

Loneliness

Understanding Loneliness

1. **Loneliness & Being Alone are Very Different**
2. **Being Alone is a State of Being**
3. **Being Lonely is a State of Mind**
4. **Loneliness is a Universal Human Emotion**

It is not good for the man to be alone. Genesis 2:18

Biblical Examples

1. **Psalm 102 – A broken spirit inserted between praise songs**
2. **Jesus – Have you ever thought of Jesus as Lonely?**

He was in the world, and though the world was made through him, the world did not recognize him. He came to that which was his own, but his own did not receive him. John 1:10-11

Christ's path to the cross

The one who has dipped his hand into the bowl with me will betray me. Matthew 26:23

This very night you will all fall away on account of me. Matthew 26:31

This very night, before the rooster crows, you will disown me three times. Matthew 26:34

My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me ...Could you men not keep watch with me for one hour? Matthew 26:38, 40

My God, my God, why have you forsaken me? Matthew 27:46

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we

may receive mercy and find grace to help us in our time of need. Hebrews 4:15-16

Overcoming Loneliness: Lessons from Paul in Prison, 2 Timothy 4:9-18

1. **Reach Out to Others**

Do your best to come to me quickly...Get Mark and bring him with you. v. 9, 11

2. **Practice Self-Care**

When you come, bring the cloak that I left with Carpus at Traos... v. 13

3. **Stay Productive**

Bring...my scrolls, especially the parchments. v. 13

4. **Practice Compassion and Empathy**

At my first defense, no one came to my support, but everyone deserted me. May it not be held against them. v. 16

5. **Realize You Are Never Alone**

But the Lord stood at my side and gave me strength ... and I was delivered from the lion's mouth. v. 17

6. **Stay True to Your Purpose**

So that through me the message might be fully proclaimed and all the nations might hear it. v. 18

Defeat Loneliness by Embracing It & Embracing God

Very early in the morning, while it was still dark, Jesus got up, left the house and went to a lonely place, where he prayed. Mark 1:35

In my distress I called upon the Lord, and cried out to my God; He heard my voice from His temple, and my cry came before Him, even to His ears... Psalm 18:6