



## For when you are alone

### Gather:

Consider incorporating these questions into your check-in time to help your group start thinking about this week's topic.

Do you think you are an introvert or an extrovert? Why?

Who is/was your most interesting friend?

### Reflect:

We may encounter God through his Word, but also through the words of others. Invite the Spirit to help you encounter God as you read the following poem together. Note scriptural themes and movements of the Spirit as you consider this week's topic.

### By Myself (Paul David Tripp)\*

Sitting by myself,  
thoughts swallow  
internal accounting of  
choices,  
desires,  
actions,  
decisions,  
words,  
and feelings  
again falling short.  
Righteous standards  
out of reach again.  
Good intentions  
give way to temptation.  
Worldly desires  
erode vertical love.  
Creation resides  
on the Creator's throne.  
Sin's deception  
hides idol cravings.  
Accepted from above

yet war down below.  
Transgression's struggle  
makes Jesus shine clearer.  
Invaded darkness  
because there was no other way.  
Failure preaches  
the essentiality of grace.  
Boundaries broken  
scream for his righteousness.  
Life and death struggle  
point to a resurrection.  
Sitting alone,  
but not alone,  
his Spirit indwelling,  
his righteousness my covering,  
his sacrifice justifying,  
his grace enabling,  
his hope motivating.  
Father, Son, and Spirit working,  
a fresh start granted--  
I rise.

## Connect:

Choose one or more of the following scriptures to read together. How is reading these scriptures the same or different from reading the poem? How is God reflected differently or similarly?

Romans 8:14-17

## Respond:

Take time together to think about how you have encountered God in community, the words of others, and in scripture. Consider the following questions or activities to conclude your time together.

Is it easy to be by yourself? Or is it difficult? Why?

How do you understand the idea of being filled with the Spirit?

Does the idea of the Spirit's presence change how you think about being alone?

How do times of alone-ness and loneliness reflect Jesus?

Spend three minutes in silent reflection together, listening. What did you feel? What did you hear? Share with your group.

Be attentive to the times you are alone this week: how do you feel? Share about it next week.

## Prayer:

Close your time in prayer for each other. Consider asking each person to write down their prayer requests on a 3x5 card and switch them with someone else in the group. Pray for each other throughout the week.

\*Taken from *My Heart Cries Out* by Paul David Tripp, © 2019, pp. 130. Used by permission of Crossway, a publishing ministry of Good News Publishers, Wheaton, IL 60187, [www.crossway.org](http://www.crossway.org)