

ALLEVIATING LONELINESS

LONELINESS AND FAITH IN CHRIST

*"Turn thee unto me, and have mercy upon me;
for I am desolate and afflicted."*

~ Psalm 25:16

1. Loneliness as a Spiritual Problem

- a. We are treating spiritual problems (sin) with God's word, faith, Jesus Christ
- b. Loneliness ~*def.* Without company, by yourself, feeling all alone, isolated, solitude.
- c. The bad feeling is Desolate ~*def.* deprived of inhabitants, deserted, neglected...
- d. Forsaken, forlorn (pitiful), destitute (without), despair (hopeless), abandoned, alone.
- e. Lonely thoughts issue from our mind, spirit, and faith. God provides help, hope, peace.

2. Being Alone

- a. *"It is not good that man should be alone; I will make him an help ..."* - Gen 2:18
 - i. (This does not describing desolate feelings, but that man alone is inadequate.)
- b. The good thing about being alone is that no one else is there.
- c. Loneliness (no one else) can be a great condition: shower, read, work, walk, think, pray
- d. Loneliness is good when you want to get away, break, escape, be left alone - 1 Tim 2:2
- e. Jesus went out alone to pray (even on mountains) - Matt 14:23, 6:6, Luke 6:12
- f. Paul thought it good to be left alone here → 1The 3:1 (not here → 2Cor 2:13)

3. All Alone

- a. Being alone can hurt when it is corrupted with selfish thoughts. John 12:24-25
- b. Pride seeks attention → "No one else is like me", "I deserve people", undervalued
- c. Self-pity is passive-pride → "No one likes me", feeling unappreciated, unwanted
- d. A corrupting loneliness: wanting someone to like you, love you, do things with you.
- e. A self-inflicted loneliness with remorse due to selfish greed - Ecc 4:8-12
- f. Loneliness can afflict when we are spiritually depressed, weak, need help.
- g. There is loneliness in a crowd of people, marriage, w/friends, ministry (no one knows)
- h. Jesus was forsaken (without help) on the cross - Ps 22:1, but also 22:2-5
- i. Jesus said he would not leave them comfortless - John 16:16-18, Eph 1:13, 2 Cor 1:3-4

4. Alleviating Loneliness

- a. The prayer of the afflicted is comforting. God regards the destitute – Ps 102:17
- b. What are your thoughts when you are alone? Are they selfish, begrudging, desperate?
- c. The spiritual solution is to recognize God as your help. Think on these things - Phi 4:8
- d. Instead of seeking others, serve others, love others more than yourself - Gal 5:13
- e. Don't preach yourself (loneliness), but "ourselves your servants" - 2 Cor 4:5-9
- f. If you are in Christ, you are accepted in the Beloved, not neglected – Eph 1:6-13
- g. Find your purpose, work, and approval with God and his will - Eph 4:1, 2 Tim 2:15
- h. You be "one with" another (marriage) but truly God, Christ, His Body - Eph 5:30-32
- i. You are complete in Christ alone, not another person – Col 2:10
- j. The Spirit of God dwells in you (1 Cor 3:16), You can be at peace (Rom 5:1)
- k. Your hope is in the Lord, not in marriage, more friends, being accepted by others.
- l. You are not forsaken, abandoned, neglected, left without help from God our Saviour.
- m. People everywhere to serve. Work everywhere to do. God with you. You are not alone.