

# The Stained Glass of Loneliness

## Discipleship Workbook

A Biblically based Experience into the  
Realm of the Heart

RW Nelson

## **Chapter Worksheets and Summaries**

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# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**



### **Introduction Worksheet: *A Light in the Lonely Places***

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase.

### **Questions**

1. Even in the perfect Garden of Eden before sin entered, God declared, “It is not good for the man to be \_\_\_\_\_.” (Genesis 2:18)
2. As a deer \_\_\_\_\_ for streams of water, so the psalmist’s soul \_\_\_\_\_ for God. (Psalm 42:1)
3. Loneliness can feel like a \_\_\_\_\_ ache, a sense of being unseen, unheard, or disconnected even when surrounded by others.
4. Jesus promises, “I am with you \_\_\_\_\_, even to the end of the age.” (Matthew 28:20)
5. The LORD is near to the \_\_\_\_\_ and saves those who are crushed in spirit. (Psalm 34:18)
6. God promises, “I will never \_\_\_\_\_ you, nor will I ever \_\_\_\_\_ you.” (Hebrews 13:5)
7. A joyful heart is good \_\_\_\_\_, but a broken spirit dries up the \_\_\_\_\_. (Proverbs 17:22)
8. Loneliness while surrounded by people highlights the difference between \_\_\_\_\_ and intimacy.
9. God has plans to prosper you and not to harm you, plans to give you hope and a \_\_\_\_\_. (Jeremiah 29:11)
10. This book journeys from isolation to healing, using biblical truth, real stories like Helena’s—a smiling teen \_\_\_\_\_ inwardly—and practical steps.

**Introduction Summation:**  
**A Light in the Lonely Places**

Have you ever been in a room full of people—laughter echoing, conversations buzzing—yet felt invisible, like no one even noticed you were there? That quiet ache of being unseen can weigh heavy. Maybe it shows up when you scroll through social media, comparing your life to everyone else’s highlight reel, or when doubts whisper, “*You don’t belong. No one really cares.*” Loneliness doesn’t always crash in suddenly; sometimes it slips in after a friendship fades, a loved one is gone, or life shifts in ways that leave you standing on the outside looking in. And when it settles, it can feel suffocating, like a weight pressing down on your chest.

But loneliness isn’t new. Even in the garden of Eden, before sin entered the world, God looked at Adam and said, “*It is not good for the man to be alone*” (Genesis 2:18). From the very beginning, we were created for connection—with God and with each other. Sin broke that connection (Isaiah 59:2), leaving our souls thirsty, longing for something deeper, like a deer panting for water (Psalm 42:1). We try to fill the emptiness with busyness, endless scrolling, or shallow relationships, but those things never satisfy for long. They slip through our fingers, leaving us emptier than before.

Loneliness wears many faces. A child left out of a game. A teenager unsure of who they are. A young adult moving to a new city. A middle-aged parent feeling disconnected. A senior grieving the loss of a spouse. The details change, but the longing is the same: to be known, loved, and remembered. Even when surrounded by people, fear and masks can keep us from true closeness.

Here’s the good news: God sees you. Right now. In your doubts, in your pain, in the moments you feel forgotten. He isn’t far away. Jesus promises, “*I am with you always*” (Matthew 28:20). He draws near to the brokenhearted (Psalm 34:18). He will never leave or abandon you (Hebrews 13:5). Scripture reminds us that while a broken spirit can dry up our bones (Proverbs 17:22), God restores joy through His love, forgiveness, and purpose.

This journey—from isolation to healing—isn’t about pretending loneliness doesn’t exist. It’s about facing it honestly and letting God transform it. Through His Word, through stories like Helena’s—who smiled on the outside but was drowning inside—and through practical steps, we discover that loneliness is not a life sentence. It’s a signal pointing us back to the One who made us for relationship. Even Jesus felt the sting of loneliness in Gethsemane, yet His presence now redeems our ache. He promises hope and a future (Jeremiah 29:11).

You are not alone. He holds you. And the healing begins here, in this very moment.

**Answer Key**

1. Alone
2. Pants; longs
3. Deep
4. Always
5. Brokenhearted
6. Leave; forsake
7. Medicine; bones
8. Proximity
9. Future
10. Hurting

# ***The Stained glass of Lonelienss* by RW Nelson**

## **Discipleship Worksheets**



### **Chapter 1 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter *“Emorional Loneliness: When Connection is Missing.”*

### **Questions**

1. Emotional loneliness is the ache of missing a deep, meaningful \_\_\_\_\_ where someone truly sees and understands you.
2. David grieved deeply for Jonathan, saying his love was more wonderful than the love of \_\_\_\_\_. (2 Samuel 1:26)
3. Emotional loneliness often results from the \_\_\_\_\_ of a significant relationship, such as through death, divorce, or estrangement.
4. Job lamented that a despairing man should have the \_\_\_\_\_ of his friends. (Job 6:14)
5. People with \_\_\_\_\_ attachment often fear abandonment and may overanalyze interactions, feeling “too much” or “too needy.”
6. Ruth declared to Naomi, “Where you go, I will go, and where you \_\_\_\_\_, I will \_\_\_\_\_.” (Ruth 1:16)
7. Mental health challenges like depression or anxiety can cause withdrawal because connection feels \_\_\_\_\_ or undeserved.
8. God cared for the exhausted Elijah by first providing \_\_\_\_\_, food, and then speaking in a gentle whisper.
9. David is described as a man after God’s own \_\_\_\_\_, modeling emotional courage by pouring out his heart in the Psalms. (1 Samuel 13:14)
10. God sets the \_\_\_\_\_ in families, promising spiritual belonging and emotional safety. (Psalm 68:6)

## Chapter 1 Summation:

### Emotional Loneliness: When Connection is Missing

In the beginning, God created a world full of harmony and beauty, calling it “very good” (Genesis 1:26–27). He made humans in His *image* - the Hebrew word *tselem* - which means we were designed to reflect His love, creativity, and holiness, like living mirrors of His glory. Adam and Eve lived in perfect relationship with God in the Garden of Eden, free from shame and fear (Genesis 2:25). But everything changed in Genesis 3, when Satan, disguised as a serpent, tempted them by questioning God’s command. They chose to trust themselves instead of God, committing *chata* – sin - which means “missing the mark.” This was not just breaking a rule; it was breaking their purpose to reflect God.

Their decision shattered their connection with God, bringing spiritual death – *Thanatos* - which means separation from the source of life (Romans 5:12). They hid in shame, covered themselves with fig leaves, and were sent out of Eden. Physical death followed, and creation itself was affected, cursed with pain and struggle (Genesis 3:17–18). This was not just their fall - it became ours too. Humanity inherited this brokenness, known as original sin, like a spiritual disease passed down through generations. We are born with a cracked mirror inside, longing for the connection we lost and searching for something more.

Romans 3:23 says, “All have sinned and fall short of the glory of God.” The Greek word *hystereō* shows that no matter how hard we try, we cannot reach God’s perfect glory on our own. Sin earns death – *opsōnia* - but God offers a gift - *charisma*: eternal life through Jesus (Romans 6:23). Jesus, described as the perfect *eikōn* or image of God (Colossians 1:15), came to restore what was broken. Through Him, we become new creations (2 Corinthians 5:17).

The Bible also speaks of a coming judgment – *krisis* - when everything will be revealed (Hebrews 9:27; Revelation 20:12). But those who accept Jesus’ grace, not by earning it through good deeds, but by trusting Him, will find their names written in the Book of Life (Ephesians 2:8–9). Sin, builds a wall between us and God (Isaiah 59:1–2), but His grace breaks through that wall.

For people who feel weighed down by guilt, insecurity, or emptiness, Jesus offers a fresh start. Through Jesus, we are not just returning to a “restored” Eden – we are moving toward a new heaven and earth (Revelation 21:3–4). Sin’s separation is overcome by grace, reconnecting us to God and transforming us from wanderers into beloved children, invited to live with purpose and eternal hope in His unshakable love.

### Answer Key

- 1 bond
- 2 women
- 3 loss
- 4 devotion
- 5 anxious
- 6 stay, stay
- 7 exhausting
- 8 rest
- 9 heart
- 10 lonely

# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**



### **Chapter 2 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Social Loneliness: When You Feel Left Out of the Circle.”*

1. Social loneliness is the ache of feeling like you do not \_\_\_\_\_ in a group or community.
2. God declared in the beginning, “It is not good for the man to be \_\_\_\_\_.” (Genesis 2:18)
3. Social loneliness often stems from \_\_\_\_\_ to a new place, where familiar faces and shared history are absent.
4. In Christ, believers are no longer strangers and foreigners, but fellow citizens with the saints and members of God’s \_\_\_\_\_. (Ephesians 2:19)
5. Social loneliness can be intensified by \_\_\_\_\_, where the fear of rejection makes interactions feel overwhelming.
6. One way to heal social loneliness is to find a group that shares your \_\_\_\_\_, such as a club, volunteer team, or hobby circle.
7. \_\_\_\_\_ builds trust in relationships and helps combat social loneliness by creating routines like weekly coffee or check-ins.
8. Emotional loneliness focuses on the absence of \_\_\_\_\_ intimate connection, while social loneliness is about lacking a broader network or group.
9. Advocacy for \_\_\_\_\_ and accessibility helps create communities where everyone feels welcome and reduces social exclusion.
10. Healing social loneliness often starts with small acts of \_\_\_\_\_, such as showing up, saying hello, or inviting someone into conversation.

## Chapter 2 Summation:

### Social Loneliness: When You Feel Left Out of the Circle

Have you ever stood on the edge of a group—watching laughter and inside jokes flow while feeling completely outside, like no one would notice if you slipped away? That sting of social loneliness is real. It's the cafeteria table with no seat, the event where the invitation never came, the church gathering where you're present but not truly part. It's not just being alone; it's feeling excluded even when surrounded. That whisper—“*You don't belong*”—breeds doubt and anxiety, pulling you further back.

You may have felt it when a move ripped you from familiar circles, when geography isolated you, when busyness crowded out connection, or when anxiety made simple conversations feel terrifying. Digital “friends” promise closeness but often deliver only illusion. Life transitions—graduation, retirement, loss—shift everything, leaving you to rebuild from scratch. Across ages, the ache looks different: children left out, teens yearning for a tribe, adults drifting, seniors forgotten. But the longing is the same—to have a place where you're known, missed, and welcomed.

From the beginning, God designed us for belonging. “*It is not good for the man to be alone*” (Genesis 2:18). In Christ, we are fellow citizens in His household (Ephesians 2:19)—no outsiders. Jesus built tables for the overlooked, not for exclusivity. Emotional loneliness craves soul-depth; social loneliness longs for shared space. Both are holy desires, reflected in His own rejection yet His relentless outreach.

Healing often begins with small acts of courage: joining an interest group, practicing conversation skills, setting rhythms like regular meetups, or advocating for inclusion. It grows when we show up, invite others, notice the quiet ones, ask deeper questions, share our stories, and make room for those who feel left out.

Your loneliness is temporary—it does not define you. God sees the ache and prepares belonging for you. Connection often starts small: a conversation, a prayer, a step forward. But those small beginnings lead to circles where you matter. You are worthy. You are seen by Him. You are part of His inclusive story. That outsider feeling? It may be the very space He is shaping into your true home.

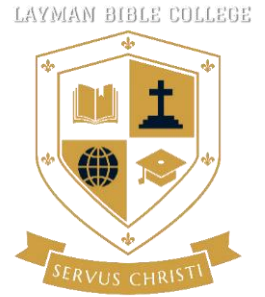
### Answer Key

1. belong
2. alone
3. moving
4. household
5. social anxiety
6. interests
7. consistency
8. deep
9. inclusion
10. courage



# The Stained Glass of Loneliness by RW Nelson

## Discipleship Worksheets



### Chapter 3 Worksheet

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *"The Dangers of Deep-Seated Loneliness."*

#### Questions

1. Deep-seated loneliness can open the door to the three temptations: the lust of the \_\_\_\_\_, the lust of the \_\_\_\_\_, and the boastful \_\_\_\_\_ of life. (1 John 2:16)
2. A joyful heart is good \_\_\_\_\_, but a broken spirit dries up the \_\_\_\_\_. (Proverbs 17:22)
3. The lust of the flesh often involves craving physical \_\_\_\_\_ or gratification, such as through infatuation, fantasy, or flirtation to numb loneliness.
4. Your iniquities have separated you from your God, as stated in \_\_\_\_\_ 59:2.
5. The lust of the \_\_\_\_\_ tempts us to chase material things, status, or experiences that look appealing but are fleeting, often fueled by comparison on social media.
6. The pride of \_\_\_\_\_ drives the need to be seen as better or more important, using achievements or attention to mask feelings of invisibility.
7. God satisfies the longing soul and fills the hungry soul with good things, according to \_\_\_\_\_ 107:9.
8. No temptation has overtaken you except what is common to mankind, and God provides a \_\_\_\_\_ of escape. (1 Corinthians 10:13)
9. To guard your heart, set \_\_\_\_\_ like limiting social media or avoiding tempting situations, as advised in Proverbs 4:23.
10. The LORD your God is with you and will take great \_\_\_\_\_ in you. (Zephaniah 3:17)

## Chapter 3 Summation

### The Dangers of Deep-Seated Loneliness

If loneliness has ever settled so deeply that it starts reshaping how you see yourself—whispering that you’re invisible, unworthy, or destined to stay on the outside—this chapter is for you. I know that persistent ache, the way it opens doors to temptations that promise relief but only pull you further in. The lust of the flesh offers fleeting pleasure to numb pain, the lust of the eyes stirs envy for what glitters on screens, and the pride of life builds fragile worth on achievements and attention. All of these are counterfeit comforts that deepen the void instead of filling it (1 John 2:16).

Maybe you’ve felt it after exclusion or conflict left you questioning everything, spiraling into obsession, envy, or self-centered striving. These patterns erode relationships, values, health, and even faith.

Scripture reminds us, *“A joyful heart is good medicine, but a broken spirit dries the bones”* (Proverbs 17:22). Left unchecked, loneliness drains life.

Yet even here, hope stirs. God satisfies the longing soul (Psalm 107:9). He provides a way out of temptation (1 Corinthians 10:13). He delights in you (Zephaniah 3:17). Though sin separates (Isaiah 59:2), His presence renews and restores.

Healing often begins with gentle steps: memorizing truth, seeking accountable connections, praying honestly, serving others. Guard your heart (Proverbs 4:23). Recognize triggers, set boundaries, and replace lies with His voice.

You are not trapped. This deep ache can be reshaped under His hand—from vulnerability into strength, from isolation into intimacy. He sees you fully, loves you steadfastly, and works purpose even in your pain. You are delighted in, never alone. His good medicine restores joy, wholeness, and hope—one surrendered step at a time.

### Answer Key

1. flesh, eyes, pride
2. medicine, bones
3. pleasure
4. Isaiah
5. eyes
6. life
7. Psalm
8. way
9. boundaries
10. delight

# ***The Stained Glass of loneliness* by RW Nelson**

## **Discipleship Worksheets**

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### **Chapter 4 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“The Silent Ache in Young Hearts.”*

#### **Questions**

1. God created my innermost parts and \_\_\_\_\_ me together in my mother’s womb.  
(Psalm 139:13)
2. Jesus welcomed children, saying the kingdom of heaven belongs to \_\_\_\_\_ as these. (Matthew 19:14)
3. Chronic loneliness in children often roots in \_\_\_\_\_ at home, where hurried parents miss quiet signals like drawings left unnoticed.
4. Even if my father and mother forsake me, the \_\_\_\_\_ will receive me. (Psalm 27:10)
5. Children experiencing loneliness may show physical signs like headaches, stomachaches, or trouble \_\_\_\_\_, signaling a need for peace.
6. Jesus cried out on the cross, “My God, My God, why have You \_\_\_\_\_ Me?” showing He understands deep isolation. (Matthew 27:46)
7. Parents are called to bring up children in the discipline and \_\_\_\_\_ of the Lord, without provoking them to anger. (Ephesians 6:4)
8. God’s plans are to give you hope and a \_\_\_\_\_, even in seasons of change or uncertainty. (Jeremiah 29:11)
9. Presence and \_\_\_\_\_ listening—asking gentle questions about a child’s heart—help uncover and heal deep loneliness.
10. God promises that nothing can separate us from His love in Christ Jesus, including things present or things to \_\_\_\_\_. (Romans 8:38–39)

## Chapter 4 Summation:

### The Silent Ache in Young Hearts

Have you ever watched a child grow quieter—laughter fading as they sit on the edge of the playground or retreat into silence at the dinner table? This chapter is close to my heart because I know that subtle ache in young ones. It's the unspoken question: *"Do I matter here?"* It shows up when hurried homes overlook drawings left on the table, when peers exclude, or when loss and change shake a child's sense of safety. It's not just sadness—it's the persistent fear that connection might not last, that love could slip away, leaving them unseen.

You may have noticed it in a child hoarding toys out of fear, or crying at night wondering why God feels far. It can surface in headaches, restless sleep, withdrawal, or clinging—body and soul signaling a deep need for peace. Across childhood, loneliness wears many faces: playground invisibility, teen identity struggles, or the quiet grief of transitions.

But God sees every small heart. He forms them intricately (Psalm 139:13–14), places children at the very center of His kingdom (Matthew 19:14), and receives those who feel forsaken (Psalm 27:10). Jesus invites weary little ones to Himself (Matthew 11:28), entered isolation on the cross (Matthew 27:46), and pursues each child like a shepherd searching for one lost sheep (Luke 15:4). Nothing—absolutely nothing—can separate them from His love (Romans 8:38–39).

Parents and caregivers, you don't need perfection—just presence. Notice the signals. Ask gentle questions. Share your own vulnerability. Guide with grace (Ephesians 6:4). Build rhythms that nurture belonging: daily faith talks (Deuteronomy 6:6–7), unhurried time together, creative outlets for feelings, truth-filled affirmations, mindful use of technology, community and mentorship, acts of service, and time in nature. And in harder cases, therapy can walk alongside faith as a partner in healing (Isaiah 61:1).

Stories remind us of transformation: Darla's fading joy rekindled, Elias softening through prayer, Anvi's pizza nights blooming into belonging, Clarissa shining light (Matthew 5:14), Javier's promise journal, Nigel's hikes. Gratitude and perseverance turn ache into empathy (Romans 8:28).

Healing nurtures lifelong ties—through mentorship, service, and praise (Psalm 100:4). God restores, calling each child by name (Isaiah 43:1). And you are empowered by His grace to model His pursuing love—one intentional moment at a time. Little ones are seen, cherished, and never alone.

#### Answer Key

1. wove
2. such
3. disconnection
4. LORD
5. sleeping
6. forsaken
7. instruction
8. future
9. prayerful
10. come

# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**



### **Chapter 5 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Just for the Teenager – Hope and Healing.”*

#### **Questions**

1. Hagar named God \_\_\_\_\_, meaning “the God who sees me.” (Genesis 16:13)
2. In the cave of Adullam, David cried out that no one cares for his \_\_\_\_\_. (Psalm 142:4)
3. David declared to God, “You are my \_\_\_\_\_, my portion in the land of the living.” (Psalm 142:5)
4. In Gethsemane, Jesus’ disciples fell \_\_\_\_\_ instead of staying awake to pray with Him.
5. On the cross, Jesus cried, “My God, My God, why have You \_\_\_\_\_ Me?” (Mark 15:34; Matthew 27:46)
6. Jesus promised the Father would send another \_\_\_\_\_, the Holy Spirit, to be with believers forever. (John 14:16)
7. God has plans for you—plans to give you hope and a \_\_\_\_\_. (Jeremiah 29:11)
8. Pour out your heart before God, for He is a \_\_\_\_\_ for us. (Psalm 62:8)
9. Loneliness can tempt teens to chase the pride of life, seeking \_\_\_\_\_ or status to feel valued.
10. One practical step is to serve others humbly in \_\_\_\_\_, as encouraged in Galatians 5:13.



## Chapter 5 Summation:

### Just for the Teenager – Hope and Healing

If you're a teen carrying the heavy shadow of loneliness—sitting alone while others laugh, scrolling past perfect lives that make yours feel small, wondering if anyone truly sees or cares—this chapter is for you. I know how that weight presses down, how it makes you question your worth, tempts you to chase attention or numb yourself with distractions, and even shakes your faith.

But you are not stuck. Scripture tells stories of people who felt forgotten yet were met by God. Hagar, rejected and fleeing, discovered that God saw her—*El Roi* (Genesis 16:13)—and He provided, promised, and met her overlooked heart. David, hunted and hiding in Adullam's cave, lamented that no one cared for his soul (Psalm 142:4), yet he declared God his refuge (Psalm 142:5). Community came, and his faith deepened. Jesus Himself, in Gethsemane anguish with sleeping friends and forsaken on the cross (Mark 15:34), surrendered—and resurrection followed, with the Holy Spirit promised as our forever Companion (John 14:16).

They faced temptations too—comforts of the flesh, envious eyes, prideful status—but chose God's presence instead. Loneliness left unchecked can spiral downward, but when surrendered, it can deepen dependence on God and grow empathy for others.

Healing often begins with small but powerful steps: being honest with God (Psalm 62:8), seeking His inescapable presence (Psalm 139:7–10; Psalm 46:1), building wholesome ties through youth groups or trusted friendships, countering lies with truth (Psalm 16:11; Jeremiah 29:11; Romans 8:28), caring for yourself by talking with adults you trust, and serving humbly (Galatians 5:13). Journaling gratitude, reaching out, and creating can all open doors to hope.

Your loneliness holds purpose—it can draw you closer to Him and to others. You are seen by *El Roi*. You are sheltered in His refuge. You are accompanied by His Spirit. Your story is leading toward renewal—one honest step, one grace-filled moment at a time. Hope is waiting. You are becoming stronger, deeper, and held.

### Answer Key

1. El Roi
2. soul
3. refuge
4. asleep
5. forsaken
6. Helper (or Comforter)
7. future
8. refuge
9. popularity (or attention)
10. love

# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**



### **Chapter 6 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Bullying and Loneliness.”*

#### **Questions**

1. The tongue has the power of \_\_\_\_\_ and \_\_\_\_\_, and those who love it will eat its fruit. (Proverbs 18:21)
2. Believers are called to carry each other’s \_\_\_\_\_, fulfilling the law of Christ. (Galatians 6:2)
3. Bullying and loneliness form a vicious \_\_\_\_\_, where isolation makes one more vulnerable to targeting, and targeting deepens isolation.
4. God discerns my going out and my lying down; He is familiar with all my \_\_\_\_\_. (Psalm 139:3–4)
5. Isaiah describes Jesus as despised and \_\_\_\_\_ by mankind, a man of suffering and familiar with pain. (Isaiah 53:3)
6. Cyberbullying follows students home through phones and social media, feeling \_\_\_\_\_ with no escape.
7. Do not be overcome by evil, but overcome evil with \_\_\_\_\_. (Romans 12:21)
8. Be quick to listen, slow to speak and slow to become \_\_\_\_\_. (James 1:19)
9. Blessed are the \_\_\_\_\_, for they will be called children of God. (Matthew 5:9)
10. Jesus is the good shepherd who knows His \_\_\_\_\_ and is known by them. (John 10:14)

**Chapter 6 Summation:**  
**Bullying and Loneliness**

If you've ever walked into a room hoping to belong, only to feel the sting of whispers or the weight of being overlooked, this chapter holds your hand through that pain. Bullying wounds deeply—not just bruises, but the loneliness that whispers you're unworthy, invisible, or different in all the wrong ways. It chips away at your heart, especially when fitting in feels like survival. Isolation invites targeting, and targeting drives deeper hiding, creating a painful cycle.

Maybe you've felt it in cafeteria exclusions, hallway shoves, or cyber attacks that follow you home with no escape. Mina hid her art after cruel mockery. Jessie faced fake accounts designed to humiliate him. Anna endured taunts and rumors until her hurt boiled over into lashing out. Silence enables cruelty, but courage from upstanders—like Brett speaking out—can shift everything.

Scripture reminds us that words hold life and death (Proverbs 18:21), and God knows you fully (Psalm 139:3–4). Jesus Himself was despised and rejected (Isaiah 53:3), so He understands the pain of being cast aside. Yet He draws near to the outcast. We are called to bear one another's burdens (Galatians 6:2), to overcome evil with good (Romans 12:21), and to be peacemakers who are blessed (Matthew 5:9).

Healing begins when we notice the quiet ones, ask deeper questions, listen slowly (James 1:19), and weep together (Romans 12:15). Families can become places of refuge through validation. Schools can create safe zones. Mindfulness and prayer can bring calm, just as Jesus withdrew to quiet places (Luke 5:16). Practical tools like connection maps can help rebuild ties and remind us we are not alone.

In Christ, the Good Shepherd who knows His sheep by name (John 10:14), those who are bullied find dignity—not defined by cruelty but by His love. Safe communities reflect the welcome of His Kingdom. Your loneliness is not a sentence—it's a signal pointing to the need for compassion, courage, and faith. Cycles can break. Pain can become empathy. Exclusion can turn into embrace.

You are seen. You are valued. You are never alone. His love restores belonging.

**Answer Key**

1. life, death
2. burdens
3. cycle
4. ways
5. rejected
6. relentless
7. good
8. angry
9. peacemakers
10. sheep

# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**



### **Chapter 7 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Loneliness and Autism – A Heart for Connection.”*

### **Questions**

1. God created mankind in His own \_\_\_\_\_, in the image of God He created them. (Genesis 1:27)
2. Autistic students often experience higher levels of \_\_\_\_\_ due to challenges with social cues, sensory processing, and communication.
3. The commandment is to love your \_\_\_\_\_ as yourself. (Mark 12:31)
4. We are God’s \_\_\_\_\_, created in Christ Jesus to do good works. (Ephesians 2:10)
5. Autistic teens may face increased risks of depression and anxiety when feeling socially \_\_\_\_\_.
6. Accept one another, then, just as Christ \_\_\_\_\_ you, in order to bring praise to God. (Romans 15:7)
7. God promises, “I will never \_\_\_\_\_ you, nor will I ever abandon you.” (Hebrews 13:5)
8. Programs like \_\_\_\_\_ Buddies or Friendship Circles help reduce loneliness by fostering intentional connections.
9. Safe spaces, such as calm corners or prayer areas, provide \_\_\_\_\_ and renewal for overwhelmed autistic students.
10. From heaven the Lord looks down and sees all mankind; He who forms the \_\_\_\_\_ of all. (Psalm 33:13–15)

## Chapter 7 Summation

### Loneliness and Autism – A Heart for Connection

If you've ever watched a child or teen navigate a world that feels too loud, too fast, too confusing—struggling to connect while longing deeply to be understood—this chapter touches a tender place in my heart. I know the ache of autistic loneliness: hallways overwhelming with noise, social cues slipping past, efforts to join feeling futile, leaving you unseen even in crowds. It's not just solitude—it's the persistent sense of being different, overlooked, with the added weight of anxiety and depression pressing harder because belonging feels out of reach.

Yet every heart, autistic or not, bears God's image (Genesis 1:27)—fearfully and wonderfully made, purposed for good (Ephesians 2:10). Strengths shine through: deep passions, sharp focus, remarkable memory—gifts that reflect His creativity and diversity. Loneliness may distort worth and whisper doubts, but God never abandons (Hebrews 13:5). He heals the brokenhearted, offers rest, and surrounds us with inseparable love.

Stories remind us of hope: Carl, alone with star maps, found friendship when a teacher bridged the gap. Mandy, who withdrew from choir after rejection, discovered healing through a pianist's listening ear. Phillip's quiet courtyard retreats turned into martial arts lunches, where he earned his first white belt. Emiko's solitude corner blossomed into a lasting prayer partnership. Each story shows how one act of welcome can transform isolation into belonging.

The Christian response is clear: love your neighbor (Mark 12:31), accept others as Christ accepts you (Romans 15:7), and practice compassion and patience. Communities can build welcome through Peer Buddies, Friendship Circles, awareness training, and gospel-centered groups that teach empathy. Teachers and families can notice, affirm, and advocate. Safe spaces lower anxiety and embody hospitality and peace.

In education, inclusion celebrates gifts—through awareness events, prayer, and shared interests. Communities that suffer together reflect Christ's heart for the outcast. God sees and forms every heart (Psalm 33:13–15). He provides, comforts, and equips us to comfort others.

Your ache—or your child's—is not a flaw but a holy longing. No one is “too different.” Autistic hearts belong. They are valued, gifted, and cherished. Loneliness can be transformed into belonging—one invitation, one listening ear, one shared moment at a time. You are seen. You are loved. You are part of His family forever.

### Answer Key

1. image
2. loneliness
3. neighbor
4. workmanship
5. disconnected
6. accepted
7. desert
8. Peer
9. rest
10. hearts



# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**



### **Chapter 8 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Loneliness in the Home.”*

#### **Questions**

1. How good and pleasant it is when God’s people live together in \_\_\_\_\_. (Psalm 133:1)
2. Loneliness in the home is often about being emotionally \_\_\_\_\_, even when physically surrounded by family.
3. God promises, “My \_\_\_\_\_ will go with you, and I will give you rest.” (Exodus 33:14)
4. Jesus looked up at Zacchaeus and said, “Hurry and come down, for today I must stay at your \_\_\_\_\_.” (Luke 19:5)
5. Technology often creates the \_\_\_\_\_ of connection, with screens replacing conversations and eye contact.
6. Be still, and know that I am \_\_\_\_\_. (Psalm 46:10)
7. Loneliness can show up physically through poor \_\_\_\_\_, fatigue, or changes in appetite.
8. Jesus modeled \_\_\_\_\_ by stopping, noticing people, and asking questions like “What do you want Me to do for you?” (Mark 10:51)
9. Life \_\_\_\_\_ like moves, job changes, or empty nesting can disrupt family closeness and invite loneliness.
10. Relational \_\_\_\_\_ like game nights or shared walks declare “You are worth my time” and rebuild connection.

## Chapter 8 Summation

### Loneliness in the Home

Have you ever sat around a dinner table with family—everyone present, forks clinking—yet felt completely unseen? Conversations skim the surface while your heart aches for someone to really ask how you are. Loneliness can slip quietly into the very place we love most. Screens glow instead of eyes meeting, schedules crowd out real talk, and unspoken pain builds invisible walls. Even in homes full of love, we can drift into silence, living like roommates instead of family, while assumptions whisper, “*They’re fine*,” even when hearts are weary.

Maybe you’ve felt it in rushed meals that turn into device time, or in transitions that shake routines—moves, empty nests, blended families—leaving everyone adjusting alone. Old wounds can make vulnerability feel unsafe, while cultural “me time” sidelines “we time.” Symptoms creep in: irritability snapping over small things, numbness where joy should be, restless nights, or doors closed in withdrawal. Too often it’s mislabeled as “moody” or “distracted,” when really it’s a soul crying out to be noticed.

But God designed home to be a refuge, a place where unity is pleasant (Psalm 133:1). Jesus noticed the unseen—He looked at Zacchaeus and said, “*I must stay at your house today*” (Luke 19:5), transforming isolation into belonging. He offers His presence and rest (Exodus 33:14), invites us into stillness to know Him (Psalm 46:10), and draws near to crushed spirits as El Roi, the God who sees.

Healing begins with small, intentional choices: noticing the quiet ones, asking heart-deep questions like “*How’s your soul?*”, and putting devices down so eyes can meet. Families can rebuild connection through simple routines—game nights, walks, shared projects—that declare worth and belonging. Novelty sparks conversation, while personal anchoring through journaling, worship, or prayer fills us so we can give.

Transitions may shift, but God does not. Love leans in with slow listening and safe vulnerability. Presence matters more than perfection, honesty more than assumptions. Silence can turn into conversation, distance into embrace—one intentional moment at a time.

God redeems homes into sanctuaries of belonging. You are seen. You are held. And hope stirs here.

### Answer Key

1. unity
2. unseen
3. presence
4. house
5. illusion
6. God
7. sleep
8. presence
9. transitions (or changes)
10. routines



# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**

### **Chapter 9 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Loneliness in Foster Care.”*

### **Questions**

1. A father of the fatherless and a judge for the widows is God in His holy \_\_\_\_\_.  
(Psalm 68:5)
2. The Son of Man has nowhere to lay His \_\_\_\_\_. (Matthew 8:20)
3. Whoever receives one child like this in My name receives \_\_\_\_\_. (Matthew 18:5)
4. Foster children often carry invisible burdens from trauma, learning to expect \_\_\_\_\_ and testing boundaries out of fear.
5. Hagar named God \_\_\_\_\_, “the God who sees me.” (Genesis 16:13)
6. In You the orphan finds \_\_\_\_\_. (Hosea 14:3b)
7. The thief comes only to steal and kill and destroy; Jesus came that they may have \_\_\_\_\_ abundantly. (John 10:10)
8. Search me, God, and know my heart; test me and know my anxious \_\_\_\_\_.  
(Psalm 139:23)
9. Do justice, love kindness, and walk humbly with your \_\_\_\_\_. (Micah 6:8)
10. God declares He will be a wall of \_\_\_\_\_ around her and the glory in her midst.  
(Zechariah 2:5)

**Chapter 9 Summation:**  
**Loneliness in Foster Care**

If you've ever watched a foster child hold back—guarding their heart after too many goodbyes, wondering if this home will be different, if anyone will stay—this chapter touches a tender place in me. I know the ache of foster loneliness: new rooms that feel strange, routines that stir fear, and the quiet question, *“Will I be safe? Do I matter?”* It's not just being alone—it's carrying invisible scars from loss, trauma, and neglect. Each move teaches that love might not last. Testing boundaries or withdrawing isn't rebellion—it's fear whispering, *“You'll leave too.”*

You may have seen it ripple through restless sleep, guarded emotions, feeling “different” socially, or even doubting whether God has forgotten. But Scripture shows us God's heart breaks for the displaced. He is Father to the fatherless (Psalm 68:5), mercy for orphans (Hosea 14:3), and El Roi—the God who sees—who met Hagar in her loneliness (Genesis 16:13). Jesus Himself had no place to lay His head (Matthew 8:20), yet He welcomed children, saying that to receive them is to receive Him (Matthew 18:5). Christian homes can embody this grace, turning temporary placements into sanctuaries of belonging.

Healing unfolds gently—through presence more than perfection. It begins with noticing, asking gentle questions, sharing vulnerability, and building flexible routines. Honest prayer anchors the heart. Rituals like bedtime blessings or gratitude walks remind children they are seen. Community plays a role too—through buddies, mentors, and advocates. Grief must be honored with space for art, stories, and remembrance. Justice must be pursued (Micah 6:8). Therapy and faith can work hand in hand to bring restoration.

Stories remind us of hope: Morgan's guardedness softening, Alan's anger turning into trust, Michael's walks becoming legacy-building moments. Foster care is not charity—it is Gospel living. It is unconditional love weaving pain into a redemptive future. God protects (Zechariah 2:5), redeems abundantly (John 10:10), and turns homes into foretastes of eternal inheritance—where orphans find mercy and family in Christ.

Foster families co-labor in healing, reflecting God's staying, seeing love—one faithful moment at a time. Your ache—or theirs—does not end the story. God redeems, turning loneliness into belonging. You are seen. You are held. You are purposed. And hope stirs here.

**Answer Key**

1. dwelling
2. head
3. Me
4. rejection
5. El Roi
6. mercy
7. life
8. thoughts
9. God
10. fire

# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**



### **Chapter 10 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Loneliness in Adoption.”*

### **Questions**

1. See how great a love the Father has given us, that we would be called \_\_\_\_\_ of God. (1 John 3:1a)
2. I will not leave you as \_\_\_\_\_; I am coming to you. (John 14:18)
3. God created my innermost parts; He \_\_\_\_\_ me together in my mother’s womb. (Psalm 139:13)
4. Israel is called God’s \_\_\_\_\_, His firstborn son. (Exodus 4:22)
5. The Lord’s mercies are new every \_\_\_\_\_; great is Your faithfulness. (Lamentations 3:22–23)
6. Adoption begins with love but also with \_\_\_\_\_, as children carry echoes of early loss or disruption.
7. He has sent Me to bind up the \_\_\_\_\_. (Isaiah 61:1b)
8. Your word is a lamp to my feet and a \_\_\_\_\_ to my path. (Psalm 119:105)
9. Do not become discouraged in doing good, for in due time we will \_\_\_\_\_ if we do not grow weary. (Galatians 6:9)
10. The Lord is my shepherd; He \_\_\_\_\_ my soul. (Psalm 23:1,3a)



## Chapter 10 Summation

### Loneliness in Adoption

If you've ever held a child close after adoption—feeling the joy of “forever” yet sensing the quiet echoes of their loss—this chapter speaks to that tender place in my heart. Loneliness can linger even in love's embrace. Questions rise: “*Why didn't they keep me?*” Attachment fears test bonds. Behaviors like hoarding or rage aren't ingratitude but survival whispers from early wounds. The ripple effects show up in stress-related illness, anxiety outbursts, feelings of being “different,” or even spiritual doubts: “*Why, God?*” Parents feel it too—exhaustion, adoption fog, unmet dreams.

Yet adoption mirrors God's heart. He calls us His children (1 John 3:1). He promises we are not orphans (John 14:18). Each child is uniquely woven (Psalm 139:13), claimed as His own (Exodus 4:22). Jesus Himself humbled, understanding tension. His mercies are new every morning (Lamentations 3:22–23). He binds the brokenhearted (Isaiah 61:1) and restores souls (Psalm 23:3).

Stories remind us of hope: Leonid hoarding food after hunger, Esther navigating dual worlds with courage, Lexi's rage softening into shared tears that mended family bonds, Aaron's questions met with Ruth's loyal presence. Brokenness can be restored.

Healing unfolds gently. Honor stories with listening and gentle questions. Validate grief. Choose empathy over correction. Anchor with rituals—bedtime blessings, hugs, gratitude walks. Parents can name feelings, seek support, and sustain their marriage. Communities can surround families with grace. Celebrate milestones. Build legacy through service, shared experiences, and practices that root identity in Christ.

Adoptive parenting is purposeful ministry. It thrives on curiosity (Proverbs 1:5), presence over perfection, and advocacy for the child's voice. Loneliness, when faced honestly, teaches empathy. It is not final—it becomes soil for grace.

Homes can embody God's adoption: secure, redemptive, and filled with belonging. Parents and children alike are progressing masterpieces, cherished in the embrace of Abba Father—one grace-filled step at a time.

### Answer Key

1. children
2. orphans
3. wove
4. son
5. morning
6. loss
7. brokenhearted
8. light
9. reap
10. restores

# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**



### **Chapter 11 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Loneliness During Times of Great Loss”*.

### **Questions**

1. The Lord is near to the \_\_\_\_\_ and saves those who are crushed in spirit.  
(Psalm 34:18)
2. Loss can include the death of a spouse, divorce, unfaithfulness, betrayal, or the \_\_\_\_\_ of a best friend through death or relocation.
3. He heals the brokenhearted and binds up their \_\_\_\_\_. (Psalm 147:3)
4. Naomi, in her grief, asked to be called \_\_\_\_\_, meaning “bitter,” after losing her husband and sons. (Ruth 1:20)
5. Where you go, I will go, and your people shall be my \_\_\_\_\_. (Ruth 1:16)
6. Do not fear, for I am with you; I will strengthen you and uphold you with My righteous right \_\_\_\_\_. (Isaiah 41:10)
7. The Lord’s lovingkindnesses indeed never cease; they are new every \_\_\_\_\_.  
(Lamentations 3:22–23)
8. There is now no \_\_\_\_\_ for those who are in Christ Jesus. (Romans 8:1)
9. Even my close friend in whom I trusted, who ate my bread, has lifted up his \_\_\_\_\_ against me. (Psalm 41:9)
10. I am with you always, even to the end of the \_\_\_\_\_. (Matthew 28:20)

## Chapter 11 Summation

### Loneliness During Times of great Loss

If you've ever faced a loss that left the world strangely quiet—an empty chair at dinner, a phone that no longer rings, dreams that suddenly feel out of reach—this chapter meets you in that tender, aching place. Loneliness often crashes in during great loss: a spouse gone, a marriage shattered by divorce, trust broken through betrayal, or a best friend lost to death or distance. It's not just missing someone—it's the void echoing through routines, milestones, and shared jokes now silent. Grief isolates, whispering that no one understands, that joy is impossible, that the future has been stolen.

Loss comes in waves—sometimes sudden, sometimes slow—and it can convince us that healing is unreachable. Yet Scripture reminds us that God draws near to the brokenhearted and saves those crushed in spirit (Psalm 34:18). He heals, binding wounds gently (Psalm 147:3). Naomi's bitterness (Ruth 1:20) was redeemed through Ruth's loyal love: *"Your people will be my people"* (Ruth 1:16). His mercies are new every morning (Lamentations 3:22–23), and His righteous hand upholds us (Isaiah 41:10).

In Christ, there is no condemnation (Romans 8:1). We are made new creations (2 Corinthians 5:17). Betrayal's sting (Psalm 41:9) is met with His call to selfless love (Matthew 5:44). His peace guards our hearts (Philippians 4:7). Even relocation's grief is held in His inescapable presence (Psalm 139:7–10). He promises, *"I am with you always"* (Matthew 28:20).

Healing whispers through small steps: naming the pain, seeking community through groups or counseling, honoring memories with journals or rituals, rediscovering joys that remind us life is still good. God's faithful love—His *chesed*—renews us, turning valleys into places of restoration, one step at a time.

You are not abandoned. You are held, seen, and loved deeply. This ache, though sharp, can refine. His presence redeems, weaving beauty from ashes. Hope waits. You are not alone.

### Answer Key

1. brokenhearted
2. loss
3. wounds
4. Mara
5. people
6. hand
7. morning
8. condemnation
9. heel
10. age

# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**



### **Chapter 12 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *"The Dangers of Unaddressed Loneliness."*

### **Questions**

1. Turn to me and be gracious to me, for I am lonely and \_\_\_\_\_. (Psalm 25:16)
2. Why are you in despair, my soul? And why are you \_\_\_\_\_ within me? (Psalm 42:5)
3. Unaddressed loneliness can become fertile ground for \_\_\_\_\_ to grow, leading to despair, temptation, and spiritual numbness.
4. All the labor of man is for his mouth, and yet his appetite is not \_\_\_\_\_. (Ecclesiastes 6:7)
5. After the fire came a sound of a gentle \_\_\_\_\_, and God spoke to Elijah. (1 Kings 19:12–13)
6. Flee from sexual immorality; your body is a \_\_\_\_\_ of the Holy Spirit. (1 Corinthians 6:18–19)
7. I have loved you with an \_\_\_\_\_ love; therefore I have drawn you with kindness. (Jeremiah 31:3)
8. Loneliness often drives us to \_\_\_\_\_, filling time with noise like social media or busyness to avoid silence.
9. Be strong and courageous... for the Lord your God is the One who goes with you; He will not \_\_\_\_\_ you or abandon you. (Deuteronomy 31:6)
10. Unaddressed loneliness attacks the \_\_\_\_\_, shaping distorted thoughts about self, others, and God.

## Chapter 12 Summation:

### The Dangers of Unaddressed Loneliness

If you've ever carried loneliness quietly—smiling through the day while it whispers inside that you're forgotten, unworthy, or stuck—this chapter meets you there. I know the hidden weight of that ache. Loneliness isn't just a passing feeling; it's a persistent echo that reshapes how you see yourself. It pulls you away from help and even distorts God's nearness into distance.

Maybe you've known it in heavy thoughts that turn numb, joy that feels far away, or lies that settle deep: *"You're a burden. No one sees. This won't change."* Depression fogs everything. Escapism numbs for a moment—scrolling endlessly, staying busy—but leaves you hungrier (Ecclesiastes 6:7). False intimacy promises closeness but wounds deeper (1 Corinthians 6:18–19).

David cried out raw: *"Turn to me and be gracious to me, for I am lonely and afflicted"* (Psalm 25:16). His soul despaired and grew restless (Psalm 42:5). Elijah, hiding in isolation, heard God's gentle whisper in the cave (1 Kings 19:12–13). And still, God draws near with everlasting love (Jeremiah 31:3). He promises never to desert you (Deuteronomy 31:6).

These dangers—despair, distraction, darkness—are not meant to shame but to awaken. Naming loneliness lessens its grip. Honesty invites His nearness. God meets us in the mess—with raw prayers, with faithful presence—not demanding strength first.

Your ache matters. Cry out like David did. Confront lies with truth. Step out from hiding and coping into intimacy, honesty, and community. God rescues and restores, turning silent suffering into hope. You are loved eternally. You are drawn kindly. Healing is possible—one honest step at a time toward His faithful love.

### Answer Key

1. afflicted
2. restless
3. sin
4. satisfied
5. blowing
6. temple
7. everlasting
8. escape
9. desert
10. mind



## ***The Stained Glass of Loneliness* by RW Nelson**

### **Discipleship Worksheets**

#### **Chapter 13 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled “*Social Escapism-Hiding from Connection.*”

#### **Questions**

1. Elijah sat under a broom tree and prayed that he might die, saying, “I have had \_\_\_\_\_, Lord.” (1 Kings 19:4)
2. A cord of three strands is not quickly \_\_\_\_\_. (Ecclesiastes 4:12)
3. I am like a desert owl, like an owl among the ruins; I have become like a bird alone on a \_\_\_\_\_. (Psalm 102:6–7)
4. Social escapism is avoiding meaningful relationships in favor of \_\_\_\_\_ or shallow distractions.
5. Whoever isolates himself seeks his own desire; he breaks out against all sound \_\_\_\_\_. (Proverbs 18:1)
6. Let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling \_\_\_\_\_. (Hebrews 10:24–25)
7. One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a \_\_\_\_\_. (Proverbs 18:24)
8. Chronic \_\_\_\_\_—packed schedules or endless scrolling—can mask loneliness while deepening isolation.
9. After the fire came a sound of a gentle blowing, showing God’s tender \_\_\_\_\_ for weary Elijah. (1 Kings 19:12–13)
10. How good and pleasant it is when God’s people live together in \_\_\_\_\_. (Psalm 133:1)

## Chapter 13 Summation

### Social Escapism-Hiding from Connection

If you've ever felt the pull to hide when loneliness hits—packing your days so full there's no room for real talk, scrolling endlessly to avoid the quiet, or slipping away from groups because vulnerability feels too risky—this chapter meets you right there. Social escapism sneaks in like a false shield: busyness looks productive, screens promise company, solitary habits feel safer than reaching out. But in the end, it's skipping fellowship, dodging deeper conversations, retreating digitally—protecting a wounded heart while starving the soul.

Maybe you've sensed it after rejection made connection feel dangerous, or past hurts bred mistrust. Elijah himself fled in despair after victory, crying, *"Enough, Lord"* (1 Kings 19:4), withdrawing into the wilderness alone. Yet God pursued him gently—with provision, rest, and a whisper (1 Kings 19:5–8, 12–13)—and then commissioned him into companionship. Like Elijah, escapism weakens us, but relationships strengthen us: *"A cord of three strands is not quickly broken"* (Ecclesiastes 4:12).

Signs of escapism whisper quietly: slipping out early, keeping conversations on the surface, chronic busyness masking emptiness, over-reliance on digital connections, defensiveness when others press closer. Spiritually, it shows up as drifting from community or muted prayer. The cost is high—it frays ties, drains resilience (Proverbs 27:17), and invites lies (1 Peter 5:8). At its root is fear of exposure, yet Proverbs 18:1 warns that isolation defies wisdom.

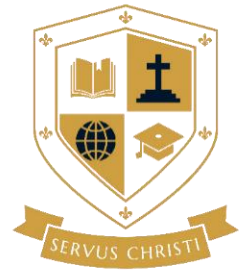
Recovery begins with small acts of courage: re-engaging by attending or inviting someone for coffee, sharing honestly—*"I've been hiding"*—limiting distractions, practicing vulnerability, and rebuilding community (Hebrews 10:24–25). Scripture calls us to be friendly (Proverbs 18:24) and to spur one another toward love and good deeds.

Stories remind us of hope: Francine buried herself in work after betrayal but found healing in fellowship. Michael, task-focused after hurt, softened through simple coffee talks. Unity is pleasant and life-giving (Psalm 133:1).

Escapism may feel safe, but it is hollow. God designed us for connection. He pursues us like He pursued Elijah, and He strengthens us through community. Brave steps—choosing presence over perfection—break the cycle and lead to authentic belonging in Christ. Loneliness hides, but vulnerability heals—one intentional connection at a time.

### Answer Key

1. enough
2. broken
3. roof
4. isolation
5. judgment
6. together
7. brother
8. busyness
9. care
10. unity



# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**

### **Chapter 14 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Suicidal Thoughts – The Darkest Valley.”*

### **Questions**

1. The Lord is near to the \_\_\_\_\_ and saves those who are crushed in spirit. (Psalm 34:18)
2. He heals the brokenhearted and binds up their \_\_\_\_\_. (Psalm 147:3)
3. Loneliness significantly heightens the risk of suicidal \_\_\_\_\_, fostering a sense of burdensomeness and disconnection.
4. I praise You because I am fearfully and \_\_\_\_\_ made. (Psalm 139:14)
5. The thief comes only to steal and kill and destroy; I came that they may have \_\_\_\_\_ abundantly. (John 10:10)
6. Signs of suicidal thoughts include verbal expressions of \_\_\_\_\_, like “I am better off gone” or “No one would miss me.”
7. There is now no \_\_\_\_\_ for those who are in Christ Jesus. (Romans 8:1)
8. God is our refuge and strength, an ever-present help in \_\_\_\_\_. (Psalm 46:1)
9. One path to recovery is sharing your \_\_\_\_\_ in safe spaces, like with a trusted friend or counselor.
10. For I know the plans I have for you... plans to give you hope and a \_\_\_\_\_.  
(Jeremiah 29:11)



## Chapter 14 Summation

### Suicidal Thoughts – The Darkest Valley

#### Answer Key

If you’ve ever been in that place where loneliness feels like a heavy fog that won’t lift—where the pain runs so deep that thoughts of ending it all creep in—this chapter meets you there. You are not alone, and this is not the end of your story. I’ve seen it in friends, in students I’ve taught, and in hearts that ache quietly behind smiles. That darkness whispers lies: *“You’re a burden. No one would miss you. This will never change.”* It distorts everything—making kind words feel like pity, God’s promises feel far away, and hope seem impossible.

Maybe you’re the teen scrolling late at night, feeling invisible among friends. Or the adult leader pouring into others while crumbling inside, afraid to admit despair because *“Christians shouldn’t feel this way.”* Perhaps family conflicts, failures, or relentless pressure have left you questioning your worth. Loneliness feeds these lies, fostering feelings of being “too much” or “not enough.” It is spiritual warfare—the enemy stealing peace and killing purpose (John 10:10). But Jesus came to give abundant life, countering with truth: no condemnation (Romans 8:1), new creation (2 Corinthians 5:17).

God draws near to the brokenhearted and saves those crushed in spirit (Psalm 34:18). He heals, binding wounds gently (Psalm 147:3). You are fearfully and wonderfully made (Psalm 139:13–14). He has plans for hope and a future (Jeremiah 29:11). His mercies are new every morning (Lamentations 3:22–23). Nothing can separate you from His love (Romans 8:38–39). He is your refuge in trouble (Psalm 46:1).

There are signs to watch for: hopeless talk like *“Better off gone,”* withdrawal from activities, sudden calm after deep distress, or giving away possessions. If that’s you—or someone you love—reach out now. Call 988 in the U.S., or tell a trusted friend, leader, or counselor. Asking for help is brave, not weak.

Healing begins with immediate support—hotlines, trusted adults, safe community. Cling to Scripture: speak truth aloud, let worship songs soothe. Share your story, like Angelica at retreat, where prayer shattered lies. Counseling can provide tools alongside faith. Reconnect with community, because isolation loses power when others walk with you.

Stories remind us: Nina’s mentor prayer lifted her fog. Lance’s group helped him rediscover value. Angelica felt truly seen and heard. Your pain is real, but it is not permanent. God comforts us so we can comfort others (2 Corinthians 1:3–4).

You are loved endlessly (Jeremiah 31:3). You are seen fully. Choose life—one breath, one truth, one reach-out at a time. The valley may be dark, but light breaks through. You are held, valued, and purposed. Hope waits. Keep going—you matter deeply.

1. brokenhearted
2. wounds
3. ideation (thoughts)
4. wonderfully
5. life
6. hopelessness
7. condemnation
8. trouble
9. story
10. future

# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**



### **Chapter 15 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Loneliness and Depression.”*

#### **Questions**

1. It is not good for the man to be \_\_\_\_\_. (Genesis 2:18)
2. Why, my soul, are you \_\_\_\_\_? Why so disturbed within me? (Psalm 42:5)
3. The joy of the Lord is your \_\_\_\_\_. (Nehemiah 8:10)
4. In the world you will have tribulation, but take courage; I have \_\_\_\_\_ the world.  
(John 16:33)
5. Even though I walk through the darkest valley, I will fear no evil, for You are with  
\_\_\_\_\_. (Psalm 23:4)
6. Jesus often withdrew to lonely places and \_\_\_\_\_. (Luke 5:16)
7. Do not fear, for I have \_\_\_\_\_ you; I have summoned you by name; you are Mine.  
(Isaiah 43:1)
8. Loneliness disrupts brain chemistry, lowering \_\_\_\_\_ and dopamine, leading to  
persistent sadness or emptiness.
9. Depression can make prayer feel like shouting into a \_\_\_\_\_, and Scripture feel  
dry.
10. There is no pit so deep that God’s \_\_\_\_\_ is not deeper still.

## Chapter 15 Summation

### Loneliness and Depression

If you've ever felt loneliness settle so deeply that it turns into something heavier—like a fog that colors everything gray—this chapter is for you. I know that place where joy feels out of reach, where even getting out of bed takes everything you've got, and where the promises of Scripture seem meant for everyone else. You smile through the day, pour into others, maybe even lead or teach, but inside you wonder if anyone truly sees how tired your heart is.

Loneliness doesn't just leave you feeling alone—it can slowly reshape how you see yourself, making the world feel colder and God seem farther away. That emptiness, the irritability that surprises you, the numbness where passion used to be—these are depression's lies: *"You're a burden. You're failing. You'll never feel better."* For believers, it can hurt even more because we know verses about joy and peace, yet struggle to feel them. Guilt creeps in, whispering that our faith must not be strong enough.

But you are not failing God—He is holding you closer than ever. He designed us for connection (Genesis 2:18), and when it's missing, the ache is real. Stress wears us down, brain chemistry shifts, and questions like *"What's wrong with me?"* grow louder. In ministry or high-pressure jobs, the pressure to appear "okay" makes hiding easier, but it deepens the isolation.

I've seen it in leaders who preach powerfully yet cry alone, in students hiding behind headphones, in parents feeling invisible in their own homes. The psalmist felt it too: *"Why, my soul, are you downcast?"* (Psalm 42:5), yet still chose hope. Charles Spurgeon battled what he called "causeless depression" even while preaching life-changing sermons. And even Jesus withdrew to pray when weary (Luke 5:16).

You are not weak for feeling this. Depression is a signal—your heart crying for help, for rest, for connection. God meets you here, not demanding that you "fix" your joy, but offering His (Nehemiah 8:10). He is near the brokenhearted (Psalm 34:18) and walks with you through the darkest valley (Psalm 23:4).

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You are seen, known, and loved beyond measure (Isaiah 43:1). This fog will not last forever. God's love reaches deeper than any pit, and His mercies are new every morning (Lamentations 3:22–23). You are not alone. Hope is real, and it is coming for you—one breath, one step, one grace-filled day at a time.

### Answer Key

1. alone
2. downcast
3. strength
4. overcome
5. me
6. prayed
7. redeemed
8. serotonin
9. void
10. love

## Chapter 14 Summation

### Suicidal Thoughts – The Darkest Valley

#### Answer Key

If you’ve ever been in that place where loneliness feels like a heavy fog that won’t lift—where the pain runs so deep that thoughts of ending it all creep in—this chapter meets you there. You are not alone, and this is not the end of your story. I’ve seen it in friends, in students I’ve taught, and in hearts that ache quietly behind smiles. That darkness whispers lies: *“You’re a burden. No one would miss you. This will never change.”* It distorts everything—making kind words feel like pity, God’s promises feel far away, and hope seem impossible.

Maybe you’re the teen scrolling late at night, feeling invisible among friends. Or the adult leader pouring into others while crumbling inside, afraid to admit despair because *“Christians shouldn’t feel this way.”* Perhaps family conflicts, failures, or relentless pressure have left you questioning your worth. Loneliness feeds these lies, fostering feelings of being “too much” or “not enough.” It is spiritual warfare—the enemy stealing peace and killing purpose (John 10:10). But Jesus came to give abundant life, countering with truth: no condemnation (Romans 8:1), new creation (2 Corinthians 5:17).

God draws near to the brokenhearted and saves those crushed in spirit (Psalm 34:18). He heals, binding wounds gently (Psalm 147:3). You are fearfully and wonderfully made (Psalm 139:13–14). He has plans for hope and a future (Jeremiah 29:11). His mercies are new every morning (Lamentations 3:22–23). Nothing can separate you from His love (Romans 8:38–39). He is your refuge in trouble (Psalm 46:1).

There are signs to watch for: hopeless talk like *“Better off gone,”* withdrawal from activities, sudden calm after deep distress, or giving away possessions. If that’s you—or someone you love—reach out now. Call 988 in the U.S., or tell a trusted friend, leader, or counselor. Asking for help is brave, not weak.

Healing begins with immediate support—hotlines, trusted adults, safe community. Cling to Scripture: speak truth aloud, let worship songs soothe. Share your story, like Angelica at retreat, where prayer shattered lies. Counseling can provide tools alongside faith. Reconnect with community, because isolation loses power when others walk with you.

Stories remind us: Nina’s mentor prayer lifted her fog. Lance’s group helped him rediscover value. Angelica felt truly seen and heard. Your pain is real, but it is not permanent. God comforts us so we can comfort others (2 Corinthians 1:3–4).

You are loved endlessly (Jeremiah 31:3). You are seen fully. Choose life—one breath, one truth, one reach-out at a time. The valley may be dark, but light breaks through. You are held, valued, and purposed. Hope waits. Keep going—you matter deeply.

1. brokenhearted
2. wounds
3. ideation (thoughts)
4. wonderfully
5. life
6. hopelessness
7. condemnation
8. trouble
9. story
10. future

# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**



### **Chapter 15 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Loneliness and Depression.”*

#### **Questions**

11. It is not good for the man to be \_\_\_\_\_. (Genesis 2:18)
12. Why, my soul, are you \_\_\_\_\_? Why so disturbed within me? (Psalm 42:5)
13. The joy of the Lord is your \_\_\_\_\_. (Nehemiah 8:10)
14. In the world you will have tribulation, but take courage; I have \_\_\_\_\_ the world.  
(John 16:33)
15. Even though I walk through the darkest valley, I will fear no evil, for You are with  
\_\_\_\_\_. (Psalm 23:4)
16. Jesus often withdrew to lonely places and \_\_\_\_\_. (Luke 5:16)
17. Do not fear, for I have \_\_\_\_\_ you; I have summoned you by name; you are Mine.  
(Isaiah 43:1)
18. Loneliness disrupts brain chemistry, lowering \_\_\_\_\_ and dopamine, leading to  
persistent sadness or emptiness.
19. Depression can make prayer feel like shouting into a \_\_\_\_\_, and Scripture feel  
dry.
20. There is no pit so deep that God’s \_\_\_\_\_ is not deeper still.

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### Loneliness and Depression

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5. me
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## ***The Stained Glass of Loneliness* by RW Nelson**

### **Discipleship Worksheets**



#### **Chapter 16 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Seeking False Intimacy in Loneliness.”*

#### **Questions**

1. Flee from sexual \_\_\_\_\_; whoever sins sexually, sins against their own body. (1 Corinthians 6:18)
2. Your body is a \_\_\_\_\_ of the Holy Spirit within you. (1 Corinthians 6:19–20)
3. The lips of the adulterous woman drip honey, but in the end she is bitter as \_\_\_\_\_. (Proverbs 5:3–4)
4. Where can I go from Your Spirit? Where can I flee from Your \_\_\_\_\_? (Psalm 139:7–8)
5. Loneliness often drives a desperate search for \_\_\_\_\_ through infatuation, lust, or inappropriate relationships.
6. Be alert... your enemy the devil prowls around like a roaring \_\_\_\_\_ looking for someone to devour. (1 Peter 5:8)
7. You make known to me the path of life; You will fill me with joy in Your \_\_\_\_\_. (Psalm 16:11)
8. Healing begins by turning back to God’s design for intimacy—found in authentic relationships and His \_\_\_\_\_.
9. These choices reflect a heart crying out for intimacy—but settling for a \_\_\_\_\_ substitute that leaves the soul hungrier.
10. Love is as strong as \_\_\_\_\_. (Song of Solomon 8:6)

## Chapter 16 Summation

### Seeking False intimacy in Loneliness

#### Answer Key

If you've ever longed for something—anything—to feel seen, wanted, and close, this chapter is for you. I know that pull, that quiet desperation when the heart hungers for connection and settles for whatever promises relief fastest. It's not really about desire running wild; it's about a soul crying out to be known. Sometimes that ache turns into infatuation, fantasy, flirtation, or sexual sin—not because intimacy isn't valued, but because true intimacy feels out of reach.

Maybe you're the teen scrolling late at night, chasing a rush to numb rejection. Or the young adult diving into a whirlwind romance to escape broken friendships. Perhaps you're the professional seeking validation in an illicit connection amid a strained marriage, or the ministry leader hiding behind screens after pouring out until empty. These aren't just mistakes—they're attempts to soothe an ache. But counterfeit closeness only deepens the wound, trading fleeting sweetness for bitterness, shame, and greater isolation (Proverbs 5:3–4).

1. immorality
2. temple
3. gall
4. presence
5. intimacy
6. lion
7. presence
8. love
9. distorted
10. death

Loneliness blurs boundaries and muffles conviction, making temptation feel like oxygen. The enemy exploits the void (1 Peter 5:8), whispering that you deserve escape, that no one will know. Yet sexual sin uniquely wounds—against your own body, the temple of the Holy Spirit (1 Corinthians 6:18–20). It promises intimacy but delivers separation.

Still, God pursues even here. David confessed after failure: *"Have mercy... cleanse me"* (Psalm 51:1–2), and was met with faithful forgiveness (1 John 1:9). His presence cannot be escaped—even in the depths (Psalm 139:7–8). True joy is found in His nearness (Psalm 16:11). His love, strong as death, redeems (Song of Solomon 8:6).

Healing begins gently: flee temptation (1 Corinthians 6:18), confess openly (James 5:16), and guard your heart (Proverbs 4:23). Replace false intimacy with real connection—accountability, boundaries like filters and limits, and community through small groups or trusted friends. Seek God's intimacy first—prayer and worship that satisfy the deepest hunger.

Stories remind us of hope: Pastor Darnell found freedom through accountability. Gloria rebuilt boundaries and discovered peace. Lorenzo and Talia's confession broke chains and restored closeness. Grace transforms shame.

You are not condemned—you are loved endlessly and called back to wholeness. Loneliness distorts, but God's love restores. You are seen. You are valued. You are invited into real connection—one honest step, one grace-filled choice at a time.

# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**



### **Chapter 17 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Loneliness in the Body of Christ.”*

### **Questions**

1. A father of the fatherless and a judge for the widows is God in His holy \_\_\_\_\_.  
(Psalm 68:5)
2. Whoever receives one child like this in My name receives \_\_\_\_\_. (Matthew 18:5)
3. Loneliness in the church often hides behind polite smiles, faithful \_\_\_\_\_, and surface-level conversations.
4. Hagar named God \_\_\_\_\_, “the God who sees me.” (Genesis 16:13)
5. Look to the right and see; there is no one who regards me; no one cares for my \_\_\_\_\_. (Psalm 142:4)
6. You are my refuge, my \_\_\_\_\_ in the land of the living. (Psalm 142:5)
7. Church leaders often miss loneliness because their calendars are full and the signs are \_\_\_\_\_.
8. Be devoted to one another in brotherly love; give \_\_\_\_\_ to one another in honor.  
(Romans 12:10)
9. Loneliness can show up as \_\_\_\_\_ from community, like slipping out early or avoiding deeper conversations.
10. By this all people will know that you are My disciples: if you have \_\_\_\_\_ for one another. (John 13:35)

## Chapter 17 Summation

### Loneliness in the Body of Christ

If you've ever sat in a pew, singing familiar hymns while feeling completely unseen, this chapter is for you. I know that ache—the one where you're surrounded by smiles and handshakes, yet inside you wonder if anyone truly knows your heart. You serve faithfully, greet warmly, maybe even lead, but then go home to silence, carrying pain no one notices. In the very place meant for belonging, loneliness whispers that you're still on the outside.

It hides behind busyness, polite *"I'm fine"* answers, and faithful attendance. The widow in her usual seat, hoping for conversation. The young adult serving but eating alone. The couple smiling through worship while distant at home. Even leaders pour out yet feel isolated themselves—smiling from pulpits while crumbling privately.

But Jesus saw the unseen. He called Zacchaeus by name and invited Himself over (Luke 19:5). He noticed Hagar in wilderness despair, becoming El Roi—*"the God who sees"* (Genesis 16:13). David cried from his cave that no one cared for his soul (Psalm 142:4), yet declared God his refuge (Psalm 142:5). God pursues the lonely, drawing near.

The church isn't immune. Leaders miss subtle signs amid full calendars. Loneliness often masks itself as participation: slipping out early, keeping conversations shallow, overcommitting to hide emptiness, carrying unspoken grief. This isn't failure—it's hearts needing notice.

Hope stirs when we become noticers like Jesus. Slow down. Ask heart-deep questions: *"What's weighing on you?"* Listen without rushing. Follow up with texts, notes, or invitations. Create belonging through vulnerability—leaders modeling honesty, safe spaces for truth, and celebrating connections.

For lonely leaders, healing begins with safe friendships where they can admit *"I'm not okay."* Rhythms of rest and reflection matter. God comforts through others, just as Titus refreshed Paul (2 Corinthians 7:6). He never leaves.

Churches can cultivate a culture of noticing—choosing presence over performance. Pray for the lonely. Train eyes to see those on the margins. Be devoted in love (Romans 12:10), rejoice and weep together (Romans 12:15), and let love mark discipleship (John 13:35).

You are not invisible—El Roi sees you. In His Body, no one is meant to feel forgotten. Loneliness whispers separation, but love shouts belonging. Step in. Notice. Listen. Stay. Healing grows here, one seen heart at a time. You are known. You are valued. You are home.

#### Answer Key

1. dwelling
2. Me
3. attendance
4. El Roi
5. soul
6. portion
7. subtle
8. preference
9. withdrawal
10. love



# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**



### **Chapter 18 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“When Gossip Deepens the Silence of Loneliness.”*

### **Questions**

1. The words of a gossip are like choice morsels; they go down to the inmost \_\_\_\_\_.  
(Proverbs 18:8)
2. Do not go about spreading \_\_\_\_\_ among your people. (Leviticus 19:16)
3. A gossip betrays a \_\_\_\_\_, but a trustworthy person keeps a secret. (Proverbs 11:13)
4. Gossip often starts with good intentions—a shared concern or prayer request—but slides into \_\_\_\_\_.
5. Whoever isolates himself seeks his own desire; he breaks out against all sound \_\_\_\_\_. (Proverbs 18:1)
6. If your brother or sister sins, go and point out their fault, just between the \_\_\_\_\_ of you. (Matthew 18:15)
7. Let your conversation be always full of \_\_\_\_\_, seasoned with salt. (Colossians 4:6)
8. For the lonely, gossip is not just hurtful—it is \_\_\_\_\_, confirming fears of not belonging.
9. Speaking the truth in \_\_\_\_\_, we will grow to become in every respect the mature body of him who is the head, that is, Christ. (Ephesians 4:15)
10. Be quick to listen, slow to speak and slow to become \_\_\_\_\_. (James 1:19)

## Chapter 18 Summation

### When Gossip Deepens the Silence of Loneliness

If you've ever walked into a room hoping for welcome, only to sense whispers stopping as you approach, you know the sting. Loneliness, already heavy, feels confirmed by sidelong glances and hushed voices. Gossip doesn't just spread words—it spreads distance. It turns safe spaces into places where you feel exposed, judged, and misunderstood.

Maybe you're Remy, smiling through foyer chatter while fragments of your story twist into rumors. Or perhaps you've shared vulnerably, only to hear it echoed back distorted—concern morphing into speculation, prayer requests into judgment. Loneliness makes every whisper feel personal, confirming fears: *"I don't belong. I'm too much. No one sees the real me."*

Gossip often hides as "care"—shared concerns sliding into half-truths, assumptions filling gaps. It bonds through exclusion, peddling slander like cheap goods (Leviticus 19:16), "choice morsels" that settle deep (Proverbs 18:8). In the church, gossip fractures the unity Jesus prayed for (John 17:21), spreads like gangrene (2 Timothy 2:17), and fails the test of love (Ephesians 4:29).

For the lonely, gossip feels like betrayal—turning potential bridges into walls, safe havens into minefields. Elisa's doubt became "backsliding" rumors, driving her into withdrawal. Josiah's grief was twisted into criticism, pushing him away. Whispers wound deepest when you're already searching faces for welcome.

Yet hope whispers louder. Scripture confronts gossip gently: flee slander (James 4:11), speak truth in love (Ephesians 4:15), season words with grace (Colossians 4:6). Jesus Himself was whispered against—called "glutton" and "drunkard"—yet He invited the hurting to come to Him (Matthew 11:28). He taught us to go directly with concerns (Matthew 18:15) and to listen slowly (James 1:19).

Healing flows when we choose differently: notice the quiet ones, ask heart-deep questions like *"What's weighing on you?"*, and redirect whispers into prayer and outreach. Be quick to hear, slow to speak, building up instead of tearing down.

You are not defined by rumors. God sees you fully (Psalm 139) and loves you steadfastly. In His family, whispers give way to welcome, judgment to grace. You are seen. You are valued. You are invited closer—one compassionate conversation at a time. Healing begins here, in communities that choose love and speak life into silence.

### Answer Key

1. parts
2. slander
3. confidence
4. speculation
5. judgment
6. two
7. grace
8. toxic
9. love
10. angry

## ***The Stained Glass of Loneliness* by RW Nelson**

### **Discipleship Worksheets**



#### **Chapter 19 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *"Loneliness in the Ministry & Workplace."*

#### **Questions**

1. He comforts us in all our troubles so that we can \_\_\_\_\_ those in any trouble with the comfort we ourselves receive from God. (2 Corinthians 1:4)
2. Even when we came into Macedonia, our flesh had no rest, but we were afflicted... conflicts on the outside, \_\_\_\_\_ inside. (2 Corinthians 7:5)
3. Loneliness in ministry and work often feels like carrying burdens \_\_\_\_\_ because "leaders must be strong."
4. I had no rest for my spirit, not finding \_\_\_\_\_ my brother. (2 Corinthians 2:13)
5. After the fire came a sound of a gentle \_\_\_\_\_. (1 Kings 19:12)
6. There is no pit so deep that God's \_\_\_\_\_ is not deeper still.
7. The Lord's lovingkindnesses never cease; they are new every \_\_\_\_\_. (Lamentations 3:22–23)
8. God is our refuge and strength, an ever-present help in \_\_\_\_\_. (Psalm 46:1)
9. After you have suffered for a little while, the God of all grace will Himself perfect, confirm, strengthen, and \_\_\_\_\_ you. (1 Peter 5:10)
10. And we know that in all things God works for the good of those who love Him, who have been called according to His \_\_\_\_\_. (Romans 8:28)

## Chapter 19 Summation

### Loneliness in the Ministry & Workplace

If you've ever stood before people—preaching, leading, serving—looking strong on the outside while crumbling within, this chapter is for you. I know that hidden ache: pouring into others while wondering if anyone sees your own weariness, carrying burdens alone because *“leaders must be strong.”* It's the pastor smiling through sermons yet crying in private, the professional guiding teams while feeling unseen at home, the worker faithful in tasks but starved for real connection.

Loneliness in ministry and work is not failure—it is human. Charles Spurgeon, the “Prince of Preachers,” battled what he called “causeless depression,” weeping for hours despite fruitful ministry. His physical pain from gout and rheumatism compounded isolation. Yet he surrendered, finding healing in Susannah's support, countryside rest, and God's sovereignty refining his dependence.

Elijah, fresh from victory on Mount Carmel, fled in despair: *“Enough, Lord—take my life”* (1 Kings 19:4). He felt utterly alone: *“I am the only one left.”* But God did not rebuke him. Instead, He provided food and rest, whispered gently (1 Kings 19:12), and commissioned Elisha for companionship. Physical care, spiritual reassurance, and relational restoration were God's gifts.

Paul's letters reveal his vulnerability: *“conflicts outside, fears inside”* (2 Corinthians 7:5). He admitted restlessness without Titus (2 Corinthians 2:13) and shared the pain of desertion in prison: *“Only Luke is with me”* (2 Timothy 4:11). Yet God comforted him through friends, turning isolation into legacy.

Corrie ten Boom, who survived Ravensbrück concentration camp and lost her family, battled the temptation of hate. When confronted by a former guard, she prayed, *“Jesus, I cannot—give Your forgiveness.”* That prayer unlocked peace. Her pain birthed ministry: rehabilitation centers and global preaching on forgiveness. She declared, *“No pit is so deep that God's love is not deeper still.”*

You are not alone in this. Giants of faith felt unseen and weary—yet God pursued them with whispers, companions, and renewed purpose. Loneliness forged deeper intimacy, empathy, and legacy. Healing begins with honesty: name the pain, seek holistic care through rest and counseling, and embrace companionship through accountability and mentors. God comforts us so we can comfort others (2 Corinthians 1:4). He works all things for good (Romans 8:28) and strengthens us after suffering (1 Peter 5:10).

Your ache matters. God sees you and draws near (Psalm 46:1). His mercies are new every morning (Lamentations 3:22–23). This valley refines but does not define you. You are held, purposed, and accompanied. Loneliness can become deeper dependence and lasting impact. Hope stirs—you are not forgotten.

### Answer Key

1. comfort
2. fears
3. alone
4. Titus
5. whisper
6. love
7. morning
8. trouble
9. establish
10. purpose

## ***The Stained Glass of Loneliness* by RW Nelson**

### **Discipleship Worksheets**



#### **Chapter 20 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Biblical Wisdom for Lonely Christian Leaders.”*

#### **Questions**

1. God is our refuge and \_\_\_\_\_, a very ready help in trouble. (Psalm 46:1)
2. Be strong and courageous... for the Lord your God is the One who is going with you; He will not desert you or \_\_\_\_\_ you. (Deuteronomy 31:6)
3. My grace is sufficient for you, for power is perfected in \_\_\_\_\_. (2 Corinthians 12:9)
4. Christian leadership often feels lonely when choosing \_\_\_\_\_ over compromise, even when others take easier paths.
5. Moses cried out that he could not carry the people alone because it was too \_\_\_\_\_ for him. (Numbers 11:14)
6. Loneliness in leadership is not a detour—it is often the path God uses to \_\_\_\_\_ His leaders.
7. Whatever you do, do your work \_\_\_\_\_, as for the Lord and not for people. (Colossians 3:23)
8. In the Garden of Gethsemane, Jesus asked His friends to keep \_\_\_\_\_ with Him. (Matthew 26:38)
9. Store up for yourselves \_\_\_\_\_ in heaven, where neither moth nor rust destroys. (Matthew 6:20)
10. Your weakness is not a threat to your calling—it is a \_\_\_\_\_ to deeper intimacy with God.

## Chapter 20 Summation

### Biblical Wisdom for Lonely Christian Leaders

If you've ever led while feeling deeply alone—carrying weights no one sees, making choices that isolate you, wondering if anyone truly understands—this chapter is for you. I know that quiet ache: standing strong for others while your own heart whispers exhaustion, rejection, and doubt. You may be faithful in the spotlight, yet unseen in the shadows. Loneliness in leadership is not failure—it is often the narrow path many are called to walk.

Moses cried under the burden: *“Too heavy for me alone”* (Numbers 11:14). God answered by sharing the load with elders. Jesus grieved deeply in Gethsemane, longing for His friends to watch with Him (Matthew 26:38). They slept, yet He surrendered, redeeming through isolation. Joshua inherited an impossible task, yet heard God's promise: *“I will never leave you nor forsake you”* (Deuteronomy 31:6).

Your weakness is not a threat—it is the place where God's power is perfected (2 Corinthians 12:9). David, forsaken by family, trusted that God gathers the abandoned (Psalm 27:10). Spurgeon wept hourly yet preached faithfully. Elijah despaired, crying *“Enough, Lord,”* but heard God's whisper and gained Elisha's companionship. Paul admitted *“conflicts outside, fears inside”* (2 Corinthians 7:5), restless without Titus, deserted in prison—yet comforted through friends (2 Timothy 4:11).

You are not alone. God shelters in storms (Psalm 46:1), a fortress when your strength fades. He calls you to work heartily for Him (Colossians 3:23), storing treasures in heaven (Matthew 6:20). Like the psalmist in Psalm 77, lament can shift to remembering God's deeds—despair turning to praise.

Your loneliness refines, not defines. It deepens dependence, grows empathy, and shapes legacy. God sees the secret sacrifices and weaves them into His purpose. Lean in: vulnerability invites grace, community shares burdens, and His presence never wavers.

This valley shapes shepherds after His heart. You are seen. You are valued. You are accompanied—one faithful step at a time into His nearness.

### Answer Key

1. strength
2. abandon
3. weakness
4. honesty
5. burdensome
6. shape
7. heartily
8. watch
9. treasures
10. doorway

# ***The Stained Glass of Loneliness* by RW Nelson**

## **Discipleship Worksheets**



### **Chapter 21 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Confronting & Supporting Loneliness.”*

### **Questions**

1. The Lord is near to the brokenhearted and saves those who are \_\_\_\_\_ in spirit.  
(Psalm 34:18)
2. You are a God who \_\_\_\_\_ me. (Genesis 16:13)
3. Loneliness often hides behind \_\_\_\_\_ or overcommitment, masking the ache with activity.
4. Whoever receives one child like this in My name receives \_\_\_\_\_. (Matthew 18:5)
5. I am like a pelican of the wilderness; I am like an owl of the \_\_\_\_\_. (Psalm 102:6)
6. Be devoted to one another in brotherly love; give \_\_\_\_\_ to one another in honor.  
(Romans 12:10)
7. A plan in the heart of a person is like deep water, but a person of \_\_\_\_\_ draws it out. (Proverbs 20:5)
8. Emotional \_\_\_\_\_ involves listening beneath the surface, noticing subtle signs of isolation.
9. Jesus modeled noticing by pausing for the isolated, like the Samaritan woman at the \_\_\_\_\_ or the paralyzed man at Bethesda.
10. By this all people will know that you are My disciples: if you have \_\_\_\_\_ for one another (John 13:35)

## Chapter 21 Summation

### Confronting & Supporting Loneliness

Loneliness is something many of us carry quietly. It doesn't usually announce itself with words—it hides behind polite smiles, busy schedules, or the simple phrase, "I'm fine." Sometimes it shows up in subtle ways: someone who drifts in and out of church attendance, answers questions with guarded brevity, or seems emotionally flat. Other times it's masked by forced cheerfulness or relentless activity. Life changes—like losing a loved one, moving to a new place, or walking through a season of spiritual dryness—can deepen that sense of isolation.

The Bible doesn't shy away from these moments. Elijah withdrew to a cave, David compared himself to a lonely desert owl, the rich young ruler walked away in sadness, and the exiled Israelites wept by Babylon's rivers. These stories remind us that loneliness is not new—and that God sees it.

Jesus shows us what it looks like to notice the unseen. He sought out the Samaritan woman drawing water alone at noon, the paralytic who had been overlooked for decades, the leper declared untouchable, and the bleeding woman who reached for Him in silence. In each encounter, He didn't just heal bodies—He restored dignity, belonging, and hope. His presence was the cure for being unseen.

Sometimes what people need most is not advice but attentiveness. Proverbs says, "The purposes of a person's heart are deep waters, but one who has insight draws them out." That kind of discernment isn't about expertise—it's about slowing down enough to hear the sigh behind "I'm fine," or recognizing when silence is the most sacred response. Think of Job's friends sitting with him in wordless solidarity, or Eli finally blessing Hannah after realizing her tears were prayer. These moments show that listening with humility can be more healing than fixing.

What if our churches became places where weakness and weariness were safe? Where monthly gatherings, quiet retreats, and small groups gave space for stories to surface slowly? Where leaders asked questions that opened hearts—like "What's been the hardest part of your week?"—instead of settling for surface replies?

Loneliness isn't solved by another program. It's healed when the church remembers who it is: a family. When we learn to see as Jesus saw—to notice, draw near, listen deeply, and stay—the lonely discover they are not forgotten. They are sons and daughters, fully seen and loved.

Imagine a church where no one slips out unnoticed after service. Where every Ruth, Hagar, Elijah, and Zacchaeus finds welcome, recognition, and belonging. That is the vision: a community where presence itself becomes the bridge from isolation to wholeness.

#### Answer Key

1. crushed
2. sees
3. busyness
4. Me
5. desert
6. preference
7. understanding
8. discernment
9. well
10. love



## ***The Stained Glass of Loneliness* by RW Nelson**

### **Discipleship Worksheets**



#### **Chapter 22 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Transforming Loneliness by the Renewing of the Mind.”*

#### **Questions**

1. Therefore I urge you... to present your bodies as a living and holy \_\_\_\_\_, acceptable to God. (Romans 12:1)
2. Do not be conformed to this world, but be \_\_\_\_\_ by the renewing of your mind. (Romans 12:2)
3. God created my inmost being; He knit me together in my mother’s \_\_\_\_\_. (Psalm 139:13)
4. Transformation in loneliness is like the \_\_\_\_\_ of a caterpillar into a butterfly—a complete change.
5. The Lord’s lovingkindnesses never cease; they are new every \_\_\_\_\_. (Lamentations 3:22–23)
6. Whatever you do, do your work heartily, as for the \_\_\_\_\_ and not for people. (Colossians 3:23)
7. Loneliness often tempts us to \_\_\_\_\_ the world’s patterns, seeking quick fixes instead of God’s way.
8. Worship and \_\_\_\_\_ become rhythms that shift focus from pain to God’s presence and others’ needs.
9. Store up for yourselves treasures in \_\_\_\_\_, where neither moth nor rust destroys. (Matthew 6:20)
10. Nonconformity means resisting the world’s mold and choosing what is \_\_\_\_\_, pure, and life-giving. (Philippians 4:8)

## Chapter 22 Summation

### Transforming Loneliness by the Renewing of the Mind

If loneliness has ever felt like a heavy fog that distorts everything—making you question your worth, replay doubts, and pull inward—this chapter is for you. I know that ache: the quiet lies whispering “*You’re unseen, unneeded, stuck.*” But Romans 12:1–2 isn’t distant theology—it’s a gentle invitation to let God reshape the very places pain has worn thin.

Presenting yourself as a living sacrifice feels vulnerable when loneliness makes everything raw. Yet it’s not about perfection or forcing strength—it’s about daily choosing to offer your weary heart, tired hands, and ordinary moments to Him. Spiritual worship isn’t confined to Sundays; it’s showing up honestly, letting everyday acts become sacred.

Don’t conform to the world’s quick fixes—scrolling for validation, busyness to numb silence. Instead, be transformed (*metamorphoō*)—that profound change like a caterpillar becoming a butterfly, or Jesus’ transfiguration revealing glory. God reshapes from the inside out, turning isolation’s chrysalis into wings.

Renew your mind (*anakainōsis*)—an ongoing renovation, replacing lies with truth. Loneliness distorts with whispers like “*I’m not enough.*” But Scripture declares you are fearfully and wonderfully made (Psalm 139:13–14), with hope-filled plans (Jeremiah 29:11). His mercies are fresh every morning (Lamentations 3:22–23). Work heartily for Him (Colossians 3:23), storing treasures in heaven (Matthew 6:20).

Worship lifts your gaze—sing in silence, let gratitude reframe lack. Serve quietly—through notes, help, or presence—reminding yourself and others that you matter. Nonconformity chooses grace over guilt, truth over fear, boundaries that protect peace over counterfeit escapes.

You are not stuck. This valley refines, surrendering weakness for His strength and isolation for deeper intimacy. God doesn’t demand you be “fixed” first—He meets you here, renewing and transforming. Your story is becoming testimony: pain into purpose, loneliness into belonging.

You are seen. You are held. You are becoming who He always knew you to be—beautifully, wholly His. One surrendered day, one truth clung to, one step toward connection at a time. Hope renews—you are emerging.

### Answer Key

1. sacrifice
2. transformed
3. womb
4. metamorphosis
5. morning
6. Lord
7. conform to
8. service
9. heaven
10. true

## ***The Stained Glass of Loneliness* by RW Nelson**

### **Discipleship Worksheets**



#### **Chapter 23 Worksheet**

**Instructions:** Complete each sentence by filling in the blank(s) with the correct word or phrase from the chapter titled *“Breaking the Cycle – A Call to Action.”*

#### **Questions**

1. No temptation has overtaken you except what is common to mankind; God will provide a \_\_\_\_\_ out. (1 Corinthians 10:13)
2. The Lord is close to the \_\_\_\_\_ and saves those who are crushed in spirit. (Psalm 34:18)
3. My grace is sufficient for you, for my power is made perfect in \_\_\_\_\_. (2 Corinthians 12:9)
4. Loneliness can spiral into depression, escapism, suicidal thoughts, or seeking false \_\_\_\_\_.
5. The Lord Himself goes before you and will be with you; He will never leave you nor \_\_\_\_\_ you. (Deuteronomy 31:8)
6. He comforts us in all our troubles so that we can \_\_\_\_\_ those in any trouble. (2 Corinthians 1:4)
7. Those who hope in the Lord will renew their strength; they will soar on wings like \_\_\_\_\_. (Isaiah 40:31)
8. Building community requires \_\_\_\_\_, time, and trust—but counters lies with belonging.
9. Serving others—small acts—\_\_\_\_\_ the server, reframing pain.
10. Your loneliness, surrendered to God, becomes a \_\_\_\_\_ of renewal for others.

## Chapter 23 Summation

### Breaking the Cycle – A Call to Action

If loneliness has ever felt like a heavy chain—pulling you toward despair, distraction, darkness, or distorted intimacy—this chapter is your invitation to break free. I know how it whispers that you're trapped, that the ache will never lift, that you're carrying this alone. But after walking through the valleys, now hear the hope: loneliness is not permanent. It is a signal—your soul crying out for connection, healing, and God.

Left unaddressed, loneliness spirals: depression weighing down the spirit, escapism numbing the heart, suicidal thoughts darkening the mind, false intimacy wounding deeper. Yet when surrendered, it opens doors—to God's presence, authentic community, practical help, and meaningful service.

God is faithful. He promises no temptation beyond what you can bear, always providing a way out (1 Corinthians 10:13). He is near to the brokenhearted (Psalm 34:18). His power is perfected in weakness (2 Corinthians 12:9). He never leaves or forsakes you (Deuteronomy 31:8). He comforts us so we can comfort others (2 Corinthians 1:4). He renews strength for those who wait on Him (Isaiah 40:31).

So pursue Him: whisper prayers, worship in quiet moments, let His presence anchor you. Build community—choose risky vulnerability, proximity over perfection (Psalm 133:1). Seek guidance—reach out courageously (Proverbs 11:14), finding safety in counseling and mentors. Serve—through small acts that reframe your perspective and transform your heart (1 Peter 4:10; Isaiah 58:10).

Reflect honestly: name the risks, take one step—send a message, join a group, share your story. See your pain as future testimony.

Your story refines, it does not define. Valleys become gardens. God redeems, turning ache into light. You are not alone—you are held, purposed, and invited forward. One step today: He meets you there, with people prepared to walk beside you, turning loneliness into renewal.

Hope calls. Answer it. You are becoming a beacon—His love reaching deeper still.

### Answer Key

1. way
2. brokenhearted
3. weakness
4. intimacy
5. forsake
6. comfort
7. eagles
8. vulnerability
9. transforms
10. beacon

## **My Declaration in Loneliness**

Loneliness is not my destiny—it is a passing detour.

Loneliness is not my ‘life sentence’—but a doorway to my transformation Romans 12:1

Loneliness invades my thoughts—but I claim the ‘mind of Christ’ Romans 12:2

My loneliness may be quiet—but it is not invisible to God.

My loneliness is real—but God’s presence is nearer.

My loneliness feels like a deep valley—but God’s voice reaches me.

My loneliness hurts—but Jesus understands hurt.

Loneliness does not define me—my life in Christ defines me.

- I am a new creation—the old has passed away 2 Corinthians 5:17
- I am a child of God John 1:12
- I am a joint-heir with Christ Romans 8:17
- I am—sealed with the Holy Spirit Ephesians 1:13
- I am an ambassador of Christ 2 Corinthians 5:20
- I will reign with Christ 2 Timothy 2:12

## **The Stained Glass of Loneliness**

**RW Nelson**