

It's Ok to Not Be OK - Loneliness

Psalm 22-24

February 17, 2019

David's Transformation

- Psalm 22 - _____
- Psalm 23 - _____
- Psalm 24 - _____

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Big Idea Study Guide

- If possible, share with the group a time when you felt very alone.
- Why do you think in this age of “hyper-connectedness” people feel more alone than ever? How have you maybe experienced this?
- Read Psalm 22:1-11. How is crying out by day different from crying out by night?
- Read Psalm 23 again. Have David’s circumstances changed? How has his perspective changed?
- **Question to Go Home With:** Am I willing go through my own loneliness to come to a deeper faith in God today?
- Thank God that he is present regardless of our life circumstances. Pray that, through our loneliness, we would find a solidarity with God and a deeper faith in him. Pray that we would be able to walk alongside those struggling through it as well.