

# WELCOME TO COWPLAIN CHURCH



WELCOME TO COWPLAIN CHURCH ..... Pastor Phill  
 SINGING TOGETHER ..... Water you turned into wine  
 PRAYER  
 UPDATES ..... Assistant Pastor Chris  
 SINGING TOGETHER ..... Christ be all around me  
 God I look to You  
 BIBLE READING ..... Psalm 27:1-14 (Church Bible page 607)  
 MESSAGE ..... Taught by Pastor Phill  
 COMMUNION ..... Behold the lamb  
 The Lord's my Shepherd



## Put on a happy face.

Psalms 27:1-14

### BEHAVIOURS OF THOSE WHO FEEL LONELY BUT MASK IT WELL:

1. They're often the life of the \_\_\_\_\_.
2. They rarely share personal \_\_\_\_\_.
3. They are extremely active on \_\_\_\_\_.
4. They become \_\_\_\_\_.
5. They're always \_\_\_\_\_.
6. They have a strong desire to make others \_\_\_\_\_.
7. They withdraw from personal \_\_\_\_\_.
8. They rarely let their true \_\_\_\_\_ show.

### EXAMPLES OF LONELINESS IN THE BIBLE.

#### 1. \_\_\_\_\_ the king.

*'For my days disappear like smoke, and my bones burn like red-hot coals. My heart is sick, withered like grass, and I have lost my appetite. Because of my groaning, I am reduced to skin and bones. I am like an owl in the desert, like a lonely owl in a far-off wilderness. I lie awake, lonely as a solitary bird on the roof.'* Psalm 102:3-7 NLT

*'I look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one cares a bit what happens to me.'* Psalm 142:4 NLT

#### 2. \_\_\_\_\_ the prophet.

*'Oh, that I could go away and forget them and live in a shack in the desert, for they are all adulterous and treacherous.'* Jeremiah 9:2 NLT

#### 3. \_\_\_\_\_ the apostle.

*'Please come as soon as you can. Demas has deserted me because he loves the things of this life and has gone to Thessalonica. Crescens has gone to Galatia, and Titus has gone to Dalmatia. Only Luke is with me... I sent Tychicus to Ephesus... Alexander the coppersmith has done me much harm... The first time I was brought before the judge, no one was with me. Everyone had abandoned me. I hope it will not be counted against them.'* 2 Timothy 4:9-16 NLT

### THE ESCAPE FROM LONELINESS.

#### 1. God gives us his \_\_\_\_\_ to live for.

*'The Lord will work out his plans for my life.'* Psalm 138:8 NLT

## 2. God gives us \_\_\_\_\_ to live with.

'God sets the lonely in families.' Psalm 68:6 NIV

## 3. God gives us His \_\_\_\_\_ to live in.

'I will never leave you or forsake you.' Hebrews 13:5 NIV

### THE BENEFITS OF REALIZING GOD'S PRESENCE

#### 1. God will \_\_\_\_\_ me out.

'Don't worry, because I am with you. Don't be afraid, because I am your God. I will make you strong and will help you; I will support you...' Isaiah 41:10 NCV

'If my father and mother leave me, the Lord will take me in.' Psalm 27:10 NCV

'God never abandons us.' 2 Corinthians 4:9 LB

#### 2. God will \_\_\_\_\_ me down.

'I will lie down in peace and sleep, for though I am alone, O Lord, you will keep me safe.' Psalm 4:8 LB

'You protect them by your Presence.' Psalm 31:20 NCV

#### 3. God will \_\_\_\_\_ me up.

'I keep the Lord before me always. Because he is close by my side, I will not be hurt. So I rejoice and am glad. Even my body has hope.' Psalm 16:8-9 NCV

'Your presence fills me with joy.' Psalm 16:11 TEV

'The Lord is close to the broken-hearted and saves those who are crushed in spirit.' Psalm 34:18 NIV

#### 4. God will \_\_\_\_\_ me through.

'When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown.' Isaiah 43:2 NLT

'The Lord... stopped my tears and kept me from defeat. So I walk in the presence of the Lord... I kept on believing, even when I said, 'I am completely crushed.' Psalm 116:8-10 TEV

### HOW TO EXPERIENCE GOD'S PRESENCE

#### 1. I must \_\_\_\_\_ a relationship with God.

'The one thing I want from God, the thing I seek most of all is the privilege of... living in his presence every day of my life.' Psalm 27:4 LB

#### 2. I \_\_\_\_\_ time to get to know God.

'Friendship with God is reserved for those who reverence him. With them alone he shares the secrets of his promises.' Psalm 25:14 LB



### SMALL GROUP SERMON DISCUSSION

1. In what ways and in certain situations and times of life can people feel lonely?
2. Look at the 8 behaviours of those who feel lonely but mask it well and discuss the disadvantages of doing this. Then discuss how you might help someone who is displaying these behaviour traits that hide a secret loneliness.
3. There were many people in the Bible who experienced periods of loneliness. Look at the three examples Pastor Phill gave and discuss what each person was feeling at the time they felt lonely: NB. Read the Bible passages connected to each person to get a sense of how they were feeling. How might you help someone today who is having the same feelings?
4. Read Psalm 138:8. How does focussing on what God wants you to do help battle the times when you feel lonely?
5. Read Psalm 68:6. In what ways does the church family, (us), help people when they are feeling lonely?
6. Read Hebrews 13:5. In what ways can we recognize God's presence in our life so that we can take advantage of the benefits of it?
7. A lot of times loneliness comes not at our bidding; it's unasked for. How does Isaiah 41:10 help us navigate those times?
8. Read Psalm 16:8-9. Give some practical ways we can live out these verses.
9. Read Psalm 27:4. In what ways does this verse encourage you?



Watch and listen to the message again, or an archived message by going to [www.youtube.com/cowplainchurch](http://www.youtube.com/cowplainchurch).