

DEALING WITH MY LONELINESS

The Cure for Loneliness: Part 2

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“Turn to me and have mercy on me, because I am lonely and hurting.” (Psalm 25:16, NCV)

Loneliness is...

- A prolonged sadness caused by my personal lack of INTIMACY.
- An unsatisfied craving for COMMUNITY.
- Unrelenting feelings of disconnection, emptiness, abandonment, and REJECTION.

“I look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one cares a bit what happens to me.” (Psalm 142:4, NLT)

6 Types of Lonely People

- 1) The lonely SINGLE.
- 2) The lonely SPOUSE.
- 3) The lonely SURVIVOR.
- 4) The lonely SENIOR.
- 5) The lonely SUFFERER.
- 6) The lonely SERVANT.

“This job is too much for me. How can I take care of all these people by myself?” (Numbers 11:14, CEV)

Neglected Causes of Loneliness

- Past REJECTION that leads to present isolation.
- Personal INSECURITY.
- TRAUMA that no one else seems to understand.
- Social-media-induced FOMO.

3 Core Needs of Every Person

- To be LOVED.
- To be UNDERSTOOD.
- To be NEEDED.

*“I don’t want your sacrifices—I want your love;
I don’t want your offerings—I want you to know me.”
(Hosea 6:6, The Living Bible)*

Sorry Substitutes

- **POSSESSIONS** (Zaccheus).
- **POWER** (Nicodemus).
- **POPULARITY** (Jesus).
- **PEOPLE** (Woman at the well).

“...we must not pursue the kind of sex that avoids commitment and intimacy, leaving us **more lonely than ever...**” (1 Corinthians 6:17, The Message)

THE CURE FOR LONELINESS

1. Stop **HIDING** your pain.

“So admit your sins to each other, and pray for each other so that you will be healed...”
(James 5:16, GW)

2. Become comfortable with **YOURSELF** so that you can become comfortable with others.

“To acquire wisdom is to love yourself; people who cherish understanding will prosper.”
(Proverbs 19:8, NLT)

**ACTION STEP:
SOLUTIONS COUNSELING
CELEBRATE RECOVERY
CARE GROUPS**

3. Get busy **SERVING** others.

“We should **think about others** and not about ourselves.” (1 Corinthians 10:24, CEV)

ACTION STEP: START SERVING!

4. Carry your loneliness to **JESUS**.

“Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and **you will find rest for your souls**. For my yoke is easy to bear, and the burden I give you is light.”” (Matthew 11:28–30, NLT)

Jesus Understands Your Loneliness Because He’s been:

- **LONELY**.
“And he came to the disciples and found them sleeping. And he said to Peter, “So, **could you not watch with me one hour?**” (Matthew 26:40, ESV)

- **MISUNDERSTOOD.**
*"Then they scoffed, "**He's just a carpenter**, the son of Mary and the brother of James, Joseph, Judas, and Simon. And his sisters live right here among us." They were deeply offended and refused to believe in him." (Mark 6:3, NLT)*
- **REJECTED.**
*"**He was despised and rejected**— a man of sorrows, acquainted with deepest grief. We turned our backs on him and looked the other way. He was despised, and we did not care." (Isaiah 53:3, NLT)*

"He came to his own people, and even they rejected him." (John 1:11, NLT)
- **ABANDONED.**
*"...At that point, all **the disciples deserted him** and fled." (Matthew 26:56, NLT)*

*"...Jesus called out with a loud voice ... "My God, my **God, why have you abandoned me?**" (Matthew 27:46, NLT)*

ACTION STEP: COMMIT YOUR LIFE TO JESUS!

"And you can be sure that I am always with you, to the very end." (Matthew 28:20b, NIV)