



IronWorks: "TALKING BACK: Speaking truth to my dark thoughts "

Oct. 25 & Oct. 30, 2019

Teacher: Roger Thompson

Talking Back to Loneliness

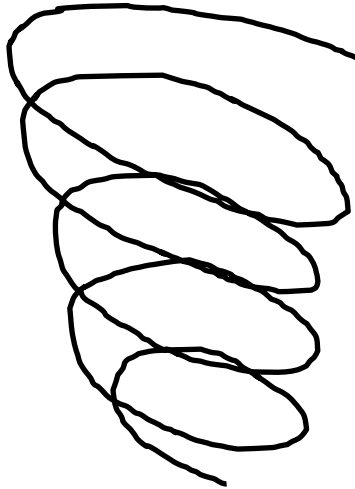
Lonely. . empty. . solitary. . isolated. . deserted. . friendless. . sad. . forgotten

Our core assumptions about the world boil down to this: we are on our own to make life work. We are not watched over. We are not cared for. We have to figure it our ourselves.

John Eldredge: Fathered by God p. 27

How did I get lonely?

The Spiral



RECOGNIZE: Loneliness and depression results from habitual thinking: constant negative thoughts about my person, my situation, and my future.

Lamentations 3:14-20

- Feelings of defeat: "broken teeth, cowering in the dust"
- Feelings of defectiveness: "laughingstock, filled with bitterness"
- Feelings of desertedness: "drunk, bitter, broken his teeth, no peace"
- Feelings of deprivation: deprived of hope.



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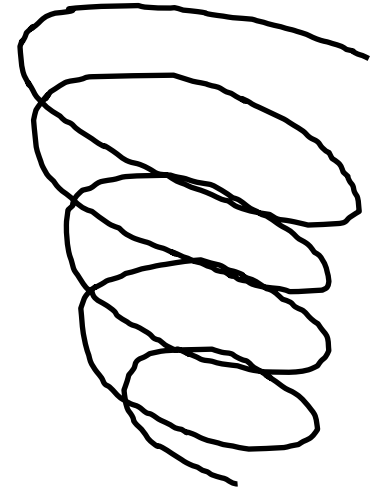
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RESIST:

But this I call to mind, and therefore I have hope. Lamentations 3:21

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; GREAT IS YOUR FAITHFULNESS. The Lord is my portion, says my soul, therefore I will hope in him.

Lamentations 3:22-24

REPLACE:

I will never leave you nor forsake you. Hebrews 13:5

Call for help! (Psalm 70)

Run to the Father! (Repent: "Thank you for forgiving me.")

Steep your mind in personal, fatherly messages.

Discipleship is a group project! Encourage one another (Heb. 10:24)

Discussion Questions:

1. Each man, individually, put his name in the blanks, and read out loud to the group this truth about himself:

"I am _____ the son of a King who is not moved by the world, for my God is with me and goes before me. I do not fear because I am his!"

2. From the handout, share what message from your Father you most need to remember today, and why.

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