Week One: Not Good (Adam)

OPENING:

• Describe a time when you felt lonely.

STUDY:

• Skim Genesis 1:1-2:17. What "good" things happen in these verses?

• Read Genesis 2:18. What "not-so-good" thing has been identified, by whom, and what is the suggested solution?

• Read Genesis 2:19-20. What job does God give to the man? Why?

• What is the result of this job?

• Read Genesis 21-23. What process does the Lord God use to solve the man's loneliness?

• Why do you think he created the woman this way and not from the dust like the other created beings?

• What words or phrases stand out to you in the man's song/poem to suggest that the problem of his aloneness is actually solved?

• Discuss how you have seen the tragic results of the current epidemic of loneliness. How has it affected you and/or your family and friends?

• In what ways can this passage give us direction and hope as we navigate loneliness in our lives or in the lives of others?

PRAY:

• Spend time praying for those who are dealing with loneliness, whether it is you, someone you know, or in more general terms.

Genesis 2:18-23

18 The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."

19 Now the Lord God had formed out of the ground all the wild animals and all the birds in the sky. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. 20 So the man gave names to all the livestock, the birds in the sky and all the wild animals. But for Adam* no suitable helper was found.

21 So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs* and then closed up the place with flesh. 22 Then the Lord God made a woman from the rib* he had taken out of the man, and he brought her to the man.

23 The man said,

*"This is now bone of my bones
   and flesh of my flesh;
she shall be called 'woman,'
   for she was taken out of man."*

Footnotes
*Genesis 2:20 Or the man
*Genesis 2:21 Or took part of the man's side
*Genesis 2:22 Or part