

**Introduction**

? When you think about your normal weekly routine, at what points do you feel the most disconnected and/or lonely?

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? Think of a time when you felt completely out of place. How did you deal with those feelings? What feelings do you have even now when you remember that experience?

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**1. God’s Abiding Presence, Even in Danger (Psalm 23:5a)**

? What does the Lord’s preparation of a table for David indicate about His relationship with David? How does that compare with your own relationship with the Lord? Why do you think so?

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? Application: How does it make you feel to know that when David felt the pressure of enemies creeping in and isolation from allies, the Lord was not startled, rushed, or in any way out of control? How does that help you process the things that make you feel anxious or isolated? What do you need to do based on this revelation?

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**2. God’s Presence Soothes and Heals (Psalm 23:5b)**

? Part of David being able to say that God was his only source of joy was the experiences he had already had with God. What has God done in your life that has caused you to celebrate? Why do you think it is important to remember those moments in times when you feel isolated or alone?

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Application: How do you think being connected to a biblical community helps address feelings of loneliness? What potential hurdles would you seek to encounter? What should your next step be?

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### 3. Life Lived in God’s Constant Presence (Psalm 23:6)



Why do you think it is important to properly understand David saying, “Only goodness and faithful love will pursue me”? What possible danger or harm could come about with an incorrect understanding? How would a Christian explain their difficult seasons?

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Application: When you experience a growing sense of loneliness, how have you noticed it impacting your relationship with God? Family? What have been your benchmarks of your closest moments with God so far?

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### Conclusion



What changes can you identify in the last five years that have made our culture more sterile and less relational? How have those changes impacted you specifically?

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Whose life are you learning from the most right now with regard to what it looks like to follow Jesus? Are you learning through direct conversation or by watching from a distance? How can that mentoring relationship help fight against loneliness? (for more on mentor relationships, see [Brentwoodbaptist.com/adults](http://Brentwoodbaptist.com/adults))

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Who do you know that would benefit most from a word kindly spoken or an investment in their life personally? How would doing so push back the growing threat of loneliness?

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### Daily Readings

- Monday - Isaiah 41:10
- Tuesday - Psalm 27:10
- Wednesday - 2 Timothy 4:16-18
- Thursday - Romans 8:35-39
- Friday - Deuteronomy 31:8
- Saturday - John 14:18