

# Teaching Notes

Series: Finding ...  
Friendship

Loneliness = sadness because one does not have \_\_\_\_\_.

Being \_\_\_\_\_ and being \_\_\_\_\_ aren't the same.

What are some reasons we may experience loneliness?

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**NLT Genesis 2:18** And the LORD God said, "It is not good for the man to be alone. I will make a companion who will help him."

A key to addressing loneliness is companionship, \_\_\_\_\_ companionship.

**NIV Psalm 68:6** "God sets the lonely in families..."

Feeling safe, loved, wanted, trusted, supported ... *is crucial to combatting loneliness!*

Now what?

The first thing we have to do is \_\_\_\_\_ that it's a \_\_\_\_\_.

**Second: We need to ask, "Why am I lonely?"**

**Third: "What do I need to do differently?"**

- Consider asking someone to share a \_\_\_\_\_ with you.
- Get together around a shared project or common cause.
- Become a \_\_\_\_\_ in an area of interest or passion.

**NLT Proverbs 17:17** A friend is always loyal, and a brother is born to help in time of need.

**NLT Proverbs 18:24** There are "friends" who destroy each other, but a real friend sticks closer than a brother.

God wants to \_\_\_\_\_ with your \_\_\_\_\_ !!

**Next Steps:**

- Review the Teaching Outline during the week.
- Consider:** Am I feeling lonely? How might I be making it worse? What do I need to do now?

**Closing Song:** I'll Be Your Friend, by Michael W. Smith