

The World Spins Madly On

Week 4: The Dangers of Going Alone

CCV Groups Discussion Guide

Opening Question:

Transformation takes place in Christian communities. With that in mind, who do you need to invite to join a CCV Group?

Groups [Video Guide](#)

Read it again:

- [1 Kings 19](#)

Discuss:

- Share a time when you felt isolated and alone.
- Ashley said, "Loneliness doesn't come from being alone; loneliness comes from thinking you are alone." How have you seen that played out in your own life or in the life of someone you loved.
- Sometimes we think of lonely people as older, or ineffective, or laden with personal problems. But Elijah was a powerful leader. Why do you think leaders and spiritually successful people can be lonely?
- What are some things you have found that help to counter the effects of loneliness, depression, and/or anxiety?

Prayer:

Collect prayer requests concerning people who feel isolated or lonely. Pray for each by name with the boldness God challenged us with last week.

Scriptures:

- **2 Corinthians 7:6**, "But God, who comforts the downcast, comforted us by the coming of Titus."
- **Isaiah 41:10**, "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."
- **1 Peter 5:7**, "Casting all your anxieties on him, because he cares for you."
- **Matthew 11:28**, "Come to me, all who labor and are heavy laden, and I will give you rest."
- **Psalms 143:7-8**, "Answer me quickly, O Lord! My spirit fails! Hide not your face from me, lest I be like those who go down to the pit. Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul."
- **Psalms 30:5**, "For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning."
- **Philippians 4:6-7**, "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."
- **Psalms 23:4**, "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me."
- **Proverbs 12:25**, "Anxiety in a man's heart weighs him down, but a good word makes him glad."
- **Psalms 34:18**, "The Lord is near to the brokenhearted and saves the crushed in spirit."
- **Psalms 9:9**, "The Lord is a stronghold for the oppressed, a stronghold in times of trouble."
- **Isaiah 40:31**, "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."
- **John 14:27**, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."