



# SMALL GROUP BIBLE STUDY

Caring for the Lonely  
Psalm 139:7-12 | Jan 4, 2026



**1 KINGS 19:1-10 ESV** - <sup>1</sup> Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. <sup>2</sup> Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow." <sup>3</sup> Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. <sup>4</sup> But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O LORD, take away my life, for I am no better than my fathers." <sup>5</sup> And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, "Arise and eat." <sup>6</sup> And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. <sup>7</sup> And the angel of the LORD came again a second time and touched him and said, "Arise and eat, for the journey is too great for you." <sup>8</sup> And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

<sup>9</sup> There he came to a cave and lodged in it. And behold, the word of the LORD came to him, and he said to him, "What are you doing here, Elijah?" <sup>10</sup> He said, "I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away."

**PSALM 25:16-17 ESV** - <sup>16</sup> Turn to me and be gracious to me, for I am lonely and afflicted. <sup>17</sup> The troubles of my heart are enlarged; bring me out of my distresses.

**PSALM 139:7-12 ESV** - <sup>7</sup> Where shall I go from your Spirit? Or where shall I flee from your presence? <sup>8</sup> If I ascend to heaven, you are there! If I make my bed in Sheol, you are there! <sup>9</sup> If I take the wings of the morning and dwell in the uttermost parts of the sea, <sup>10</sup> even there your hand shall lead me, and your right hand shall hold me. <sup>11</sup> If I say, "Surely the darkness shall cover me, and the light about me be night," <sup>12</sup> even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you.

**2 TIMOTHY 4:16-18 ESV** - <sup>16</sup> At my first defense no one came to stand by me, but all deserted me. May it not be charged against them! <sup>17</sup> But the Lord stood by me and strengthened me, so that through me the message might be fully proclaimed and all the Gentiles might hear it. So I was rescued from the lion's mouth. <sup>18</sup> The Lord will rescue me from every evil deed and bring me safely into his heavenly kingdom. To him be the glory forever and ever. Amen.

**LUKE 5:16 ESV** - But he would withdraw to desolate places and pray.

**HEBREWS 4:15 ESV** - For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.

**MATTHEW 27:45-46 ESV** - <sup>45</sup> Now from the sixth hour there was darkness over all the land until the ninth hour. <sup>46</sup> And about the ninth hour Jesus cried out with a loud voice, saying, "Eli, Eli, lema sabachthani?" that is, "My God, my God, why have you forsaken me?"

## OBSERVATION: WHAT DOES THE TEXT SAY?

What do you learn about loneliness from the following passages:

1. 1 Kings 19:1-10 \_\_\_\_\_

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2. Psalm 25:16-17 \_\_\_\_\_

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3. Psalm 139:7-12 \_\_\_\_\_

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4. 2 Timothy 4:16-18 \_\_\_\_\_

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5. Luke 5:16

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6. Hebrews 4:15

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## 7. Matthew 27:45-46

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## INTERPRETATION: WHAT DOES IT MEAN?

1. What new perspective did Elijah gain from his time of loneliness?

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2. What new perspective did David gain from his time of loneliness?

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3. What new perspective did Paul gain from his time of loneliness?

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4. What new perspective did Jesus gain from his time of loneliness?

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## APPLICATION: HOW SHOULD WE RESPOND?

What practical applications can you take from these portraits of people in their times of loneliness?

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