



Discussion Guide

Date: 4/12/2026

Sermon Title: Why am I lonely?

Scripture: Psalm 8

This discussion guide is a layout to be used with a group or class. We have included opening and closing prayers to start and end your group. The guide may be used for personal or family reflection as well.

OPENING PRAYER

Gracious and loving God, you created us in your image and called us into relationship with you and with one another. In a world filled with noise, screens, and constant connection, we confess that we often feel disconnected, isolated, and lonely. Quiet our hearts now as we gather together. Open our minds to your Word and our hearts to your Spirit. Guide our conversation as we follow you. In Christ's name we pray, Amen.

OPENING QUESTIONS:

1. What is one piece of technology you use every day?
2. When does technology help you feel connected to others?
3. When does technology make you feel more isolated or distracted?
4. Where do you most experience meaningful connections in your life?

OPENING CONTEXT:

Technology connects us in many ways, yet many people feel more lonely than ever. Psalm 8 reminds us that we are not alone. We are part of God's grand creation and beloved by God. When we forget our place in God's story, we can feel isolated and disconnected. This week we explore how we rediscover transcendence, community, and purpose in a tech-centered world.

DIGGING INTO THE SCRIPTURE:

Read Psalm 8 (NRSV). Using additional translations may be helpful for you in wrestling with the text.

Observing the Text

1. Psalm 8 begins and ends with the same phrase. Why do you think the psalmist frames the passage this way?
2. What stands out to you in verses 3–4: "When I look at your heavens, the work of your fingers... what are human beings that you are mindful of them?"
3. What does this passage tell us about God?
4. What does this passage tell us about humanity?
5. How does Psalm 8 describe humanity's place in creation?

Interpreting the Text

6. Why might remembering God's creation help combat feelings of loneliness?
7. The psalm speaks of wonder and awe. How does awe help us reconnect with God and others?
8. What does it mean that God is “mindful” of us?
9. How does this Psalm challenge the idea that we are alone or insignificant?
10. Where do you experience transcendence, which are moments when you feel part of something bigger?

Applying the Text

11. How might technology distract us from noticing God’s creation?
12. What practices help you slow down and experience awe?
13. How can we intentionally create space for deeper connection with others?
14. What is one way you could step away from technology this week to reconnect with God?

Further Scripture:

Genesis 1:27; Genesis 2:18; Ecclesiastes 4:9–12

1. What do these scriptures say about God's design for community?
2. How do these texts speak to loneliness today?
3. How can we strengthen relationships within our church and community?

1 Corinthians 12:12–27; Hebrews 10:24–25; Acts 2:42–47

1. What does it mean to belong to the body of Christ?
2. How does Christian community help combat loneliness?
3. Where have you experienced meaningful Christian community?

Psalm 19:1; Colossians 1:16–17; Romans 8:38–39

1. How do these passages remind us we are part of something bigger?
2. How does remembering God's presence help with loneliness?

SERMON QUESTIONS:

1. Pastor Clayton points out at the beginning of the sermon that technology is neutral, but the issues become in how we use and engage with tech. How can we use technology as a tool for good without letting it control us? What boundaries might be helpful?
2. The sermon shows us that Psalm 8 reminds us to slow down and ask how we matter. How do you seek affirmation and value in your life, and how does that compare to receiving value from God?
3. Pastor Clayton points out that we are not God but were created a little lower than the angels and crowned with glory and honor. What does this mean to you personally?
4. We are wired to be connected to God and then to others. Are you finding connection and purpose in connecting with God? Is your tech getting in the way with connection to God and others?
5. We are reminded this week to unplug from tech what specific steps can you take this week to unplug from technology and reconnect with God's presence in creation and in the people around you?
6. The sermon mentioned three essential prayers: Help, Thanks, and Wow. Which of these three do you pray most often? Which way do you pray the least? Why?

REFLECTION:



1. How can we practically balance the benefits of technology with the need for authentic human connection and relationship with God?
2. When was the last time you experienced genuine awe at God's creation, and what prevented or enabled that moment?
3. If you truly believed that God sees you and values you, how might that change the way you live this week?
4. What would it look like in your daily life to pray more prayers of wow, as Anne Lamott suggests?

CLOSING PRAYER:

Loving God, thank you for creating us and calling us into a relationship with you and with one another. Remind us that we are never alone. When we feel isolated, help us remember that we are part of your great story. Help us use technology wisely and faithfully, not as a substitute for real connection, but as a tool for love and grace. Send us out this week to build community, extend kindness, and reflect your love to those around us. Through Jesus Christ our Lord, Amen.

WAYS TO RESPOND:

Choose ONE of the following practices to focus on this week:

1. The Unplugged Hour: Choose one hour each day this week to completely unplug from all devices. Use this time for prayer, nature walks, or face-to-face conversation.
2. The Awe Walk: Take a 20-minute walk outside this week with the specific intention of noticing God's creation. Practice praying "wow" prayers.
3. The Phone Fast: Consider a technology sabbath - one day (or even half a day) completely away from your phone.
4. The Connection Challenge: Reach out to three people this week through a phone call or in-person visit (not text or social media) to deepen real connections.
5. The Gratitude Reset: Each time you pick up your phone this week, first say a prayer of thanks for one specific blessing in your life.

GO FURTHER WITH MORE THAN SUNDAY PODCAST:

This season explores the intersection of faith and technology and asks what it might look like to stay human in an increasingly digital world. fumcr.com/morethansunday The new season launches Wednesday, April 15, 2026 and continues weekly through May 6.