

# CrossWalk **notes**

---

## Grinchmas to Christmas Navigating Feeling Alone

December 11, 2022 / Chris Johnson

### How do we navigate feelings of loneliness?

<sup>36</sup> There was also a prophet, Anna, the daughter of Penuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, <sup>37</sup> and then was a widow until she was eighty-four. **Luke 2:36-37a, NIV**

The feelings of loneliness are \_\_\_\_\_ and can cause us to feel \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

She never left the temple but worshiped night and day, fasting and praying. **Luke 2:37b, NIV**

All I want for Christmas is (fill in the blank) \_\_\_\_\_.  
If it's something other than \_\_\_\_\_, it's an \_\_\_\_\_.

Sometimes when we feel lonely, we become \_\_\_\_\_ - \_\_\_\_\_.  
Anna shows us a better way. Become \_\_\_\_\_ - \_\_\_\_\_.

<sup>5</sup> As I was with Moses, so I will be with you; I will never leave you nor forsake you. **Joshua 1:5b, NIV**

<sup>22</sup> All this took place to fulfill what the Lord had said through the prophet: <sup>23</sup> "The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us"). **Matthew 1:22-23, NIV**

<sup>26</sup> So in Christ Jesus you are all children of God through faith. **Galatians 3:26, NIV**

Joy can be found in being a part of the family of \_\_\_\_\_, not just a part of our family by \_\_\_\_\_.

# CrossWalk **notes**

---

<sup>24</sup> And let us consider how we may spur one another on toward love and good deeds, <sup>25</sup> not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. **Hebrews 10:24-25, NIV**

<sup>38</sup> Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Jerusalem. **Luke 2:38, NIV**

Overcome loneliness with \_\_\_\_\_. Connect with those who are experiencing times of \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.

<sup>3</sup> He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem... <sup>5</sup> But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. **Isaiah 53:3-5, NIV**

<sup>45</sup> From noon until three in the afternoon darkness came over all the land.<sup>46</sup> About three in the afternoon Jesus cried out in a loud voice, "Eli, Eli, [c]lema sabachthani?" (which means "My God, my God, why have you forsaken me?"). **Matthew 27:45-46, NIV**

<sup>20</sup> Surely I am with you always, to the very end of the age. **Matthew 28:20, NIV**

Because of Jesus, even when I feel lonely, I am \_\_\_\_\_ alone.  
He is \_\_\_\_\_ me always.

### MEMORY VERSE

She never left the temple but worshiped night and day, fasting and praying. **Luke 2:37b, NIV**

**My next step:** When feelings of loneliness make my life feel empty, I will fill my life with worship and lean into God's promises and find purpose in connecting with others.