



NEVER ALONE

A Four-Week Student Discipleship Journal

LeaderTreks[®]
YOUTH MINISTRY

NEVER ALONE

A Four-Week Student Discipleship Journal

THIS BOOK BELONGS TO:

Never Alone: A Four-Week Student Discipleship Journal
© 2023 by LeaderTreks. All rights reserved.

ISBN: 978-1-939031-59-4

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means electronic or mechanical, including photocopy, recording, or any information storage and retrieval system now known or to be invented, without prior permission in writing from the publisher.

Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright ©2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Scripture quotations marked (NIV) are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™

Published by LeaderTreks
28W468 High Lake Rd, Unit 7
West Chicago, IL 60185
www.leadertreks.com
877-502-0699

Contents

Starting Now..... 1

How It Works 2

Week One: Nothing New or Uncommon 3

Day One: Not Selective 5

Day Two: Ultimate Loneliness 7

Day Three: Temptation in Loneliness 9

Day Four: Sinful Nature Inherited 11

Day Five: Suffering Alone 13

Day Six: Taking Our Place 15

Day Seven: Sabbath 17

Week Two: God with Us 19

Day One: Goodbye, Hello..... 21

Day Two: Members of One Body..... 23

Day Three: God's Temple 25

Day Four: Sinful Nature Inherited 27

Day Five: Death and Love..... 29

Day Six: Trusting Jesus 31

Day Seven: Remember..... 33

Week Three: Part of the Family..... 35

Day One: Habits that Help or Hurt..... 37

Day Two: Members of One Body..... 39

Day Three: Someone New..... 41

Day Four: Community through Christ..... 43

Day Five: Blood Brothers 45

Day Six: Gift of Family..... 47

Day Seven: Rest 49

Week Four: Reaching Out..... 51

Day One: A Gift..... 53

Day Two: Keep Doing Good..... 55

Day Three: Gathering Ideas..... 57

Day Four: We Need Each Other 59

Day Five: Called Out of Darkness 61

Day Six: Lonely People..... 63

Day Seven: You're Done! Kind Of 65

STARTING NOW

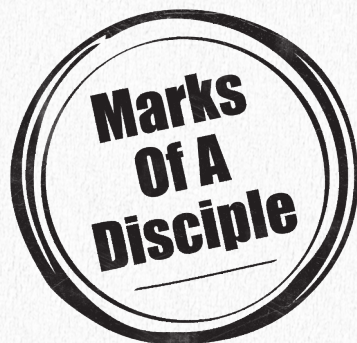
You ever feel like you don't fit in? Not included? Like you've been left out or uninvited? You're not the only one who's felt that way. Everyone goes through moments or seasons of loneliness.

Those feelings are part of the consequences sin left on humanity. But Christ conquered sin and its consequences. He lovingly invites us into his family and promises we don't have to face anything alone ever again. He reminds us in Joshua 1:9, "Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." Thanks to the Lord, we are *never alone*.

HOW IT WORKS

This book has four weeks of journal pages to help you learn more about the beautiful truth that we, as followers of Jesus, never have to face anything alone. Each week takes you through six days of questions to get you thinking, Bible studies to shift your perspective, and challenges to stretch you out of your comfort zone. Then, on the seventh day of the week, you'll get a break to recharge for the next week. It'll help you get into a rhythm of learning, growing, and putting that knowledge into action.

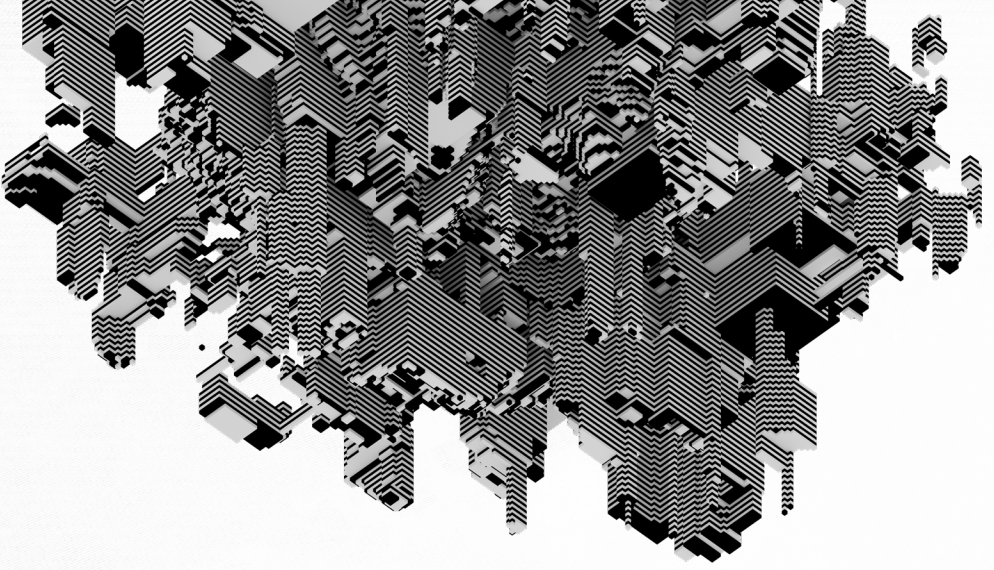
Throughout this journal, you'll also find the **MARKS OF A DISCIPLE**. These are things that Christ-followers are committed to and have in common, like connecting with God through prayer, applying his Word to our lives, serving without personal agendas, managing God's gifts, and many other things.



Remember, you'll get out of this book what you put into it. The challenges you'll encounter won't always be easy—they're designed to stretch you! Take a risk and use this journal to run hard toward God. When we make ourselves available to him, he'll transform us and use us in ways that will blow our minds!



**Nothing New or
Uncommon**



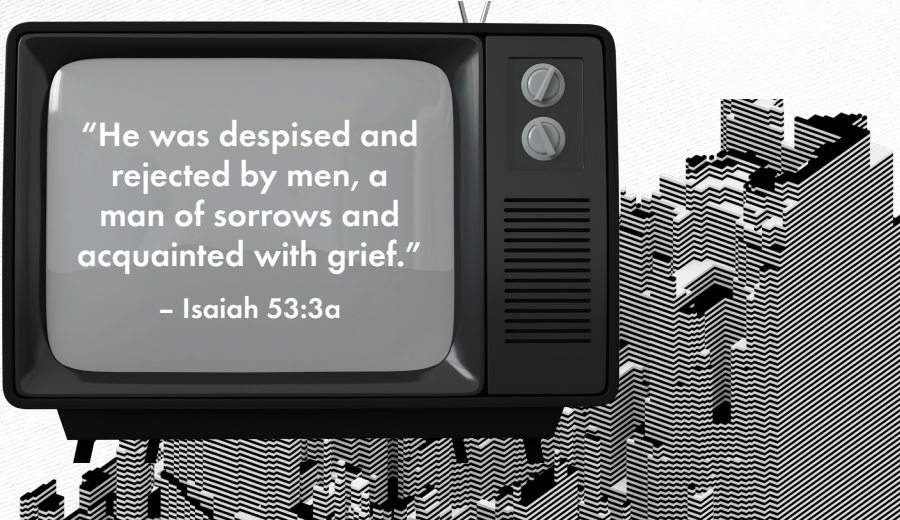
INTRO

It's painful to feel lonely. It's also common. Most people will feel alone at some point, and young people especially feel the pain of loneliness. Unfortunately, loneliness is a common part of the human condition. Even Jesus felt alone during his time on earth. The root cause of loneliness is sin—ours or other people's—but God does not want us to stay in our loneliness. He wants us to be in healthy relationships with other people and himself!

Day One: Not Selective

Read Romans 6:20–23.

Some traits—like your hair texture, face shape, and skin color—are inherited from your parents. Loneliness is inherited as part of our sinful nature from Adam and Eve, which means loneliness is nothing new. Some may be able to hide their journey with it better than others, but that doesn't mean it's not a reality for them. You might be experiencing loneliness right now—just like many others around you. This is why it's essential to understand what it is and isn't so that it doesn't dominate your life. Loneliness might be because of the sin around us or in us, it might be from our circumstances, and it might even be from others rejecting you because you're a faithful follower of Jesus.

A vintage television set is the central focus, with a screen displaying a quote. The background is a stylized, black and white illustration of a cityscape with buildings of varying heights and architectural details. The television has two dials on the right side and a speaker grille below them.

“He was despised and
rejected by men, a
man of sorrows and
acquainted with grief.”

– Isaiah 53:3a

As we jump into the week, take some time to reflect on these journal questions:

On a scale of 1-5 (5=very),
how lonely are you?

1

not at all

2

3

4

5

very

In what way(s) do you feel misunderstood?

How might the time you spend on social media or comparing your life to others be a factor in your experience with loneliness?

What kind of loneliness do you feel is worse, being physically alone or emotionally alone? Why?

How could Jesus feel lonely if he was sinless?

How does knowing Jesus understood loneliness change your perspective on loneliness?

Day Two: Ultimate Loneliness

During his time on earth, Jesus experienced the ultimate loneliness. Throughout his ministry, he was misunderstood by his disciples, the Jewish religious leaders, and many others. He obeyed God the Father in everything, and sometimes the people around him didn't get it. In addition, his closest friends fell asleep while Jesus asked for prayer support before being crucified. Then all his followers deserted him during the darkest time in his life, the hours leading up to his crucifixion. To cap it all off, while on the cross, Jesus had an experience of loneliness that we can't fully understand, where he seemed to lose "a sense of the love of God and an experienced open channel of communication with the Father."¹ Jesus knows what it feels like to be lonely, misunderstood, rejected, abandoned, and betrayed. He knows what it is to feel so low that he cries out to the Father about feeling forsaken.

Read **Mark 14:26–50** and **Matthew 27:46** and use the **Newspaper** method of Bible study to discover all the details. *Approach the passage like a journalist, asking Who? What? Where? When? Why? and How?*

Who? Make a list of all the major characters in the passage.

What? What is happening in this passage in your own words?

Where? Where is this story taking place? Why is that important?

When? What is significant about the timing of this story? What comes before or after that makes this significant?

Why? Why is this story important enough to include in the Bible?

How? How does this apply to your life? How are you going to live differently today because of what you read? Be specific—a good application will tell who, what, and when.

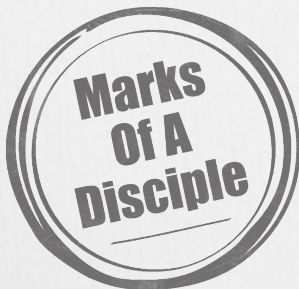
Day Three: Temptation in Loneliness

Read Hebrews 4:14-16.

Yesterday we discovered ways that Jesus experienced loneliness while on earth. Did that surprise you? Jesus knows what it feels like to be lonely! Hebrews 4:15 says Jesus can sympathize with our weaknesses, including our temptations in the midst of loneliness to blame others, feel bitter, and wish ill toward them. Thankfully, he never did any of that because, instead of caving into sin, he fought those temptations repeatedly!

Let's practice going to Jesus in our time of need (see Hebrews 4:16). Take some time to write a prayer to the Lord. Tell him about your loneliness. Praise him for never giving in to temptation. Then tell him how you have been tempted to sin (and maybe even have) when you feel lonely. Ask him for forgiveness and for a heart that continues to grow in hating sin and loving what is right. Thank him for his forgiveness, mercy, and grace that's always available to you in your time of need.

Use this space to write your prayer:



**DISCIPLES OF CHRIST TURN TO
GOD WHEN THEY FEEL LONELY.
(PS. 25:16)**

Day Four: Fellowship with God

“Loneliness is not just the absence of people; it’s the presence of pain, the pain of separation from God and others. It began in the garden of Eden when Adam decided to choose the pleasures of sin and, in doing so, inherited the pain of loneliness.”

– Paul Matthies²

If you’ve taken a biology class, you’ve probably studied genetics and how traits carry down from generation to generation. Your eye color, height, the shape of your ears, and many other traits are gained from your parents. Just like a trait being passed on from the parents to their children, the sinful nature “trait” is passed down to every single person throughout the generations, all due to Adam and Eve’s decision to rebel against God way back in the Garden of Eden.

With a sinful nature, we are predisposed to selfishness and pride. We believe we know better than others—sometimes even better than God. We want what we want, and we want it now, no matter if it hurts someone else. So because of our sinful nature, we are separated from God and often separated from others. This brings us pain in our loneliness, all due to sin! Thankfully, God does not want to leave us in the pain of our sin and loneliness. Jesus came to die in our place so that we can be forgiven of our sin and become more and more like him.

CONSIDER THE QUOTE ON THE LEFT AS YOU ANSWER THESE QUESTIONS:



What are your initial thoughts when it comes to inheriting a sinful nature?



When you feel separated from God or others, would you describe your feeling as pain? Why or why not?



What are some negative ways people your age deal with the pain of loneliness?



How has God provided an opportunity to repair our separation from him?



How does a restored relationship with God help you restore your relationships with others?

Day Five: Suffering Alone

As we discovered on Day 4, we are born into this world sinful people, so it's expected that we will sometimes feel the pain of loneliness. Jesus came into this world to relieve us of the problem of sin by taking our place on the cross. By living a perfect, sinless life, Christ was the only one qualified to remove our sin. And he chose to do it. It was the plan from the beginning (Gen. 3:15)! Now, whoever comes to Jesus in faith and repentance can be forgiven and restored to a right relationship with God the Father. Jesus amazingly switched roles with us when he chose to suffer alone on the cross to save us from suffering alone forever. We can have a personal relationship with God that changes everything!

Read **2 Corinthians 5:17–21** and use the **5P** Bible study method to dig deeper into this passage. *This title, 5P method, is simply a way to help you remember this Bible study technique so you can use it to learn from other passages later.*

Purpose

Why do you think the author wrote this? Why is it important enough to be in the Bible? In a sentence or two, write what you think the overall theme or topic is.

Primary Verse

Which verse seems to contain the most important thought in the passage? Which one stands out most to you? Write it out.

Promises

Make a list of any promises you find in this passage.

Problems

If you find anything you don't understand—even if it's just a word—write it down as a question. Then ask someone for the answer or look it up yourself.

Practical Application

What do you need to change or work on so that what you have read is real in your life? Be specific—your application should tell who, what, and when.

Day Six: Taking Our Place

We've learned this week how much sin has to do with loneliness. We're all born into this world with a sinful nature and are prone to sin, as are others we interact with. That means we'll all feel the effects of that sin, and some of us will feel it in the form of loneliness. In God's amazing grace, he sent Jesus to live a perfect life in our place and to suffer and die alone for the sin of the world. Jesus was up close and personal with the pain of loneliness so we can be forgiven and reconciled with God!

Take a minute to read through a sample of the lyrics of Phil Wickham's song "Living Hope" and journal your thoughts about Jesus taking your place on the cross.

*Who could imagine so great a mercy?
What heart could fathom such boundless grace?
The God of ages stepped down from glory
To wear my sin and bear my shame*

*The cross has spoken, I am forgiven
The king of kings calls me His own
Beautiful savior, I'm yours forever
Jesus Christ, my living hope*

*Hallelujah, praise the one who set me free
Hallelujah, death has lost its grip on me
You have broken every chain
There's salvation in your name
Jesus Christ, my living hope³*



Day Seven: Sabbath

Have you ever heard of someone refer to Sunday as the Sabbath? That means it's our day of rest. So today that's your challenge. Rest! Reflect on what you've learned so far, the challenges you did, or Bible verses that stuck out to you. Spend some time praying and talking with God. Recharge your batteries and refresh your mind. Then come back tomorrow ready to go deeper.

**“AND ON
THE SEVENTH
DAY GOD
FINISHED HIS
WORK THAT
HE HAD DONE,
AND HE
RESTED ON
THE SEVENTH
DAY FROM
ALL HIS
WORK THAT
HE HAD
DONE.”**

**GENESIS
2:2 (ESV)**