



Forever Alone?

Knowing yourself, God, and others

SKILLZ

1. Open ended questions

- “What”, “How come”, How”
- Allow for responses more than a “yes” or “no”

2. Empathy

- Empathy is feeling someone else’s pain (Not sympathy)
- Crucial for identifying with people
- Body language

3. Reflecting meaning/feeling

- Mirroring what person said
- Express what they felt
- Express meaningful things they said

4. Paraphrasing

- Pulling several parts together
- Making the content concise
- Key words, feelings, thoughts, events

SKILLZ

For the audience (That's you!)

- Each person will have a chance to briefly practice these skills after the session
- During the talk, think of a few open ended questions to ask the small group pertaining to this talk
- When people are answering, think about what skill would be best to use in responding to the person
- Each person will ask a question
- Group interaction

Loneliness

- We all want to be encouraged by other people
- However, we will never be completely satisfied and fulfilled by other people
- Eventually, if not already, people dedicated to know God will experience loneliness
- Only through loneliness can you become completely dependent on God

Ask yourself

Am I more dependent on God?
Or on people?

How would it impact you
if people abandoned you?

My Story

Life Experiences and Beliefs

I created and bought into two key lies:

1. Something about me made people leave
2. I wasn't sure if I could be loved by people

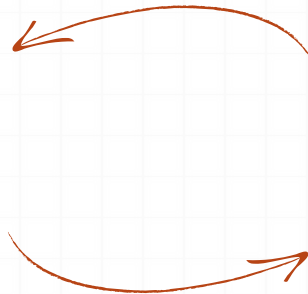
Challenging my Beliefs

False Beliefs

1. My worth was based on relationships
2. Part of me made people leave
3. Could I be loved?

True Beliefs

1. My worth is based on the Triune God
2. I am unconditionally accepted by God
3. God's love transcends human love



Risks vs. Benefits

- What am I risking when placing my worth in God?
- What are the benefits of placing my worth in God?

Image of God in Man

- Genesis 1:26-28; 2:4-7; 5:1-3
- “It is part of the legacy of creation, the initial gift of a gracious creator” (Burrell)
- What does that say about me?
- How does that effect my self-image?

My Whole Perspective...



I am loved by a God who
created me in the image of His
Triune nature and because of
this my worth is not
dependent on my
relationships with other
people but my fellowship
with God