

Week 4

Theme: *“Why Do I Feel Alone in the Wait?”*

Seasons of waiting can feel overwhelmingly lonely. Even when surrounded by people, the burden of pain or disappointment may lead us to isolate emotionally. The temptation is to keep our struggles private—to “handle it” until the season passes. But Scripture and the wisdom of experience show us that isolation only deepens our sense of despair, while connection breathes life back into our perspective.

Fear often disguises itself during waiting, whispering that we’ll be judged if we share our pain, or that we don’t have the strength to “go there” emotionally with people we trust. But in reality, withholding our experiences often cuts us off from the very support and clarity we need. Honest, vulnerable connection with others can reframe our entire outlook, reminding us that we’re part of something bigger and that we’re not walking alone.

God designed us to live in community. From our physical makeup to the stars above and the networks of roots beneath our feet, creation is a constant reminder that we are meant to be connected. The enemy wants to isolate us, but God calls us to step into relationships that strengthen, restore, and realign us. When we do, our waiting becomes a place of healing and growth, not just survival. We begin to see ourselves not as a solitary grain of sand, but as part of the solid, living foundation of His Church.

Key Scriptures:

- **1 Peter 5:8** — *“Your enemy the devil prowls around like a roaring lion looking for someone to devour.”*
- **Psalms 136:1** — *“Give thanks to the Lord, for he is good. His love endures forever.”*
- **Proverbs 11:14** — *“Where there is no guidance, a people falls, but in an abundance of counselors there is safety.”*
- **Psalms 119:59 (MSG)** — *“When I took a long, careful look at your ways, I got my feet back on the trail you blazed.”*

Discussion Questions:

1. The Trap of Isolation

- Have you ever kept a difficult season to yourself out of fear, embarrassment, or exhaustion? What happened?
- Why do you think it's so easy to believe that isolation will protect us?

2. The Power of Community

- Think of a time someone else's perspective or encouragement helped you reframe a situation. What changed for you?
- How does sharing with others invite strength into your waiting season?

3. God's Design for Connection


- Scripture and nature both testify that we're designed to be connected. Which analogy (the body, the stars, the sand, the seeds) resonated most with you, and why?
- What steps can you take to intentionally seek connection—even when it feels uncomfortable?

4. Living with Open Hands

- What's one area in your life where fear or insecurity might be keeping you from being vulnerable?
- What would it look like to take a "small step" toward connection this week?

Prayer Focus:

Pray over those in the group who may be experiencing loneliness, especially those reluctant to share. Ask the Holy Spirit to break through isolation and to bring safety and strength through community. Declare God's enduring love and faithful presence over each life.



the work and wonder of the wait

Challenge of the Week:

Reach out to someone you've withdrawn from, even in a small way. Send a message, schedule a catch-up, or simply check in. Don't wait for perfect timing—let God use your vulnerability to bring healing and strength.