

9 Habits of the Chronically Unhappy

Isolating

CONNECT

We've likely all felt the negative effects of being isolated from other people—but has there ever been a time when you intentionally closed yourself off from others? Have you ever felt like getting together with others wasn't worth the effort?

DISCUSS

Have someone read Psalm 133. As you listen, are there any words or phrases that especially strike you? What questions come to your mind about what it says? Is there anything that is confusing or encouraging?

¹ How very good and pleasant it is
when kindred live together in unity!
² It is like the precious oil on the head,
running down upon the beard,
on the beard of Aaron,
running down over the collar of his robes.
³ It is like the dew of Hermon,
which falls on the mountains of Zion.
For there the Lord ordained his blessing,
life for evermore.

1. Why is it so “good” to live together in unity? Is there ever a time for being alone? What is the difference between aloneness that is good, and isolation that is not?
2. What are some of the factors that keep people from living “together in unity?”
3. Why is the image of a large amount of oil on a beard used to represent the beauty of togetherness? How about the dew of Hermon—why does the psalmist direct us to this image?

PRAY AND PERSONALIZE IT

1. Christian highlighted the verse from Hebrews 10 that cautions us against “neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.” How can we encourage each other to live together in unity?
2. What factors in your life incline you towards isolation? Pray for those around you as they share what moves them to isolate from others.
3. Pray that Renaissance Church would be a place of communion and community in Christ.