change your mindset and open up to the possibility that life will get better?
2. How does YOUR heart open up more to God? (More walking? More kneeling? Less scrolling? Some other way?)
3. Share a time you served someone and the benefits you experienced through serving?

COMMIT TO MEMORY—*“But the angel said to them, ‘Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord’.”* Luke 2:10-11