



Study Guide, Episode 77-How to Know You're Not Alone through Suffering

Matthew 27, Mark 15, Luke 23, John 19

00:00-12:40	"QOTW: How can I know I'm not alone & overcome loneliness?"
12:41-25:11	"Jesus is alone in His trial, mocking, scourging & condemnation"
25:12-36:44	"Charity & forgiveness help overcome loneliness"
36:45-43:47	"Love others, reach out, say something, help others know they're not alone"
43:48-END	"He suffered alone so you never have to"

1. Think back to a time when you felt alone or lonely. What helped you get through? What did you do? What didn't help? How did you feel about your Heavenly Father and the help He offers? Write about this in your journal.
2. Think back to a time when you really knew God was with you in your "alone" times. What did you feel, think, or hear? How did you know He was with you? What helped you remember that He is there? Write about this in your journal.
3. How has charity, the "pure love of Christ" helped you know you're not alone, during a time of hardship, pain, heartache, or suffering? In what way did this love show up? What did it do for you? How did it help you? Write about this in your journal.
4. How might seeking to help, support, and be there for others help you during times of loneliness? When has this helped in the past? Consider trying this week to reach out to, support, and be there for others and to "say something" to those in need. Notice how it impacts your heart, spirit, and feelings of loneliness and write about it in your journal.
5. If Jesus suffered on the cross completely alone "so we don't have to," are you using this great gift? How are you using the Great Atonement in your life today? This week? What might you do to better remember, turn to, ask, seek, and feel His love, mercy, grace, and companionship for you, this week? Select one thing to do and do it this week.

Resources

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