



## Part 3: All Ai-lone // Carey Nieuwhof // January 21st, 2024

In the last decade, online relationships have exploded, and so have loneliness, depression, and suicide. AI is going to take that to a whole new level, making probable what few of us even dreamed possible a year ago. It's understandable why people want to escape the pain of real-life relationships and find someone "better" online, but that appears to be (literally) killing us. People may be the deepest problem in life we all would love to escape from, but people are also God's deepest solution to loneliness.

**Scripture:** [Colossians 3:1-5 NLT](#); [Colossians 3:10-16 NLT](#)

**Bottom Line:** People are your biggest struggle in life, and people are God's best solution.

### Discuss:

1. Carey shared that in 1990, 3% of people had no close friends. In 2021, 12% said they had no close friends.
  - a. What are your thoughts on the statistics about the increase in loneliness despite the proliferation of online connections?
  - b. How have you seen those trends play out around you in the people you know and care about?
2. Take a look at your screen time. Is your screen time at a level you're satisfied with, or would you say it's too low or too high?
3. Do you believe that AI companions can genuinely address the issue of loneliness? Why or why not?
4. What's attractive about having an AI or virtual relationship in which everything goes "perfectly"? What's not healthy about that?
5. Read [Colossians 3:1-16](#). What do you think is God's desire for human relationships? What in this passage stands out to you and why?
6. Many people are dropping out of church, family, and their marriage. What impact do you think that's going to have on people and culture in the long term?
7. In your opinion, what role does the church play in combating loneliness and fostering real community?

### Moving Forward:

List 3-5 people that you want to build a close relationship with in the next year and why. Don't get discouraged if some don't work out. Keep trying. Pray for these relationships daily, and remember, they're God's best solution to the problem of isolation.