

FIGHT LONELINESS



COMPANION JOURNAL

WHY FIGHT LONELINESS?

HOW DID ANCIENT CHRISTIANS BELIEVE THAT LOVE COULD CHANGE THE WORLD?

Modern Sexual ethics are creating an epidemic of loneliness:

According to Gallup Research, 95% of Americans dream of marriage, and yet only 54% ever achieve it, and too many of those marriages are destroyed by family breakdown.

Children who grow up with fathers are a lucky minority. And one third of the children who grow up in family breakdown never see their non-resident parent.

The trickle-down from family breakdown shows up in failing schools, inner city riots, and overcrowded prisons. It's time to break the painful cycle of family breakdown.

Fight Loneliness is a book club that talks about the issues closest to your heart. Our e-books and meetings give you the stories and studies to start having life changing conversations in your community. This journal is designed to help you sort out your experiences and capture your thoughts on the issues.

So buckle up! You're about to discover powerful truths about why family success and family breakdown are the two most powerful forces, for good or bad, in the modern world. And even more importantly, we hope you'll discover what you can do about it.

Let's get with the times!

Social Justice Warriors were so last century.
What we need now are Family Justice Warriors.

Fight Loneliness is a project of the Ruth Institute. For more information visit RuthInstitute.org or write us at info@ruthinstitute.org

BEFORE BEGINNING THE READING PLEASE
WRITE ANY COMMENTS OR QUESTIONS
YOU MAY HAVE CONCERNING THE TOPIC.

AS YOU READ, WRITE ANY COMMENTS OR
QUESTIONS FROM THE READINGS HERE TO
DISCUSS LATER WITH YOUR GROUP.

WHAT STOOD OUT TO YOU AS AN
IMPORTANT INSIGHT IN THIS WEEK'S
READING?

HOW DO THE TRENDS EXPLORED WITHIN
THIS READING RELATE TO THE EPIDEMIC
OF AMERICAN LONELINESS?

PICK YOUR FAVORITE PIECE OF INFORMATION FROM THIS SECTION. HOW WOULD YOU TEACH THIS PRINCIPLE TO A YOUNG CHILD? HOW WOULD YOU EXPLAIN THIS TO A PEER? WRITE YOUR ANSWERS BELOW.

WRITE YOUR THOUGHTS ABOUT HOW YOU CAN ACT ON WHAT YOU'VE LEARNED.

HOW HAS THE TRUTH IN THIS TEXT BEEN
DISTORTED OR PERVERTED BY OUR CULTURE?

HOW HAS THIS INFORMATION CHANGED
YOUR UNDERSTANDING OF THE TOPIC?

HOW CAN YOU USE THIS INFORMATION TO
IMPROVE YOUR RELATIONSHIPS WITH OTHERS?

HOW WOULD SOCIETY AT LARGE BENEFIT
FROM UNDERSTANDING THE TRUTHS FROM
THIS TEXT?

WERE THESE ISSUES PREVALENT IN YOUR FAMILY OF ORIGIN? DO YOU SEE THEM IN YOUR CURRENT FAMILY OR WITH YOUR CLOSEST FRIENDS?

HOW HAVE YOU SEEN THESE ISSUES DEVELOP, GROW, OR CHANGE OVER YOUR LIFETIME IN OUR SOCIETY AS A WHOLE?

WHO HAVE YOU SEEN EXEMPLIFY THESE TRUTHS BY HOW THEY LIVE? IS THAT A STANDARD OF LIFE THAT WOULD BE WORTH WORKING TOWARDS PERSONALLY?

WHICH TRUTHS FOUND HERE ARE MOCKED BY OUR CULTURE? HAVE YOU EVER PERSONALLY BEEN MOCKED FOR LIVING OR BELIEVING ANY OF THIS SAME INFORMATION? IF SO, HOW COULD YOU RESPOND IN THE FUTURE?

WHAT KIND OF CHANGES COULD HAPPEN IN YOUR LIFE IF YOU WERE TO FOCUS ON A PRINCIPLE EXPLORED IN THIS READING AND IMPLEMENT IT MORE FULLY IN YOUR LIFE OR WITH YOUR COMMUNITY?

WHICH OF THESE CONCEPTS ARE HARD FOR OUR CULTURE TO ACCEPT, BELIEVE, OR LIVE? WHICH ONES ARE EASILY ACCEPTED, BELIEVED, OR LIVED?

HAVE YOU SEEN ANY OF THESE PRINCIPLES
BEING ACTED OUT IN MOVIES, TELEVISION OR
OTHER TYPES OF MEDIA? HOW DO YOU FEEL
WHEN YOU SEE THOSE EXAMPLES?

HOW COULD YOUNG PEOPLE CHALLENGE
THE MISINFORMATION AND POOR
RELATIONSHIP ETHICS PORTRAYED IN MEDIA?

WHY IS THE ANCIENT CHRISTIAN CONCEPT OF LOVE AND FIDELITY A MORE COMPASSIONATE APPROACH TO SEXUAL ETHICS THAN THE IDEALS OF THE SEXUAL REVOLUTION?

IS IT POSSIBLE THAT CHRIST ADVOCATED A SET OF MORALS THAT DID ACTUALLY FIGHT LONELINESS BEFORE IT BEGAN? WHAT NEEDS TO HAPPEN WITHIN OUR CULTURE IN ORDER TO ENCOURAGE PEOPLE TO LIVE THOSE PRINCIPLES?