

Four LIES that Leave You EMPTY

Lie #4 "No One Understands Me, I'm All Alone"

Psalm 42:1-11

November 24, 2019

United Community Church

Ron Burks, pastor

Facts about Loneliness

- Loneliness does not depend on the number of friends or relationships you have. It is subjective based on how you feel
- More than 60% of lonely people are married
- Loneliness distorts our perceptions of relationships
- Loneliness is contagious in social networks
- Loneliness affects our hearts, minds, and bodies

When you feel alone...

- Problems become overwhelming
- You feel like everyone is judging you
- You think no one understands you
- You withdraw from the world

TRUTH: God will never leave you alone. Your hope and salvation rest in Him.

Bible Characters who Experienced Loneliness

Job, Elijah, Naomi, David, Jesus

PROBLEM

Feeling alone turns your focus inward away from God on yourself, your circumstances, and your problems.

SOLUTION

- Share your pain with God, but don't let your pain consume you
- Ask honest questions about why you feel alone
- Remember God's unfailing love and put your hope in Him
- Praise God as your Rock and your Salvation

Bottom Line

God will never leave you alone. Make Him the love of your life and set your hope in Him.