



# He Gets Us.

## JESUS WAS LONELY TOO

2023-02-05

### Participant Notes

#### **OVERVIEW:**

Welcome back to our series, “He Gets Us”! Jesus gets our lives because he was human too. In this series we are exploring how Jesus knows what we’re going through. He cares and he is able to help you as you trust in him. Our topic this week is, Jesus Was Lonely Too. There are several instances where Jesus is described as being alone or seeking solitude, such as when he goes off to pray by himself (Mark 1:35) or when he withdraws to a quiet place to rest (Matthew 14:23). By acknowledging and accepting our feelings of loneliness, we can find comfort in the knowledge that even Jesus experienced these emotions. It’s okay to feel lonely and to seek out solitude when needed. Practicing self-care and reaching out to others for support and connection when we are feeling lonely are important steps. Even when you’re lonely you are not alone. God is with you.

#### **ICEBREAKER:** Do You Recharge Alone or With People?

All of us are wired in unique ways when it comes to feeling recharged. Some of us recharge on our own by reading a good book or going for a walk in nature. Others of us recharge by connecting with a friend or going to an event with lots of people. When it comes to feeling recharged, do you prefer being alone or with people? Share your preference with the group!

## STUDY:

Jesus gets what it's like to feel lonely. He experienced being isolated and alone, particularly when he was betrayed and abandoned by his followers. In those times, Jesus looked to the Father for love and comfort. For the first part of our study, we'll take a look at how Jesus experienced loneliness. We'll see how he gets this emotion we experience and we'll learn how we, like Jesus, can seek the Father in our loneliness.

### 1. **READ** Matthew 26:36-46. Jesus' Loneliness in the Garden of Gethsemane

- Go back through this account. Where do you see Jesus expressing his feelings of loneliness?

- What other emotions do you think Jesus was experiencing in the garden? As we experience these emotions, how can we know that Jesus gets what we're going through?

### 2. **READ** John 16:32 The Loneliness of Abandonment

32 "A time is coming and in fact has come when you will be scattered, each to your own home. You will leave me all alone. Yet I am not alone, for my Father is with me." NIV

- In this passage, Jesus looks ahead to what will happen when he is betrayed and arrested. He knows he will be abandoned by his disciples. (see Mark 14:50) Why would Jesus share this with his disciples?

- In John 14:32 Jesus says that even though his disciples would abandon him, he would not truly be alone. How can these words bring us comfort when we experience loneliness?

### 3. **READ** Matthew 26:47-50 The Loneliness of Betrayal

- What do you notice about how Jesus experienced loneliness when he was betrayed by Judas?

- How can we show Jesus' love and compassion to people we feel betrayed or abandoned by?

### 4. **READ** Matthew 27:46 Jesus' Loneliness on the Cross

46 About three in the afternoon Jesus cried out in a loud voice, “Eli, Eli,[a] lema sabach-thani?” (which means “My God, my God, why have you forsaken me?”). NIV. In this moment Jesus is quoting the opening of Psalm 22. This is a way of invoking the entirety of Psalm 22.

- Read through Psalm 22 together and talk about what you think Jesus was feeling as he bore the sins of the world and a lonely painful death on the cross.
- On the cross, Jesus was separated from his disciples, mocked and ridiculed by the crowd, and feeling forsaken by God the Father as He bore the weight of the sins of the world. It was a lonely and painful death. How did Jesus endure this degree of loneliness?

#### 5. **READ** Hebrews 4:15 Resisting Temptation When We’re Lonely

15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. NIV

- Do you think loneliness might be a weakness that could lead to us being tempted? Why or why not?
- Jesus knows what it’s like to be tempted when he was alone. But in that time, Jesus resisted giving in to temptation. (see Matthew 4:1-11). How can Jesus’ example help us resist temptation when we feel alone?

#### 6. **READ** Hebrews 10:24-25. How Community Helps Our Loneliness

24 And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. NIV

- What do you notice here about how Christian community can help our loneliness?
- How has your LifeGroup (or other Christian community) helped you overcome feeling alone?

**PRAY:** Do you know someone who is feeling alone these days? Spend some time together praying for those you know who are struggling with feeling abandoned and alone.

Thank God for his promise, “I will never leave you nor forsake you.” Hebrews 13:5