

# NEVER ALONE

INTERACTIVE STUDENT BOOK



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**NEVER  
ALONE**

THIS BOOK BELONGS TO:

Never Alone

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# TABLE OF CONTENTS

Welcome to Never Alone .....	1
<b>SESSION 1 INTRO: NOTHING NEW OR UNCOMMON .....</b>	<b>2</b>
Large Group Session 1 Notes .....	3
Small Group Session 1: A Second Look .....	5
Small Group Session 1: A Little Deeper .....	7
Small Group Session 1: Apply It .....	9
Session 1 Notes .....	9
<b>SESSION 2 INTRO: GOD WITH US .....</b>	<b>10</b>
Large Group Session 2 Notes .....	11
Small Group Session 2: A Second Look .....	13
Small Group Session 2: A Little Deeper .....	15
Small Group Session 2: Apply It .....	17
Session 2 Notes .....	17
<b>SESSION 3 INTRO: PART OF THE FAMILY .....</b>	<b>18</b>
Large Group Session 3 Notes .....	19
Small Group Session 3: A Second Look .....	21
Small Group Session 3: A Little Deeper .....	23
Small Group Session 3: Apply It .....	25
Session 3 Notes .....	25
<b>SESSION 4 INTRO: REACHING OUT .....</b>	<b>26</b>
Large Group Session 4 Notes .....	27
Small Group Session 4: A Second Look .....	29
Small Group Session 4: A Little Deeper .....	31
Small Group Session 4: Apply It .....	33
Session 4 Notes .....	33
<b>THE END OF NEVER ALONE – KIND OF .....</b>	<b>34</b>
Devotional 1 .....	35
Devotional 2 .....	37
Devotional 3 .....	39
Devotional 4 .....	41



# WELCOME TO NEVER ALONE

*Are you lonely?*

In this study, you will discover that loneliness is a common human condition, how God provides for us in our loneliness, and how to reach out to others who may also be feeling lonely. The four lessons include:

- *Nothing New or Uncommon*
- *God with Us*
- *Part of the Family*
- *Reaching Out*

This study will dig into the fact that we are never truly alone, even in our most isolated times. Thankfully, loneliness is not what God wants for us. He has provided help and resources during the lonely seasons of life for our good and his glory.

## HERE ARE SOME THINGS YOU NEED TO KNOW AS YOU GO THROUGH THIS STUDY:

**God wants to connect with you.**

In fact, he's looking forward to it. But how ready are you to connect with him? As you go in and out of the sessions and devotional times, make sure you are willing to listen to him and learn from him. He promises that he will come near to you if you come near to him (James 4:8). Try it!

**What you put into this study is what you'll get out of it.**

There are people all around you who have spent a lot of time praying for you and getting ready to invest in you. You'll probably meet some new people, hear some new speakers, and get a chance to spend some quality time with God and with friends. Take advantage of it! Ask hard questions. Commit to being authentic and honest. God wants to use this time and these people in your life.



# INTRO

## NOTHING NEW OR UNCOMMON

If you've ever felt rejected, misunderstood, or just plain lonely, you're not alone! Almost everyone will go through a season of loneliness that can feel painful and isolating, as if no one else understands or wants to be near us. Sometimes we really don't have other people to lean on, and in other cases, we might be surrounded by people but feel uncared for and left out. It's all a massive collision of our own worst fears and the sin we're all born into. No one *wants* to feel lonely, and rest assured—this is not what God wants for us!





# LARGE GROUP

## NOTHING NEW OR UNCOMMON

These two pages are designed so you can take note of anything that stands out to you and that you think is worth remembering during the large group talk. This talk will set the stage for the rest of the session. Consider writing down main points, quotes, Bible verses, and any questions that pop into your head.



**What expectations do you have in your friendships?  
Are those expectations currently being met? Why or why not?**

**Is there a sin (yours or someone else's) that might be  
affecting your relationships with others?**





**A SECOND LOOK**

# **SMALL GROUP**

## **NOTHING NEW OR UNCOMMON**

In 1972, Albert Woodfox was convicted of killing a prison guard (he “steadfastly claims innocence”) and endured solitary confinement for a staggering 40 years until he was released in 2016 on his 69th birthday. Mr. Woodfox stayed in a six-foot by nine-foot cell for most of the day and was allowed outside for up to an hour three times a week—alone in a small cage for “exercise.” When people have almost no contact with other human beings, their physical and psychological well-being can decrease drastically. Thankfully, because of the studied adverse effects of solitary confinement, anything more than 15 days is now deemed “cruel, inhumane, and harmful” by the US National Commission on Correctional Healthcare.<sup>1</sup> We are not meant to be alone. God knows that our physical and mental health are negatively affected when we have no contact with others.



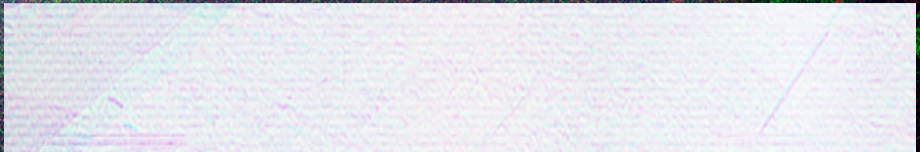
In what ways have you felt lonely in the past or currently?



On a scale of 1 - 5 (5=the most), how misunderstood do you feel by others?



Do you desire to have many friends or a few deep friendships? Why?



About how many hours a day are you completely alone from other people?



About how many hours a day do you interact with the people who are physically around you (not including interactions on social media)?



Trick question: About how many hours a day are you in the presence of God, who loves you (and is everywhere all the time)?







**A LITTLE DEEPER**

# **SMALL GROUP**

## **NOTHING NEW OR UNCOMMON**

We know that God didn't design us for solitude but for community and connection with others. When we do feel lonely, however, it's best to go to God and also talk with another mature Christ-follower about it. The fact is that loneliness can lead to decreased mental and physical health. God wants us to come to him with our burdens and experience the support of the body of Christ in our pain.

---

### **Psalm 25:14–16**

*"The friendship of the Lord is for those who fear him, and he makes known to them his covenant. My eyes are ever toward the Lord, for he will pluck my feet out of the net. Turn to me and be gracious to me, for I am lonely and afflicted."*

**Does it surprise you that King David felt lonely and afflicted? Why or why not?**

**What might it look like for God to be gracious to you in your particular situation?**

## Philippians 4:6–7

*“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”*

What are you most anxious about when it comes to feeling alone?

Why should we go to God with our anxious feelings?

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## Romans 12:15

*“Rejoice with those who rejoice, weep with those who weep.”*

Why would God instruct us to join others in their sorrows and joys?

What does it communicate to you when someone celebrates or cries with you?

Who can you go to when you feel lonely—someone who will listen well and be with you?



# APPLY IT

What can you do this week to battle against any loneliness feelings that may come your way?

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**WHAT ARE YOU GOING TO DO?**

**WHEN ARE YOU GOING TO DO IT?**

**IS THERE SOMEONE WHO CAN KEEP YOU ACCOUNTABLE?**

NOTES

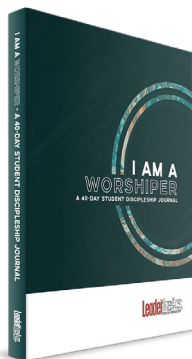


# KEEP GOING!

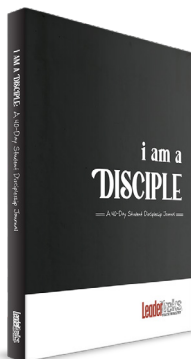
Check out these journals made just for you:  
(Go to [leadertreks.org](http://leadertreks.org) for more info.)



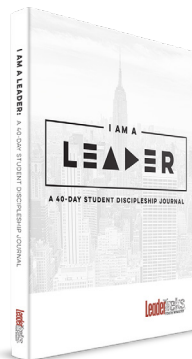
**I AM  
NEW**



**I AM A  
WORSHIPER**



**I AM A  
DISCIPLE**



**I AM A  
LEADER**

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