

# ISOLATION

## A Conversation Guide to Caring



When have you felt lonely? Isolated? Describe what you felt and what helped.

Who do you know who is experiencing isolation? What may be the causes of that isolation?

What needs might they have because of their isolation?

What kinds of connections/tools are you experienced in using? What about your isolated friend?  
Put a #1 by any that might take some learning or resources.

Think about three different ways you could “reach out” with an invitation to connect.  
Put a #1 by the one you could start with. Make a note of when you’ll reach out.

**Be creative and think about ideas that fit how God made, where He has you, and how He made your friend.**

- Create a piece of art to drop off on a porch or in the mail as a “first touch”
- Make a bag full of basics (and a flower!) to drop off and say “thought of you”
- Invite your friend to meet up on the phone/Facetime/at a window/at a park
- Do a book or puzzle swap together
- What ideas do you have?

**Isolation Initiatives could connect different people with different needs and things to share.**

- Student with relative, older church member or neighbor
- Couple or family with a single adult
- Empty nester with child learning at home
- You and ?

When our hearts feel lonely or afraid from isolation, it may be hard to receive an invitation to be cared for. **Begin to pray now for your friend** to have an open heart, for you to be tuned in to their needs, and God to bring the two of you together in a way that honors Him. May it be beautiful!

Let's pray about it together ~

*Dear God,*

*You know who is isolated and feeling lonely. You are aware of every need. Please show me who I could encourage, so we both feel the goodness of life together. Help me learn about them and to understand how my friend feels. Show me ways I can help. Guide me in reaching out in the best way. Help my friend know You see them and provide for them, sometimes through people like me. Help \_\_\_\_ not to be anxious, but to be open. Thank You for being with us, for never leaving us alone.*

*Amen*

