**Learn on Your Own**

**Day 1: Never Alone**

Review the video for this session.



**Engage**

Read [Genesis 40:14–23](https://ref.ly/logosref/Bible.Ge40.14-23).

**Consider**

Even when we do the right thing, God doesn’t promise that our actions will immediately put us in great circumstances. Serving Him doesn’t mean that we won’t walk through hardship. But when we do experience hardship, God is still with us even when we feel alone.

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| **QUESTION**Do you think Joseph did anything to deserve being in the position he was in? Why or why not? |

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| **QUESTION**Do you think Joseph struggled with loneliness? Why or why not? |

**Reflect**

Joseph correctly interpreted the dreams of the chief cupbearer and chief baker, but he was still forgotten. He honored God, yet he still found himself in prison. Even though his circumstances weren’t easy, God was still good.

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| **QUESTION**How can you learn to trust God even when you feel forgotten? |

**Activate**

God has already set up a way to help you overcome loneliness—the Church. It’s important to surround yourself with a community of believers who love Jesus and who will encourage you when you feel down. Maybe there’s someone in your church who needs to lean on you, or maybe you need to lean on them. Reach out and ask them how they’re doing.

**Pray**

Dear Heavenly Father, I thank You that You are with me despite my circumstances. Even when I feel alone, I know that Your love never leaves me. I pray that You would provide people in my life for support and that I can be a support to. Help people today who are feeling very alone. I love You. Amen.

**Learn on Your Own**

**Day 2: Anytime, Anywhere**

**Engage**

Read [Psalm 139:1–18](https://ref.ly/logosref/Bible.Ps139.1-18).

**Consider**

There’s a huge difference between loneliness and being alone. Just because we’re alone at times doesn’t mean that we have to feel lonely. Remember, God never leaves you. Anywhere you are, and at any time, God is with you. He isn’t letting you go.

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| **QUESTION**How much did God know about the author of this psalm? What does that say about His knowledge of us? |

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| **QUESTION**What might these verses say about God’s presence in our life? |

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| **QUESTION**What does this passage tell us about God’s guidance and support? |

**Reflect**

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| **QUESTION**How does knowing God is always with you affect your relationship with Him? |

**Activate**

Write down most of the places that you typically go in a week. Then, write the name of God before each of those places. Remind yourself that there is never a place you’ll go that God isn’t with you.

**Pray**

Dear God, thank You for Your presence that never leaves me. Thank You for Your strength that is available to help me and for upholding me when I feel down. I pray that You would help me to remember that You’re with me everywhere I go. I love You. Amen.

**Learn on Your Own**

**Day 3: Power Up**

**Engage**

Read [Isaiah 40:26–31](https://ref.ly/logosref/Bible.Is40.26-31).

**Consider**

The prophet Isaiah gave us insight into God. God is so big, and He is still good despite how we feel at times. Even when we feel down, God can be trusted to give us new strength to overcome the difficulties we face.

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| **QUESTION**What characteristics do we learn about God in this passage? |

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| **QUESTION**What do you think it means that God gives power to the weak? |

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| **QUESTION**What benefit is there for those who put their trust in the Lord? |

**Reflect**

When we trust in God, this Scripture promises us that we’ll find new strength. When we feel weak, He makes us strong.

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| **QUESTION**How have you seen God do this in your life? How can that help you trust God more? |

**Activate**

[Isaiah 40:31](https://ref.ly/logosref/Bible.Is40.31) is a powerful passage of Scripture to remember when we feel lonely. Plan to memorize this verse. Write it down, read it aloud, and post it in places where you will continually see it. Let God’s Word encourage you.

**Pray**

God, thank You for Your strength in my weakness. Thank You for giving me all that I need when I need it. I pray that You will teach me to trust You in a deeper way. Thank You for Your help. In Jesus’ name, I pray. Amen.

**Learn on Your Own**

**Day 4: The Truth That Can Overcome Feelings**

**Engage**

Read [Proverbs 3:1–8](https://ref.ly/logosref/Bible.Pr3.1-8).

**Consider**

Our enemy, the devil, seeks to make us feel isolated and alone. But even though feelings of loneliness are real, they’re not God’s truth about your life. We’re never completely alone. So much of the time, we look at things through our limited perspective, but we have to look at our circumstances through God’s truth. God’s way for us is not loneliness.

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| **QUESTION**What is the outcome when we trust God and seek Him? |

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| **Question**How would you put verse [3](https://ref.ly/logosref/Bible.Pr3.3) in your own words? |

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| **Question**How can you be intentional in seeking God’s will for every area of your life? |

**Reflect**

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| **QUESTION**What areas of your life have you tried to keep control over instead of fully trusting God? |

**Activate**

Spend some time in prayer today just talking to God on your own. Tell Him about the areas of your life where you feel like doing your own thing instead of fully trusting in Him.

**Pray**

Father God, I know that Your Truth never changes, even when my circumstances are constantly changing. I pray that You would help me to trust You with my whole heart, not just parts of it. I thank You for Your guidance and presence in my life. In Your holy name, I pray. Amen.

**Learn on Your Own**

**Day 5: Always with You**

**Engage**

Read [Joshua 1:1–9](https://ref.ly/logosref/Bible.Jos1.1-9).

**Consider**

Knowing that God is with us wherever we go should comfort us when we have feelings of loneliness. Even when we’re alone, we don’t need to feel lonely. God is always with us.

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| **QUESTION**What does the Lord command Joshua to be? |

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| **QUESTION**What do you think it means for you to be strong and courageous in your walk with God? |

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| **QUESTION**Do you think Christians today need to be strong and courageous? What makes you say this? |

**Reflect**

Just like God’s promises to Joshua, God promises to be with us wherever we go. He will never fail or abandon us. You don’t need to be afraid or discouraged. You are not alone.

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| **QUESTION**Would you say you’re strong and courageous in your faith in God? What makes you say this? |

**Activate**

Think about some areas of your life where you need to be more strong and courageous in your trust of God. Write down a few of those things in your app or in a journal. Remind yourself throughout this week that God is with you wherever you go.

**Pray**

Heavenly Father, I thank You for being with me everywhere I go. Thank You for promising that You will never abandon me, even if I have moments that make me feel that way. I pray that You would surround me with Your Spirit and that I would feel Your presence no matter where I am. I love You. Amen.