

FAMILY DEVOTION!

“How 2 Handle Lonliness”



“I Know I Am Never Alone!”



“...For God has said, ‘I will never fail you. I will never abandon you.’ - Hebrews 13:5

This week, in our series, “How 2”, we find out how to handle loneliness. Feeling alone is no fun at all. Loneliness is a common feeling, even for followers of Jesus. If you’re not careful, it’s easy to let your loneliness get the best of you. You can become discouraged and bummed out, but as we look at the story of the Apostle Paul in his loneliest times as a prisoner on house arrest, we learn that God is always there for us.

Read:

Acts 28:11-16

Ask:

- Where did the ship end up finally arriving?
- What were Paul’s living conditions? Did he live with anyone?
- How many soldiers were guarding Paul’s house?
- How did Paul respond to his circumstances? What did he do in spite of his lonely living conditions?
- What did Paul say to Timothy in his letters?

Say:

Paul was in a very lonely situation. He was all alone in a small house, being held as a prisoner. He could have easily been discouraged and sad the whole time, but instead, with God’s help, he decided to use his bad situation for good by reaching out to Timothy. When facing loneliness, that’s exactly what you have to do - recognize God’s presence, use your bad for good, and reach out to others around you, sharing about Jesus!

Ask/Discuss:

- What are some situations in life that can feel lonely?
- How should you respond to lonely situations?
- What can you do to use your bad for good? How can you reach out?

Pray:

Pray that your children will not allow times of loneliness to consume their life. Pray that they will recognize God’s presence and allow God to help them use their bad for good and reach out to others.