



Grown Up Monsters - Week 1

"Jesus intends to meet you in your loneliest seasons of life."

Icebreaker: Share a time when you felt lonely but later realized you were not alone.

How did that experience change your perspective?

Group Discussion Questions

1. Reflect: The sermon highlighted loneliness as a pervasive issue in our society. How do you see this "loneliness epidemic" manifesting in your own life or in the lives of those around you?
2. Biblical Reflection: Consider Genesis 2:18, where God states, "It is not good for man to be alone." How does this verse shape your understanding of God's design for community and relationships?
3. Personal Application: Jono mentioned that loneliness can be a pathway to finding our greatest friend in Jesus. What practical steps can you take this week to seek Jesus in your loneliness?
4. Theological Implications: Discuss how the story of Jesus healing the leper in Mark 1:35-45 illustrates the power of compassion and the willingness of Jesus to meet us in our isolation. How does this deepen your understanding of Jesus' character?
5. Emotional and Spiritual Responses: How did the sermon challenge or comfort you in your current understanding of loneliness?
6. Call to Action: In light of the sermon's message, what is one intentional action you can take this week to reach out to someone who may be feeling lonely? How can you embody the compassion of Jesus in your interactions with them?



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Scripture Exploration

- Read Mark 1:35-45. What are the key actions Jesus takes in this passage, and what might they signify about his mission?
- Consider Genesis 2:18. Why do you think God said it is not good for man to be alone? How does this relate to our understanding of community?
- In Romans 12:2, Paul talks about the renewal of the mind. How does this concept connect with overcoming the lies of loneliness?

Personal Reflection

- How does Jesus' willingness to heal the leper in Mark 1:40-42 challenge or affirm your understanding of God's compassion?
- Compare Hebrews 4:15 with the sermon's message about Jesus understanding our loneliness. How does this shape your view of Jesus as both divine and relatable?
- What theological principles can we extract from Jesus choosing to spend time in solitary prayer as described in Mark 1:35?

Personal Application

- Identify one area in your life where you feel lonely. How can you invite Jesus into that space?
- What practical steps can you take this week to combat loneliness in your community? Consider reaching out to someone who might be feeling isolated.