

# **The Myth of Isolation**

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## Study Guide

### **Key Verse:** 1 Peter 5:8

“Be sober, be vigilant, because your adversary, the devil, walks about like a roaring lion, seeking whom he may devour.”

1. Satan is compared to a lion, what does this imply about his approach or method of attack?
2. What is the devil's constant preoccupation?
3. What factors give a lion the best chance for catching and killing its prey? What factors make it more difficult?

### **Your thoughts and struggles**

4. When are you most liable to become a tasty meal for the devil?
5. What are the primary ways you cope during times of isolation and loneliness?
6. Do you have friends in your life right now who know about your true state of life? About your times of loneliness? About the times you fall down or sin? What can you do to deepen these friendships? If you don't have friends like this, what steps can you take to begin developing close friendships with other men?
7. When, if ever, has your isolation negatively impacted your spiritual life? Your relationships? Your marriage?
8. In what area(s) of your life are you being overpowered by the roaring lion? Have you opened up to another man about it? If not, why?
9. In what way, if any, does isolation (or keeping that difficult area of your life hidden) play a role in your vulnerability to spiritual attack?
10. Why do you think men continue living isolated and defeated spiritual lives? What lies do you think Satan tells a man to keep him isolated and open to attack?
11. What can we do as a group to protect one another from becoming isolated?

### **What is your next step?**

Be prepared to share your progress with the group next week.