

God in the Midst of Loneliness

Mark 14:32–41

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October 1, 2023



NOTES

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Suggested Questions for Individual Study or Group Discussion*



- When you hear about the current epidemic of loneliness where a majority of American adults report feeling left out, are you surprised? What factors do you think contribute to people experiencing a greater lack of connection in today's society?
- Henri Nouwen says, "Loneliness is painful; solitude is peaceful." What have your experiences of solitude been like? What have your experiences of loneliness been like? What makes the difference between being alone and being lonely?
- *Read Mark 14:32–41.* What words or phrases leap out to you?
- In verse 34, Jesus says, "My soul is overwhelmed with sorrow to the point of death" (NIV). How do other versions of the Bible translate this verse? What do you make of Jesus being greatly distressed and sad as he anticipates his death? Is he more or less relatable because of this distress? More or less admirable? How do you see his full humanity on display in the garden?
- In verse 36, Jesus accepts what is coming as from the hand of God and he declares, "Not what I will, but what you will." When is it easier for you to pray with this posture of acceptance and surrender? When is it harder?
- What is God's invitation to you in this season of life: to initiate and seek community, friendship, and connection; to initiate embracing solitude and being alone; or to trust in Christ's presence and care for you and ability to grow you to be more like him in your experiences of loneliness and having friends asleep or disconnected or unaware when you are suffering?
- Spend time in prayer, asking the Holy Spirit to give you insight about who in your life might be lonely and how you can befriend them and connect to them in a meaningful way.