

trapped.

INTRODUCTION

Trapped—Part 3

We all feel trapped at times. Trapped by circumstances. Trapped by fear or unforgiveness. Trapped by the sins in our lives. Trapped by finances. Trapped by a relationship.

Is it possible to be set free from the things that hold you captive. Join us as we begin this compelling new series. Let's discover how to experience the freedom Christ intended you to have.

DISCUSSION QUESTIONS

1. What is the difference between being alone, feeling lonely and being trapped in loneliness?
2. What are some reasons why people feel lonely?
3. Has there been a time in your life when you felt lonely? Did it move to feeling trapped in loneliness?
4. Loneliness is found in the gap between the way you want your relationships to be and the way that they are. In what ways, does this statement apply to you?
5. Read, Romans 8:38-39, how can you use this verse in talking with someone who is struggling with loneliness?
6. What are some reasons why someone who is lonely wouldn't reach out to God or others?
7. Read 2 Corinthians 1:3-5. How can we use this verse to help us reach out to others?
8. Do you feel you need to take a bigger step in reaching out to God or reaching out to others? Why?
9. What are some ways you can apply this message to your life this week?

APPLICATION

The feeling of loneliness can occur in our lives for many different reasons—moving to a new place, going through a breakup or divorce, or losing a loved one. We all go through times of loneliness and sometimes it's simply a part of adjusting to something new. So, how do we keep ourselves from feeling lonely or being trapped in a state of loneliness?

Many of us find comfort in knowing that someone is there for us—that someone else gets what we are going through. This could be anyone in your life—a friend, family member, coworker, or neighbor. But we can't forget that God is always there for us. Through every circumstance and situation, He is there to walk through it with us. In any phase of loneliness, remember that you will never be alone—not only are other people there for you, but God is there for you through everything.

KEY VERSES (HCSB)

Romans 8:38-39
Psalm 9:10
2 Corinthians 10:7
Romans 12:4-5
2 Corinthians 1:3-5