

# All the Feels: Understanding Our Emotions Through the Psalms

## Discussion Questions

### Week 5: Loneliness & Isolation

1. Would you say loneliness is an emotion you frequently experience? Why and how?
2. What situations or seasons generally lead to you experiencing loneliness?
3. Do you think any of your loneliness is due to:
  - a. Romance - an unhealthy fixation on relationships?
  - b. Insulating - insulating ourselves from meaningful relationships?
  - c. Sin - hidden struggles people don't know about?
4. What does it look like to rely on God's presence in the midst of loneliness?
5. What does it look like to rely on God's presence through his people in the midst of loneliness?