

"And surely I am with you always, to the very end of the age." — Matthew 28:20

Loneliness is not just about being physically alone. You can feel lonely in a crowded room.

On a scale of 1–10, how connected do you feel to the people around you right now?

Check any of the following that feel true for you:

- ☐ I feel like no one really understands me
- ☐ I have people around me but feel empty inside
- ☐ I am afraid to open up because I've been hurt before
- ☐ I compare my social life to others and feel like I'm missing out
- ☐ I feel disconnected from God
- ☐ I feel like I don't belong anywhere
- ☐ I feel alone even with friends or family

What do you think is at the root of your loneliness?

Jesus experienced loneliness too. Read the following and answer the questions:

"My God, my God, why have you forsaken me?" — Matthew 27:46

Why is it significant that Jesus said this?

How does knowing that Jesus understands loneliness change the way you feel about your own?

Loneliness often shrinks when we take small steps toward others.

One person I could reach out to this week:

One community or group I could invest more time in:

One thing I can do this week to move toward connection:

1. Is it hard to admit when you feel lonely? Why or why not?

2. What makes it difficult to open up to people?

3. How has community — a friendship, a group, a retreat — helped you feel less alone?

◆ **Personal Challenge This Week**

Reach out to one person this week — a text, a call, a coffee. Make the first move. Connection rarely happens on its own.

You are seen. You are known. You are loved.