

Dealing With Loneliness

Intro:

“Loneliness is sensing the spirit of one you love pulling away from you”

The Scriptures:

³⁶Then Jesus went with His disciples to a place called Gethsemane, and He said to them, “Sit here while I go over there and pray.” ³⁷He took Peter and the two sons of Zebedee along with Him, and He began to be sorrowful and troubled. ³⁸Then He said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”

³⁹Going a little farther, He fell with His face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

⁴⁰Then He returned to His disciples and found them sleeping. “Could you men not keep watch with me for one hour?” He asked Peter. ⁴¹“Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.”

⁴²He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.”

⁴³When He came back, He again found them sleeping, because their eyes were heavy. ⁴⁴So He left them and went away once more and prayed the third time, saying the same thing.

⁵⁶Then all the disciples deserted Him and ran away. - Matthew 26:36-44,56

Types of Loneliness

1. Loneliness that is created by my me.
2. Loneliness that is created by circumstances beyond my control.
3. Loneliness that is created by psychological reasons.
4. Loneliness that is created by society.
5. Loneliness that is created by my choice.

Cures for Loneliness

1. Begin a Personal Relationship With Jesus.

The Difference between Loneliness and Aloneness:

Loneliness = a preoccupation with “Poor me. I am all alone and so blue.”

Aloneness = “Now that I am alone and with Jesus, I can recover, repair and regroup.”

We walk many roads in life, surrounded by those we love, and sometimes by destiny’s choice we must take a step alone. In that vacant spot, there is God.

“I have loved you with an everlasting love; therefore, I have continued my faithfulness to you.” - Jeremiah 31:3

“For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you.” - Isaiah 54:10

2. Focus Your Energy On Other People.

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others.” - Philippians 2:3,4

“You can make more friends in two months by becoming interested in other people than you can in two years by trying to get people interested in you.” - Dale Carnegie

3. Learn to Practice “Present Enjoyment”.

“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.” - Philippians 4:12

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