

Truthbearers

Month 5 — Brotherhood & Sisterhood

Week 2 — Loneliness and Belonging

Many young people today are surrounded by people yet still feel deeply lonely. Modern culture offers constant connection through phones, messaging, and social media — but real belonging is often missing. People long to be: known, understood, accepted, and loved honestly. Real friendship requires vulnerability, trust, and genuine human connection, not simply online interaction or public image.

“Bear one another’s burdens.” — Galatians 6:2

Saint Focus — St. Damien of Molokai

St. Damien chose to live among people suffering from leprosy who had been abandoned and isolated from society. He gave people dignity, compassion, companionship, and human connection when many others rejected them.

THINK

Do I allow people to truly know me, or do I hide behind a version of myself?

DO

Have one honest conversation this week instead of staying emotionally guarded. Choose honesty instead of pretending everything is fine.

PRAY

“Lord, help me become someone who brings others belonging and encouragement.”

DISCUSSION

Why are people more digitally connected than ever but often emotionally lonelier?

CHALLENGE

Reach out intentionally to someone this week who may feel isolated, forgotten, or alone.

JOURNAL PROMPT

What fears stop me from being fully honest and vulnerable with others?