

# LONELINESS

We've all faced loneliness.

What would your definition of loneliness be?

-painful sense of not being connected to others; may feel unwanted, isolated, and left out

Were there any lonely people in the Bible?

1. **Elijah** 1Kings 19:10 Elijah was in a state of great distress. He believed he was alone in serving God. God told him he would **not** be **alone** and gave him **work** to do. 1Kings 19: 15-18
2. **David** Psalm 62:5 David's soul waited in silence. Psalm 142:4 There was no other person who took notice of him, or took care of his soul. God **refreshed his spirit and gave him strength**. David praised God.
3. **Paul** Demas, Crescens and Titus abandoned Paul. 2Tim4:10, 16-17 It was only the **Lord** who **stood by him** during his trial. Praised God and forgave the others.
4. **Jesus** Judas betrayed Him. The other apostles left him at His arrest. Mark 14:50 Peter denied Him 3 times John 18:15-18; 25-27 Jesus suffered alone in the Garden of Gethsemane Matt 26:36-46 Forsaken by the Father when He hung on the cross Matt 27:46

What are some causes of loneliness?

-fear, pride, rejection, a lack of intimacy with God, – Maybe you've had a loved one pass away, marital problems/divorce, chronic illness, unfamiliar surroundings, or living in a difficult home situation

How do we try to cure loneliness?

We try to fill that void or change our circumstances so we no longer feel the pain.

Temptation for those suffering loneliness?

Tendency to focus on themselves, what they want and what they don't have

What if there was a better way?

What if the pain of loneliness was meant to point us to something or someone greater?

1. Relationship With God

God has the power to redeem our loneliness and use it to draw us to Himself. Even when we feel misunderstood, forsaken, or abandoned, we're never really alone. God is always with us, and only He can meet all of our needs.

The Lord ministers powerfully to the lonely. He has promised believers that He will not leave them nor forsake them, but will always be with them. Psalm 139:7-12; Isaiah 41:10; Matt 28:20; Heb13:5

2. Relationships with others

Relationships are an opportunity to serve and minister to another. Love one another. Teach.

Titus 2:3-4

God has gifted you and He wants you to use those gifts to His glory.

Challenge yourself to find creative ways to serve others. And serve together. Galatians 5:13-14

Practical Tips to Help Someone Suffering from Loneliness:

**1. What are they saying to themselves and how did they get to this stage?**

\*Name some lies they might be tempted to believe.

I am alone. God can't use me. I deserve to be lonely. Things will always be this way.

SOLUTION: By God's grace and power, put on the full armour (Ephesians 6) and fight your way back to believing and trusting God's promises.

**2. How do they spend their time?**

Activities such as comparison that lead to jealousy, hopelessness, and sadness OR

Activities that build them up in the Lord like remembering God's omnipresence, omnipotence, omniscience...This can help them see that the Lord is actively working in their circumstance for His purpose and glory.

Trusting this truth and living for His glory in the midst of difficulty can turn painful loneliness into a time of experiencing the glory of the Lord. It can bring peace in an otherwise hard time or difficult circumstance.

Loneliness can cause us to slow down and think about what is really important. Have they lost sight of what's truly important? Or have they never experienced what is? Are they lost and trying to fill a void with the world that only the Lord can fill?

**3. Help them come out of isolation and begin establishing relationships with others as much as possible.**

Relationships can be hard and painful and yet deeply satisfying. God has created us in His image. (Father, Son and Holy Spirit) One God but three persons. God is a relational God and therefore we are created for relationships.

Sometimes people who have lived in a state of loneliness for a long time will become very needy. Encourage them to pursue intimacy with the Lord and to seek to love others. This will help them develop more healthy relationships with those who reach out to them.

When they focus on loving others, they will emerge from their isolation and become a source of blessing