



### Part 4: Loneliness

**Theme:** Peace begins to return when we realize that God sees us even in isolation.

#### Ice-Breaker


1. **Fun Start:** Have you ever been lost, forgotten, or left out somewhere? What did it feel like in the moment?
2. **Creative Twist:** If someone could listen in on your thoughts during your loneliest moments, what would they hear you saying to yourself – something true like *“I’m still loved,”* or something false like *“I don’t matter to anyone”*?

#### Reflect (Read Genesis 50:15-21 together)

3. **Core Message:** Hagar wasn’t just alone—she was mistreated, misunderstood, and on the run. What does her story teach us about the way God sees and pursues people who feel pushed out or forgotten? (Genesis 16:6–8; Psalm 142:4–5)
4. **Scriptural Insight:** The angel of the Lord found Hagar by a spring in the desert. What does this show about God’s character toward those who feel unseen or unwanted? (Genesis 16:7–10; Psalm 139:1–10)
5. **Challenge of Loneliness:** Hagar gave God a new name: *El Roi* – “the God who sees me.” What do you think it meant for her to feel seen by God after being dismissed by people? How might that truth help you face seasons when you feel unnoticed or unloved? (Genesis 16:13–14)
6. **God’s Role:** God didn’t just comfort Hagar; He gave her direction and purpose. How does His response remind us that His presence isn’t only emotional comfort but a call to keep going? (Genesis 16:9–12; Isaiah 43:1–2)

#### Take Action

7. **Personal Growth:** Where in your life have you felt unseen or unheard lately, and how might God be trying to meet you there? (Psalm 34:18; Matthew 28:20)
8. **Practical Steps:** What helps you re-center on God’s presence when loneliness sets in – silence, prayer walks, journaling, worship, or reaching out to someone else? (Philippians 4:6-7)
9. **Difficult Loss:** When you feel invisible, it’s easy to withdraw or harden your heart. What’s one way to resist that pull and stay open to community or connection? (Hebrews 10:24-25)
10. **Community Impact:** How can our small group reflect *El Roi* to others—seeing those who are overlooked and welcoming those who are alone? (Romans 12:15–16; Galatians 6:2)

 **Group Prayer:** Thank God that He is the God who sees you. Ask Him to open your eyes to those who feel unseen, and to make your presence a reminder of His.