

WHEN YOU FEEL LONELY

How to Deal with How You Feel

"Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and free me from my anguish." Psalm 25:16-17 (NIV)

Many people in the Bible experience loneliness at different points in their lives.

- **David** - David often felt lonely and abandoned, especially while he was on the run from King Saul. (Psalm 25:16, Psalm 69:20).
- **Elijah** - The Prophet Elijah experienced deep loneliness, particularly after his victory over the prophets of Baal. (1 Kings 19:10; 14).
- **Job** - Job endured extreme loneliness and isolation after losing his family, wealth, and health. His friends, instead of comforting him, accused him of wrongdoing, which deepened his sense of isolation. (Job 19:13-19).
- **Jeremiah** - Known as the "weeping prophet," Jeremiah faced rejection from his own people because of his prophecies. (Jeremiah 16:1-2; 15:17-18).
- **Hagar** - After being cast out by Abraham and Sarah, Hagar experienced loneliness in the wilderness. (Genesis 21:14-19).
- **Moses** - As a leader of the Israelites, Moses often felt the weight of loneliness, especially when dealing with the people's complaints and rebellion. (Numbers 11:14-15).
- **Naomi** - After the deaths of her husband and sons, Naomi felt abandoned and returned to Bethlehem feeling "empty." (Ruth 1:3-5, 20-21).
- **Jesus** - Jesus experienced profound loneliness, especially in the Garden of Gethsemane, where His closest friends fell asleep during His time of need. On the cross, He felt abandoned, crying out, "My God, my God, why have you forsaken me?" (Matthew 27:46, Mark 14:34).

The Final Days of Apostle Paul's Life: 2 Timothy 4:6-21

FOUR CAUSES OF LONELINESS

1) TRANSITIONS (vs. 6-8)

"I've already been poured out like a drink offering and the time has come for my departure. I've fought the good fight. I've finished the race, and I've kept the faith."

2) SEPARATIONS (vs. 9; 21)

"Do your best to come to me quickly ... do your best to get here before winter."

3) OPPOSITIONS (vs. 14)

"(He)... did me a great deal of harm... he strongly opposed our message."

4) REJECTIONS (vs. 16, 10)

[16] *"... no one came to my support, but everyone deserted me."*

[10] *"... Demas has deserted me..."*

HOW TO COPE WITH LONELINESS...

- **UTILIZE MY TIME** (vs. 12)

"... bring my coat... and bring my books..."

- **MINIMIZE MY HURT** (vs. 16)

"... everyone has deserted me. May it not be held against them."

- **RECOGNIZE GOD'S PRESENCE** (vs. 17a)

"But the Lord stood by my side and gave me strength..."

- **EMPHASIZE OTHER'S NEED** (vs. 17b)

"... so that through me the message might be fully proclaimed, and all the Gentiles might bear it."

Stop building: **WALLS**

Start building: **BRIDGES**

I'd love to hear your stories & feedback: Phoebe@peopleschurchsd.org