

Hope Presbyterian Church  
Sermon-Based Bible Study

June 7, 2026

**“Loneliness”**

#2 in the series *At A Loss*

**Scripture Text**

2 Timothy 4:9-18 (NLT)



1. What stood out to you about the message?
2. In U.S. Surgeon General Vivek Murthy’s 2023 Report, “Our Epidemic of Loneliness and Isolation,” we learn that:
  - 52 million Americans struggle with loneliness.
  - Loneliness is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death.
  - Young people, specifically, are reporting especially high rates of loneliness.
  - What do you think contributes to increasing levels of loneliness?
3. **Read 2 Timothy 4:9-13** - *Loneliness can come when someone leaves.*  
An aging Paul writes from prison in Rome to his protege Timothy, citing friends who have “left” him.
  - How have you navigated the loss of a friendship? Did you experience loneliness as a result?
  - How does Paul’s request for Timothy to bring him his treasured personal belongings help us understand aspects of coping with loneliness?
4. **Read 2 Timothy 4:14-15** - *Loneliness can come through being hurt.*
  - How can being hurt by someone lead to profound loneliness?
  - Why is shame often associated with being hurt by someone?
  - Why is shame sometimes experienced as part of being lonely?
5. **Read 2 Timothy 4:16-18** - *Loneliness can come because no one showed up.*
  - Have you ever faced a challenging situation and felt that no one was there to support you?
    - How did you navigate that kind of loneliness?
  - What do you find most reassuring about Paul’s declaration about Jesus standing with him, when no one else would?
6. Consider the importance of community from Dietrich Bonhoffer, a German Lutheran theologian and anti-Nazi dissident during World War II:
  - “The physical presence of other Christians is a source of incomparable joy and strength to the believer.” - *Life Together: The Classic Exploration of Christian in Community*
  - Why is it often difficult to embrace community when we are lonely?
  - How can we be more sensitive to the loneliness that so many in our community face?
7. How can we pray for you?