

# MESSAGE STUDY NOTES: July 26, 2020

## Keeping Life Real in Times of Isolation ~ Harold Priebe

### Warm Up

What have you lost during this time of isolation?

### Read

Genesis 7:13; Psalm 69:1-3, 29; Luke 8:22-25

### Main Idea:

Acknowledge how difficult isolation is

### Message Recap

1. Isolation is not a completely new thing; it has occurred before. Example: Noah's story
2. The results of isolation are not always good or pleasant.
3. How we can respond to isolation? Faith/Trust is a refusal to panic in the face of storms.

### Questions for discussion

1. There is an appropriate time to move on into the new future. How might you move on from isolation?
2. What might you do to show someone you really care about them? According to The Penn State University research team actions speak louder than words when it comes to expressing love. "We found that behavioral actions—rather than purely verbal expressions—triggered more consensus as indicators of love." For instance, leaving a love note or making coffee for the person you care about may be more important than giving them a compliment.

### Application

1. Reflect on Psalm 69:15-16

15 Do not let the floodwaters engulf me or the depths swallow me up or the pit close its mouth over me.

16 Answer me, Lord, out of the goodness of your love; in your great mercy turn to me.

2. Get support, connect with other friends. If you're questioning your commitment to your spouse and you're unable to repair and get back on track after arguments, it's a good idea to seek help from others.