



## WHO KNOWS YOU?

*It's Not Good to Be Alone*

You weren't meant to do life alone. No one was. When God surveyed all He had created in Genesis 1, He pronounced that it was "good." But when He looked down at Adam, God changed His tune, because man was His special and dearly loved creation.

In Genesis 2:18 NIV, we read, "*The Lord God said, 'It is not good for the man to be alone.'*" And it never is—for any of us. Somehow though, we continue to find ourselves lonely and cut off from meaningful relationships with others. God understood from the beginning that the perfect recipe for hardship and heartache is for us to be alone. So a critical question for all of us has to be, "How disconnected am I from others... really?"

Thankfully, if isolation is the path to hardship and heartache, the opposite is also true. Meaningful relationships with people who are following Jesus can be our greatest source of joy, blessing, and even healing.

James 5:16 NIV says, "*Therefore confess your sins to each other and pray for each other so that you may be healed.*" Think about that. Sometimes, God chooses to deliver supernatural healing to us through our connection with other people—not shallow greetings as you walk into church or a text message every now and then to say, "How's it going?" We're talking about meaningful relationships that give others permission to really know us and speak into our lives.

So who in your life knows your story, your struggles, and your secrets? Are you engaged in a small group? If not, what are you waiting for? Hardship? Heartache? God said it from the very beginning, so we can trust it to be true: going it alone is "not good." But sharing your life with others is! Make it a priority.

## VERSES TO READ

Ecclesiastes 4:8-12  
Hebrews 10:24-25

Romans 12:9-10

## QUESTIONS TO CONSIDER

- Am I intentionally seeking out healthy relationships with genuine disciples with whom I can share my story, struggles, and secrets?
- Am I engaged in a small group? If not, what is holding me back?

## PRAYER TO PRAY

*Father, I know I am in danger if I am alone. I don't want to be isolated, and I know from Your Word that You don't want me to be either. Help me find people around me who will build up my faith. Give me the wisdom and courage to step toward those relationships that will bring me joy and healing. And help me be the kind of person that builds others up as well. In Jesus' name, amen.*