



Help! I'm Lonely

How to use this journal:

- Read through *Help! I'm Lonely* by Matt Collier.
- As you read through each chapter, write down at least three **key truths** that impact you. Space for notes is provided below.
- Thoughtfully work through the **Questions for Reflection**¹ after you read each chapter. Space for journaling your answers is provided.

<p>Introduction/ Chapter 1</p> <p><i>Impacting Truths:</i></p>	<p>1. _____ _____ _____</p> <p>2. _____ _____ _____</p> <p>3. _____ _____ _____</p>
<p>Chapter 1</p> <p><i>Questions for Reflection:</i></p>	<ul style="list-style-type: none">• Are you experiencing the pain of loneliness in your life? If so, how often? • What are some things you have tried to escape that feeling?

¹ The *Questions for Reflection* are taken from *Help! I'm Lonely* by Matt Collier, (Shepherd Press, 2023).

<p>Chapter 2 <i>Impacting Truths:</i></p>	<p>1. _____ _____ _____</p> <p>2. _____ _____ _____</p> <p>3. _____ _____ _____</p>
<p>Chapter 2 <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none">• Do you relate to one of the teens described in chapter two? If so, in what ways? • Is there a particular group to which you have sought to belong? • What response will you make to God’s invitation to “seek My face”?
<p>Chapter 3 <i>Impacting Truths:</i></p>	<p>1. _____ _____ _____</p> <p>2. _____ _____ _____</p> <p>3. _____ _____ _____</p>

<p>Chapter 3 <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> • When was the last time you were overwhelmed by loneliness? What did it feel like? • Are you confident that God has adopted you into His family? • What does adoption into the family of God have to do with your feelings of loneliness?
<p>Chapter 4 <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"> 1. _____ _____ 2. _____ _____ 3. _____ _____
<p>Chapter 4 <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> • In what ways do you need to change your thinking about belonging?

