

# OUT OF THE SHADOWS

## PART 2: THE SHADOW OF LONELINESS

### WIN

To recognize the danger of isolation and discover how meaningful relationships help us become the men God created us to be.

### CONNECT

What's the best team, group, or community you've ever been part of? What made it special?

### LEARN

Before watching the video together and discussing the questions provided, we suggest taking a few moments to pray. Here's a simple prayer you can use:

*Heavenly Father, help us recognize areas where we've been isolated or disconnected. Give us the courage to be honest, take risks, and experience the kind of friendship and community you desire for us. Amen.*

After praying, watch the video for Part 2.

### APPLY

After the video, discuss the following questions as a group:

1. "Real men don't need anyone." Looking back, what messages did you receive about independence, self-reliance, or asking for help? How have those messages shaped the way you handle difficult seasons today?
2. When you're going through a difficult season, are you more likely to reach out to someone, keep it to yourself, or distract yourself from it?
3. Read **Genesis 2:18** aloud.

*The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."*

What stands out to you most about this verse and why?

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4. Read **Proverbs 27:17** aloud.

*As iron sharpens iron, so one person sharpens another.*

What does it mean to sharpen and be sharpened by another person? Have you experienced that type of “sharpening” in your life? If so, how?

5. What makes it difficult to let someone fully know what’s really going on in your life? In addition, what benefits can it bring?
6. Which of these two practices would have the greatest impact on your friendships right now? What makes that one challenging?
  - Cultivate deeper friendships. Move beyond surface-level conversations by intentionally investing in the relationships you already have.
  - Go first. Take the initiative to be honest, ask for help, and create the kind of friendship you hope to experience.
7. What’s a next step you can take?

## PRAY

Take prayer requests, then close your time in prayer. Here’s a simple prayer you can use:

*Heavenly Father, help us resist the temptation to isolate ourselves and give us the courage to let others into our lives. Surround us with men who will encourage us, challenge us, and point us toward you. Teach us to be those kinds of friends for others as well. Amen.*

## BEFORE NEXT TIME

This week, take one intentional step toward a deeper friendship. Reach out to someone, ask a meaningful question, or share something more personal than you normally would. Then pay attention to what happens.