Series: Embracing and Employing Our Emotions

“I'm So Lonesome I Could Cry”  
David Owens

Psalm 73:23-26, 28a  
5/9/21

Introduction:
A. Feelings of loneliness are a __________ experience.
B. The Wikipedia page titled “Songs about loneliness” had a list of _____ songs.

I. What is Loneliness?
A. Definition: “Loneliness is the state of being _____ and _____ about it.”
B. Loneliness is an ________, but it is also a state of ________.
C. We can feel lonely for a __________ of __________.
D. Loneliness is the distressing experience that occurs when a person’s social relationships are perceived to be less in _________ and __________ than desired.
E. Because feelings of loneliness are so ________ and are often caused by ____________, rather than __________, we need to realize it is a battle of the mind.

II. How is the Emotion of Loneliness Helpful?
A. It might alert us to the need to build more ____________ relationships, and to make the necessary ________ to bring that about.
B. It can lead us to have a stronger and deeper relationship with ________, who is really the only One who can meet _____ of our _________.

III. Biblical Characters in Lonely Situations
A. The experience of ___________ (Genesis 2)
B. The experience of ___________ (Genesis 16, 21)
C. The experience of ___________ (Genesis 28)
D. The experience of ___________ (1 Kings 19)

IV. The Emerging Pattern and Lesson to Be Learned
A. When we are at our lowest and loneliest points is when _____ makes sure He is ________ us.
B. That was the case for _______ (2 Tim. 4:16-17) and _________ (John 16:32).
C. Ultimately, God’s provision for the lonely is a ____________ ___________. (Ps. 68).
D. In God and in God’s family, we find our ________ basic needs.
   1. Someone to ________ and share intimately with.
   2. Someone who ________ and ________ how we feel.
   3. Someone who ________ us and ________ us.
E. Even if God’s family on earth ________ us, God will never ________ us.
F. God promises to ________ be ________ us. (Dt. 31:6; Isa. 41:10; Heb. 13:5; Mt. 28:20; Jn. 14:16)
G. __________ experience can be ours. (Psalm 73:23-26, 28a)