

Loneliness in a World of Digital Interactions

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01 What times in your life have you felt particularly lonely?

02 Spend a moment to write down your definition of loneliness then share it with the group. Do you notice any common themes?

03 There are many definitions of loneliness, as it is a subjective experience. Here are two to read and discuss. What do you like or not like about them?

Loneliness is a subjective experience of distressing feelings that arise when there is a divergence between an individual's desired and actual social relationships. It is a distressing emotional state that occurs when we perceive our social relationships to be inadequate in terms of quality, quantity, or both.

- Morgan, R., Filia, K., Lim, M.H., & Baker, D. Young people and loneliness. Orygen and Ending Loneliness Together. 2024 ([link to PDF of report](#))

The state of being unseen or unnoticed relationally, mentally, emotionally, physically, or spiritually. It can be driven by lack of purpose or meaning, relationship, and/or identity and is marked by a deep sense of hopelessness.

- Dr Mark Mayfield, The Path out of Loneliness (p. 24).

04 Break into pairs and pick one of the following verses. How might they speak to the previous definitions of loneliness?

- a. Psalm 25:16.**
- b. Ruth 1:19-21.**

05 Read Genesis 2:18-24. Apart from teaching about marriage, what does this teach us about relationships in general?

06 In Matthew 3:16–17, we see the Father, Son, and Spirit all present—how do you think this moment reveals about the love shared within the Trinity, and about God’s purpose for those he has created in his image?

07 Why do you think loneliness is such an issue in our society today?

08 In what ways do you notice the regular use of digital interactions (such as social media or digital communication) helping or hindering when it comes to building closer relationships in our life? Why or why not?

09 In the times when you feel lonely, what do you do that usually helps you feel better?

10 As a group, brainstorm to come up with 10 Scripture passages that offer comfort to those experiencing loneliness.

If you need some hints, here is a helpful article with 11 passages (<https://www.crossway.org/articles/11-passages-to-read-when-you-feel-lonely>).

11 For those feeling unseen, how might Luke 19:5 and Psalm 139:1-3 provide comfort?

12 For those feeling hopeless in their loneliness, how might the following passages of Matthew 28:20; Psalm 34:18 and 2 Tim 4:16-17 provide comfort?

13 We are ‘to carry each other’s burdens’ Gal 6:2. Are you aware of people in our church who are feeling loneliness? How can we as a Connect Group and as a church community seek to care for those who suffer from loneliness?

14 Prayer suggestion: Pray for our church community and those who are experiencing loneliness.

Want to submit a question for QnA Sunday 21 Sep?

Follow the link:

