



God's Heart For The Lonely

Pastor Mark Pangel | October 18, 2026

Main Scripture: Mark 5:24-34

Connect

ICEBREAKER

Tell us about a time you were in a crowded place, a stadium, a packed church, a family gathering, and still felt like nobody really saw you. What was going on?

Message Snapshot

BIG IDEA

Loneliness is not cured by a bigger crowd. It is healed by Jesus, who sees you, calls you His own, and gives you the belonging you were made for.

STICKY BOTTOM LINE

She came in alone and left being called daughter.

REMEMBER THIS

He did not just give her a healing. He made her whole.

KEY TRUTHS FROM SUNDAY

- Guest speaker Pastor Mark Pangel, who planted 4 Points Church, closed out our sermon series on our mission: the least, the lost, and the lonely. Loneliness is sadness from a lack of close connection, and being in a crowd has nothing to do with it. You can be in a packed room and feel completely alone.
- The woman in Mark 5 had bled for 12 years. Under the law she was unclean and cut off from everyone, she had spent everything she had on doctors and only gotten worse, and we never learn her name. If anyone had the right to say I am lonely, it was her.
- Pastor Mark said part of our loneliness is that we keep striving to arrive, to hit the next goal and then relax. God never intended for you to simply set a goal and work to achieve it. He intended for you to belong through community, with your identity in who He says you are.
- Just because you feel hidden does not mean you are not seen. In a crowd pressing in on every side, Jesus stopped and asked who touched Him. He does not just see you, He perceives what is going on inside you, and He looks at you with compassion and an offer of restoration.
- The remedy for loneliness is not a quick fix of being around more people. The woman could have stayed silent when Jesus asked who touched Him, but she told Him the truth by admitting it was her, and He changed her identity from unclean to daughter. Stop trying to pay for the sin Jesus already paid for and start walking in the freedom of belonging. The solution is not 12 steps. It is one: surrender all to Jesus.

Scripture

Read together: Mark 5:24-34

As you read, keep track of 2 things: everything this woman had been through before she reached Jesus, and every detail of how Jesus responds once she touches Him. Notice the word immediately.

Discuss

OBSERVE

- 1 What does Mark tell us about this woman's life in verses 25-26? List everything she had suffered and tried before this day.
- 2 How does she approach Jesus in verses 27-28, and what does she say to herself? What does that tell you about what she expected?
- 3 In verses 30-34, what does Jesus do once He feels power go out from Him, what do the disciples say about it, and what does He call her?

UNDERSTAND

- 4 Pastor Mark said a crowd has nothing to do with loneliness, and this woman was lonely in the middle of a mob. What is the difference between being around people and belonging to them?
- 5 Jesus knew exactly who touched Him, but He still stopped and asked who it was. Pastor Russ called that grace, an invitation for her to step forward instead of slipping away healed but hidden. Why do you think Jesus wanted her to come forward and tell the whole truth?
- 6 Pastor Mark said she came for a healing and Jesus gave her belonging by calling her daughter. Why is being called daughter a bigger gift than the healing itself?

APPLY

- 7 Pastor Mark said the one place he tends to turn last is the first place he should turn every time. When you feel alone or overwhelmed, what do you reach for first: more people, more busyness, a screen, the next goal? What would it look like to reach for Jesus first this week?
- 8 Is there a part of your story you have kept hidden because you are sure nobody else understands it? What makes it hard to believe that Jesus sees that part of you with compassion rather than disappointment?

Live It Out

Pastor Mark's challenge was simple: tell Jesus the whole truth. Pick one specific thing you have been carrying alone, the struggle you are sure nobody else gets, and before Sunday say it out loud to Him in prayer, all of it. Then take one step out of hiding by telling one trusted person in this group, or asking the prayer team to pray with you on Sunday. Come back next week ready to share what happened.

Prayer

- Thank Jesus that He sees us in the crowd, knows us by name, and calls us sons and daughters.
- Confess the places where we have been striving to arrive and earn what Jesus already paid for on the cross.
- Pray for anyone in the group, or anyone you know, who feels hidden, isolated, or stuck in depression or anxiety, that they would sense Jesus looking at them with compassion.
- Pray for 4 Points Church to be a lighthouse where the lonely cannot walk in without being seen, and ask God to use us to reach the least, the lost, and the lonely.

Jesus, thank You that we do not have to push through a crowd to get Your attention. You already see us, and You see us with compassion. Forgive us for turning to You last and for trying to earn what You already gave us on the cross. For anyone in this room who feels completely alone right now, speak the word daughter and son over them, and let them walk out of here in freedom and belonging. In Jesus' name, amen.

HOST TIP This week's Apply questions ask people to name something they have kept hidden, and some in your group may be carrying real depression, grief, or anxiety. Do not press anyone for details. If someone opens up, thank them, resist the urge to fix it, and offer to pray for them right then. If someone needs more than a group can give, follow up privately and loop in Pastor Russ or a staff member.