

Loneliness

Date: August 23, 2026 | Speaker: Pastor Brent Snook | Series: Practical Traumatic Spiritual Development

Main Verse: [2 Timothy 4:16-17](#)

PTSD of the Christian Life — Series

Loneliness

Pastor Brent Snook · August 23, 2026 · AM Service

Text: [2 Timothy 4:16-17](#)

"It is no sin to be lonely — but rather a symptom of being human."

In one year, the average American meets as many people as the average person did in a lifetime 100 years ago. And yet loneliness has never been more epidemic. God Himself said in [Genesis 2:18](#): *"It is not good that man should be alone."* Loneliness is real, it is painful — and it strikes everyone. Today we examine it, find ourselves in it, and discover the escape from it.

"Loneliness is the most devastating malady in life — and loneliness will strike all of us at one time or another."
— Dr. Paul Tournier

I. THE [EXAMINATION](#) OF LONELINESS

Who experiences loneliness? More people than we realize.

- A. The Unmarried [Single](#)
- B. The Unsatisfied [Spouse](#)
- C. The Unsettled [Survivor](#)
- D. The Unseen [Senior](#)
- E. The Unclean [Sinner](#)

"If we say that we have fellowship with him, and walk in darkness, we lie... But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin."
— [1 John 1:6-7](#)

F. The Unforgotten [Servant](#) of God

The missionary far from home. The pastor isolated by leadership. Moses said: *"I am not able to bear all this people alone, because it is too heavy for me."* ([Numbers 11:14](#))

"Leadership isolates. Leaders of great churches and large ministries can be very lonely people. It simply comes with the territory." — David Jeremiah

II. THE [EXAMPLES](#) OF LONELINESS

A. David the King

"For my days are consumed like smoke, and my bones are burned as an hearth." — [Psalm 102:3](#)

"I watch, and am as a sparrow alone upon the house top." — [Psalm 102:7](#)

"I looked on my right hand, and beheld, but there was no man that would know me: refuge failed me; no man cared for my soul." — [Psalm 142:4](#)

B. Elijah the Prophet

A man of courage, faith, and power — who called down fire from heaven. But after confronting the prophets of Baal, Elijah collapsed in loneliness: *"I, even I only, am left."* ([1 Kings 19:10](#))

C. Paul the Apostle

"Demas hath forsaken me... Only Luke is with me... At my first answer no man stood with me, but all men forsook me." — [2 Timothy 4:9–11, 16](#)

It's possible to accomplish much, bless so many, and change the world — and still experience the chill of loneliness.

D. Jesus the Savior

In Gethsemane — His closest disciples could only sleep when He needed them most. On the Cross — He experienced the most excruciating loneliness imaginable: isolation from God the Father Himself.

"My God, my God, why hast thou forsaken me?" — [Matthew 27:46](#)

III. THE [ESCAPE](#) FROM LONELINESS

A. Admit the [Place](#) of Loneliness

B. Accept the [Provision](#) for Loneliness

The answer to loneliness is Jesus. He understands it more than anyone.

"He came unto his own, and his own received him not." — [John 1:11](#)

"The foxes have holes, and the birds of the air have nests; but the Son of man hath not where to lay his head." — [Matthew 8:20](#)

"When my father and my mother forsake me, then the LORD will take me up." — [Psalm 27:10](#)

"...I will never leave thee, nor forsake thee. So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me." — [Hebrews 13:5–6](#)

C. Activate God's [People](#) for Loneliness

[3 Reasons We Must Be Involved with a Church:](#)

1. We are called to gather and encourage one another ([Hebrews 10:24–25](#))
2. Church strengthens spiritual growth and accountability ([Ephesians 4:11–16](#))
3. Church is the vehicle for believers to serve and use their spiritual gifts ([1 Corinthians 12](#))

When we feel lonely, our normal tendency is to isolate. Do not do that. Run to the fellowship of other believers.

D. Apply Practical [Principles](#) for Loneliness

"Two are better than one... For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth... and a threefold cord is not quickly broken." — [Ecclesiastes 4:9–12](#)

Personal Takeaways

Enter any thoughts about todays message.