



With: I'm With Nobody | September 25, 2019

Discussion Guide

The Scoop

Some people would kill for a day all to themselves. And other people are surrounded by people and still feel all alone. If you want to hear about how your faith asks you to engage this difficult space, read below.

Key Verses

Psalm 139:7-12 (NIV)

"Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, 'Surely the darkness will hide me and the light become night around me,' even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you."

Discussion

The truth is, most of us don't do a great job at getting time alone. And when we do manage to make it happen, we all have an ideal schedule made up of some of our very favorite activities. On the other hand, some of us can be surrounded by people, but still feel all alone. When we choose to be alone, it can be glorious. But when we feel alone in a crowded room of people – lonely, disconnected or misunderstood – that's usually a different story. It starts to feel like we're with nobody, even if it doesn't look that way on the outside.

1. Describe your perfect "day alone." How often are you able to make this day a reality?
2. When was the last time you felt lonely in a crowded room of people? Describe the experience as well as your season of life.

The good news is, when we experience those moments where we feel alone – truly lonely and distant from other people – God is with us. In this series, we're exploring the life that we live *with* other people. And the reality is that sometimes being "with" is also being "without." There is a spiritual giant in the Bible named David. His story has lots of ups as well as lots of downs. He can be very relatable for most of us. His story can be comforting, because God did amazing things through him. David wrote many of the Psalms we find in the Bible. He continually poured his heart out to God, in both the good times and bad.

3. When is a time in your life where you felt God's presence even when you felt lonely?
4. How easy is it for you to pour your heart out to God? What are some of the barriers that prevent you from doing this more often?

In Psalm 139:7-12, we find an encouragement from David for when we are feeling lonely, hurt and broken. David is in a spot where he feels lonely from a human perspective, but chooses to lean into God's presence for comfort and assurance. He explains that no matter what happens in his life, no matter how rock bottom he is, God is there. David says there is no place we can go to avoid God's presence. He is with us in the highest highs as well as the lowest lows.

5. How does it make you feel that God is with you in your lowest lows? Do you believe it?
6. What does this Psalm promise us about God's presence and love for us?

What's Next?

No matter how far we feel from people, God is there. He is in both the dark as well as the light. He wants to sit with us in the pain, and celebrate with us in times of joy. Above all, he just wants us to be with him as well.

This week, as you live out and engage your faith, reflect on some of the times in your life where you've felt lonely. Read Psalm 139:7-12 again, and find 30 minutes to be alone with God. Be honest with God like David is. Yell if you are angry; cry out to him if you are in pain. You can't hurt his feelings or surprise him. Invite God into the places both where it hurts, as well as where there is immense joy.