



Loneliness. When your needs are greater than the connections you have, what do you do? It's easy to hide and push people away when we feel lonely. It's hard to be vulnerable. Where is God when we feel lonely?

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

CONVERSATION STARTERS

- What's one thing you're looking forward to in the future?
- Share something new or a highlight from this past week.

REVIEW

Open your Bibles and read from **John 20:19-22**.

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

DISCUSSION QUESTIONS

- How do you typically cope with feelings of loneliness?
- Have you ever reached out for help or support when feeling lonely? If so, how did it help?
- What are some small steps that you can take in your faith journey to address feelings of loneliness?
- What Scripture passages help you when feeling disconnected from God?
- Share a time when God met you in your places of deepest need.
- How do these verses apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other's prayer requests.