Overcoming Loneliness

Introduction: We are in a time of the year where emotions often run high.  
A. In the holidays we often think back upon loved ones and past times in our lives.  
   1. So many things cause us to reflect. This may bring many emotions.  
   2. In cases of sadness or regret it is important that we be able to move on and serve God today! (Phil 3:13-14)  
B. Our emotions are given from God and are to be understood and controlled!  
   1. The issue for each of us is to walk by faith and not by feelings. (Prov 14:12)  
   2. At the same time we must not run away from how we are made! Men especially think that expression of emotions are a sign of weakness.  
   3. Let us examine how men of faith both recognized and responded in emotional times.

I. What is loneliness?  
A. It is the “state of being alone” or the pain caused by the desire for companionship.  
   1. Towards the end of Paul’s life he experienced the pain of standing alone. (2 Tim 4:16)  
   2. There are events that can suddenly thrust us from a world surrounded by people to a hostile world where we are alone. (Job 29:4-12; 30:10-11, 26-29)  
   3. There is a good probability that you will walk down this path in your life!  
B. One can be lonely in the midst of people!  
   1. There is a longing for a certain kind of companionship. A companion to share your joys and to bear your hurts.  
   2. It may be the longing for just one person to do this.  
   3. This should be what people find here at this church! (1 Cor 12:23-26)  
      a. Even when one is rebuked by those who care there is a support for that one that allows healing. (Heb 12:12)  
      b. Many come to churches to hide and run away rather than be involved with others! Mega-churches with big shows are popular but do little for the spirit.  
      c. Some churches neglect some or may not be aware of others needs.  
   3. The emotions from loneliness is not wrong, we must not however let ourselves live in them!  
C. You can be single and not be lonely. (1 Cor 7:32-33)

II. What are the fruits of loneliness?  
A. You do not feel complete and secure. (Ecc 4:9-10)  
B. You tend to look upon the past. (Job 29:1-5)  
   1. Could Job return to the past?  
   2. However Job’s past could be an encouragement to his here and now! (Psa 22:1-5)  
C. You tend to focus upon yourself.  
   1. This in natural, as it is like being hungry. You cannot help but notice!
2. You are made to feel different and even unwanted. *(Job 30:9-10)*

D. It can drain your energy.
   1. You can second-guess yourself and even second-guess God!
   2. When left alone our emotions can grow and eventually create their own reality.

*(1 Kings 19:4, 14)*

E. Consider some Men of faith who were alone and in pain.
   1. Jesus – *(Psa 69:20, Jn 16:31-33)*
   2. Paul – *(2 Cor 7:4-7)*
   3. King David – *(Psa 142:4)*

**III. Harmonizing our emotions and our faith**

A. We must choose to instill God’s word as our reality. *(1 Jn 5:3-4)*
   1. How often do you find a passage to “hold on to” during emotional times?
      *(Psa 57:1)*
   2. In our Bible study in good times we should be preparing ourselves now for the emotional times. *(Psa 119:11)*

B. Worship is the way we can bring the spiritual truth back into focus.
   1. How often in the psalms do you see trouble mentioned and then how comfort was found in worship? *(Psa 56:6-7, 9-11)*
   2. How did Jesus find comfort before the cross? *(Mt 26:38-41)*
   3. If we do not worship like this alone then we often will be overcome.

**IV. Some wisdom to remember**

A. Always seek the truth. *(Phil 4:8-9)*
   1. Do not run from what has happened, it will only compound the hurt.
   2. Often we will need to stop and think “what is really true and what are my emotions leading me to believe?”

B. Always be thankful! *(Phil 4:6-7)*
   1. We tend to be negative and as a result miss reality.
   2. God wants us to be thankful during suffering because He will use that too for our good. *(Phil 1:29-30; Rom 5:3-4)*

C. Always look for God’s provisions.
   1. How did Paul and David overcome their loneliness? *(2 Tim 4:16-18; Psa 142)*
   2. You should get busy in God’s work by sharing burdens with faithful Christians and by collective worship. These are just a few of the many things that can lift us up.
   3. Consider how Paul overcame an emotional time. *(2 Cor 7:4-7)*

D. Be humble and see the needs of others. *(Phil 2:3-4)*
   1. In good times we can benefit and prepare for the day that we suffer.
   2. There is a powerful strength that comes from sharing one another’s burdens.
      *(Heb 10:33-34)*

**Conclusion:** Let us be faithful in both good and bad times!

A. It is not so much as what happens to us but rather that we can overcome. *(Rev 2:7, 11, 17; 21:7)*

B. Let us rejoice in the way God has made us and with wisdom serve Him.