

Walk With Scripture - Scripture Lesson

Title: *Overcoming the Fear of Being Alone Trusting God's Presence*

Focus Scripture:

- **ESV:** “Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.” — Deuteronomy 31:6
 - **NIV:** “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.” — Deuteronomy 31:6
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Opening Prayer (5 minutes):

Heavenly Father, we come before You today, recognizing that many of us struggle with the fear of being alone. We ask for Your comfort and assurance as we study Your Word together. Help us to trust in Your constant presence and to find peace in knowing that You are always with us. Open our hearts and minds to the truth of Your promises, and help us to overcome any fear we face. In Jesus' name, we pray. Amen.

Introduction to the Topic (5-10 minutes):

Today's lesson focuses on the fear of being alone—a fear that many men experience at different points in their lives. Whether it's the fear of physical isolation, emotional distance, or spiritual loneliness, this fear can be overwhelming and affect our relationships, decisions, and faith. However, the Bible assures us repeatedly that we are never truly alone. God promises to be with us always, even in our most solitary moments. We will explore what Scripture says about God's presence and how we can trust Him to overcome the fear of being alone.

Bible Verses for Discussion (20 minutes):

1. Psalm 139:7-10

- **ESV:** “Where shall I go from your Spirit? Or where shall I flee from your presence? If I ascend to heaven, you are there! If I make my bed in Sheol, you are there! If I take the wings of the morning and dwell in the uttermost parts of the sea, even there your hand shall lead me, and your right hand shall hold me.”
- **NIV:** “Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.”

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2. Isaiah 41:10

- **ESV:** “Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”
- **NIV:** “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

3. Matthew 28:20

- **ESV:** “And behold, I am with you always, to the end of the age.”
- **NIV:** “And surely I am with you always, to the very end of the age.”

4. Hebrews 13:5-6

- **ESV:** “Keep your life free from love of money, and be content with what you have, for he has said, ‘I will never leave you nor forsake you.’ So we can confidently say, ‘The Lord is my helper; I will not fear; what can man do to me?’”
- **NIV:** “Keep your lives free from the love of money and be content with what you have, because God has said, ‘Never will I leave you; never will I forsake you.’ So we say with confidence, ‘The Lord is my helper; I will not be afraid. What can mere mortals do to me?’”

Discussion Questions (15-20 minutes):

1. How does knowing that God is always with you help you overcome the fear of being alone?
2. What are some situations where you have felt alone or abandoned? How did you experience God's presence during those times?
3. How can we encourage one another to trust in God's promise that He will never leave or forsake us, especially during times of loneliness or fear?

Life Application (10 minutes):

Overcoming the fear of being alone involves trusting in God's presence and promises. This week, make it a point to memorize one of the verses from today's lesson that speaks most to you. Whenever you feel fear or loneliness creeping in, repeat that verse in prayer, reminding yourself of God's constant presence. Additionally, reach out to someone you know who might be struggling with loneliness and offer encouragement or companionship.

Reflection and Encouragement (5-10 minutes):

Reflect on any areas in your life where you feel isolated or afraid. Remember that God sees you, knows you, and is with you always. He understands your fears and promises to be your comfort and strength. Be encouraged that you are never truly alone—God is always with you, and He surrounds you with His love and care.

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Closing Verse:

- **ESV:** “The Lord is near to the brokenhearted and saves the crushed in spirit.” — Psalm 34:18
 - **NIV:** “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” — Psalm 34:18
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Closing Prayer (5 minutes):

Father, we thank You for the reassurance that You are always with us, even when we feel alone. Help us to trust in Your presence and to lean on Your promises when fear and loneliness try to overwhelm us. Strengthen our faith and give us courage to face each day with the confidence that You are by our side. We pray for those among us who are struggling with feelings of isolation, that they would feel Your comforting presence in a powerful way. In Jesus' name, we pray. Amen.

Takeaway Challenge:

This week, identify a fear or worry related to being alone and take it to God in prayer. Write down one of the verses from today's lesson on a card or note and carry it with you. Whenever you feel that fear or anxiety rising, read the verse, and ask God to help you trust in His presence and care.

Online Bible Resources:

- Logos (www.Logos.com)
- Bible by Olive Tree (www.OliveTree.com)
- BibleGateway (www.BibleGateway.com)