



### **Week 3**

What's something you're most comfortable doing on your own?

What's something that feels more meaningful when shared with others?

Have you ever felt isolated or unseen, even when surrounded by people? What contributed to that feeling?

#### **Read 1 John 4:13–15**

What stands out to you about the idea that God lives in us through His Spirit?

How might believing that Jesus is always present change the way you handle stress, loneliness, or uncertainty?

What practices help you stay aware of God's presence in everyday life?

Who in your life might be struggling with feeling alone — and how could you intentionally show them they're not?