

PART 2: Isolate

DATE: 10-02-2022

START

We are continually presented with fight or flight situations. When we encounter a threat, whether that threat be something dangerous, something someone says about us, or an uncomfortable situation. Whatever the threat is we have to determine whether we will confront or escape.

- Do you tend to confront or escape difficult decisions in your life?
- When you escape, what is your go to escape mechanism?
- Does escaping help you deal with anxiety or intensify it?

READ

[1 Kings 19:3-4](#) (NIV)

“Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. ‘I have had enough, LORD,’ he said. ‘Take my life; I am no better than my ancestors.’”

THINK

After we escape, the next part of our cycle is that we tend to isolate ourselves from others. We can physically and literally isolate ourselves from others. More often though, we fall into isolation traps. We still have to be around people so we isolate ourselves emotionally and mentally. We don’t want to bother others, we carry burdens by ourselves, we convince ourselves no one cares, we feel shame, or we think we should be able to solve this ourselves.

- When have you found yourself isolating yourself from others?
- What isolation trap do you tend to fall into?
- How does isolation continue to expand on our loneliness?

One of the best ways to seek help with our isolation is to let other people into our lives and to help one another carry each other’s burdens. We weren’t built to isolate, but we were created to live in a relationship with others.

- How have others helped you out of a dark time?
- How can helping others with their burdens help you with your burdens?
- How can we help support you this week?

PRAY

“God, when I am tempted to escape and isolate, remind me that I am not meant to live in isolation. Help me to know I am created for relationships and allow me to cast my anxiety on you and to bring other people into my life to help me carry my burdens as I help them carry theirs.”

ACT

This week, identify 2-3 people that you trust that you can let into your life to help carry your burdens. Take a step to be vulnerable with them and allow God’s gift of community to begin to help heal you.

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