



- Paperback
- 144 pages
- ISBN: 9781802543681
- January 2026
- The Good Book Company

 [thegoodbook.com](https://thegoodbook.com)

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# Why We're Feeling Lonely

## (and What We Can Do About It)

According to Forbes, 73% of young adults feel alone sometimes or always.

But Christians have a unique kind of opportunity to find genuine community and friendships. When you live life for Jesus, you have the ultimate comfort that he's always alongside you. So why are you still feeling lonely?

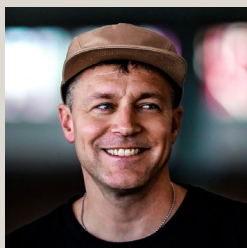
In this short, punchy book, you'll explore specific reasons why you and many others in Gen Z are fighting loneliness—even as Christians. After each compelling diagnosis of what fuels detachment, you'll unpack a solution rooted in God's design for relationships and community.

You'll see...

- how a better grasp of the gospel gives you an authentic sense of self in a world of filtered digital identities
- how gospel friendships are an antidote to porn use and a casual attitude toward sex
- how gospel empathy strengthens relationships in a culture of polarization and anger
- how gospel involvement can help heal feelings of depression and anxiety

This book is great for giving away in young-adult ministry contexts.

## About the Author



Shelby Abbott is an author, campus minister, emcee, and conference speaker. His passion for university students has led him to speak at college campuses all over the United States and author several books for the next generation. He and his family live just outside of Philadelphia, Pennsylvania.

## Endorsements

“Campus ministers, youth-group leaders, or anyone discipling a young person struggling with loneliness—this is the resource you’re looking for. With empathy and clarity, Shelby identifies the root causes of Gen Z’s isolation and then combats them with biblical truth, practical tips, and thought-provoking questions. Easy to read, timely, and gospel-centered, this book is perfect for one-on-one or small-group discussions with the ‘Loneliest Generation.’

**Sarah Eekhoff Zylstra**

Senior Writer, *The Gospel Coalition*

“Shelby Abbott’s excellent book helps readers grapple with the questions we should all ask regarding the loneliness epidemic that continues to surge—especially among the younger generations. He invites readers to explore the poisonous substitutes that work as counterfeit sources of belonging. I loved reading this book and thinking more deeply about what Abbott calls “gospel friendships,” and how to bond more deeply with others in overlooked and deeply biblical ways. Don’t miss this book!”

**Heather Holleman, PhD**

Speaker; Author, *The Six Conversations: Pathways to Connecting in an Age of Isolation and Incivility*

## Suggested Interview Questions

1. How do you define loneliness in today’s context?
2. What are some common misunderstandings about loneliness you hope to clarify in this book?
3. How can cultivating “gospel empathy” impact someone’s personal community?
4. Why is it important to recognize that within gospel friendships, godly rebuke is a gift of the Lord’s grace?
5. How does humility factor into combating loneliness and anger?
6. What does the gospel offer for someone struggling with feelings of shame, especially related to past sexual choices?
7. What is the significance of spiritual engagement in overcoming anxiety and depression?
8. Where are a few of the common places that people run to when they are experiencing loneliness, and how do those places end up deepening their disconnect?
9. How does understanding a relationship with God through Jesus begin to heal deep loneliness?
10. What practical steps can someone take to cultivate gospel friendships?



To schedule an interview, contact [publicity@thegoodbook.com](mailto:publicity@thegoodbook.com) or [publicity@thegoodbook.co.uk](mailto:publicity@thegoodbook.co.uk).