

## **THE SEASON OF LONELINESS**

### **Growing in the Season of Life – Part 2**

“... *It is not good for man to be alone.*” Genesis 2:18

#### **What causes loneliness? 2 Timothy 4.**

##### **1. TRANSITION**

*“I have fought the good fight, I have finished the race, [and] I have kept the faith.”* (vs. 7)

##### **2. SEPARATION**

*“Do your best to come to me quickly.”* (vs. 9)

*“Do your best to get here before winter...”* (vs. 21)

##### **3. OPPOSITION**

*“Alexander, the metal worker, did me a great deal of harm. The Lord will repay him for what he has done, and you should be on your guard against him because he strongly opposed our message.”* (vs. 14-15)

##### **4. REJECTION**

#### **SELF-DEFEATING COPING ACTIONS TO LONELINESS**

- **Workaholism**
- **Materialism**
- **Excessive Social Media Abuse**
- **Alcoholism or Prescription Drugs.**
- **Sexual Escape**
- **Escape into a World of Fantasy**
- **Isolation**

## **HOW TO GROW IN THE SEASON OF LONELINESS**

### **1. ACKNOWLEDGE AND IDENTIFY THE CAUSE OF YOUR LONELINESS.**

*“I’ve already been poured out like a drink offering and the time has come for my departure.”* (vs. 6)

### **2. I NEED TO UTILIZE MY TIME.**

*“Bring me the cloak I left with Carpus, and bring my books, especially the parchment.”* (vs. 13)

### **3. MINIMIZE MY HURT.**

*“Everybody has deserted me... [He went on trial before Nero. Nobody came to his defense]. ...May it not be held against them.”* (vs. 16)

### **4. RECOGNIZE GOD'S PRESENCE.**

*“But the Lord stood by my side and gave me strength...”* (vs. 17)

**Jesus:** *“I will not leave you orphans...”* John 14:18 (NIV)

*“I will not leave you comfortless...”* John 14:18 (KJV)

*“... I will send the comforter...”* John 14:16

*“... And Lo, I am with you always even unto the end of the world.”* Matthew 28:20

*“... Where can I flee from your presence?”* Psalms 139:7

### **5. EMPHASIZE OTHER'S NEEDS.**

*“Through me the message might be fully proclaimed, and all the Gentiles might hear it...”* (vs. 17)

The key to overcoming loneliness is **STOP BUILDING WALLS** and **START BUILDING BRIDGES.**

#### **What do you do?**

- 1) Open your life to Jesus Christ.
- 2) Join a church family.

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**Growing in the Seasons of Life - Part 2 of 9**