



Suicide, Anxiety, & Depression

(The Gospel changes everything)

Part 7

Loneliness, like anger, is another common human emotion. There's not a person alive who hasn't felt alone at some point in their life. Let's face it, we are created to crave relationships, as we are hard-wired to desire a relationship with God as our Creator. However, many today have

abandoned that innate desire for a godly relationship and instead attempted to fill it with various human relationships. Let's ask and answer the question, "*Is being single second best?*" The correct answer is: "*Of course not, singleness is not second best!*" In fact, God's Word says some people are called to singleness. Others are single because of divorce or the loss of a loved one. Yet, it is a fact that within the human mindset, we feel validated when someone else desires us and commits to us. Tonight, we'll look at two of the greatest biblical examples from the same family tree: King David and the King of kings, Jesus.

David: a man after God's own heart.

- David is a **seminal** figure in the Old Testament. As Israel's 2nd king, he's right up there with Adam, Noah, Abraham, Isaac, Jacob, and Moses. He rivals the prophets in his writing and Messianic prophecies, & he stands out for his faithful obedience to the Lord.
- Here are just a few examples of why David is considered and called a man after God's own heart (**1 Samuel 13:14, Acts 13:22**): David, when it comes to God, is humble, respectful, reverent, trusting, devoted, faithful, obedient, patient, and repentant.
- While David did not write all the Psalms, let's read two **sequential** psalms we know he wrote: **Psalm 61 & 62**. David's knowledge and dependence upon God are extremely evident in these two texts.
- Yet, David is still just a man, and still quite human. Let's look at two more Psalms that David authored, which reveal more of his humanity/flesh and his feelings of loneliness: **Psalm 39 & 88**. We can read the immense pain of **loss** and loneliness felt by David.
- How can a man of such faith, and a man after God's own heart, feel so down, depressed, and alone, and even feel **abandoned**? Remember, man changes, God does not!

Jesus: the King of kings

- Surely, Jesus never felt **lonely**, right? How could the Son of God, God incarnate, feel lonely when He was still fully God, and almost always surrounded by throngs of people?
- **Matthew 26:36-46, Mark 14:32-42, & Luke 22:39-46**; Jesus in the Garden of Gethsemane. We view the weight of the sin burden Jesus is about to carry. We see the depths of anguish Jesus feels in the knowledge that He will become sin for us.
- **Isaiah 53:1-5** gives a prophetic look at the life of Jesus before He ever came to earth. Just look at the words used to describe Him: **no beauty, no majesty, plain appearance, despised, rejected, a Man of sorrows, familiar with suffering, people avoided Him, and He was not esteemed.** That's a **lonely** life.
- Yet, He took up our infirmities, carried our sorrows, He was stricken by God, and afflicted, He was pierced for our transgressions, crushed for our sins, took our punishment, bore God's wrath for us, making us whole and healed.
- In **John 16:32**, Jesus foretells the **abandonment** of the disciples and how they will be scattered back to their old lives. Then, Jesus makes a powerful statement when He says, **"Yet I am not alone, for My Father is with Me."** Can you make such a statement when you feel alone? Can you rest in the knowledge that God is always with you? That God has allowed the situation in your life for His purposes? That He has made a way through it?
- The very next verse, **John 16:33**, says, **"I have told you these things, so that in Me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world."** Jesus leaves no doubt that life is hard and that life will have its troubles, but He also promises **peace** in the midst of those times.

What are we to make of all this?

Jesus, who had left the infinite beauty and majesty of heaven to come to earth, was despised and rejected, often with no place to lay His head. Who had every right to be the most homesick and lonely human being who ever lived? Yet, He remained dependent upon the Father daily. Even more so, Jesus was sin-free in a society that was full of sinful people. Have you ever been the goody-two-shoes in a group who won't go along with the crowd? Well, **multiply** that by **infinity**, Jesus could not even find a respite among the religious leaders of the time, as they were the greatest hypocrites. The Church is supposed to be our safe place, and a place of grace, peace, and encouragement. Even Jesus' own family called Him crazy once (**Mark 3:21**) and came to get Him. Ever been rejected by a family member? That hurts! Then comes the betrayal of one of His closest friends, in Judas Iscariot, and the abandonment by all the disciples in the Garden. Later, the denial by Peter. The scourging by the Romans. The torture by the guards. And then comes the cross where Jesus, in His ultimate voice of humanity, cries out; **"My God, My God, why have you forsaken Me!"** (**Matthew 27:46, Psalm 22:1**). Many theologians believe it was at this point where God the Father, turned away from the Son as He carried bore God's righteous wrath on our behalf. In that moment, Jesus quotes David from **Psalm 22**, expressing the loneliness of the **cross**, as He felt for the first time, **separation** from God.

Do you see how the Gospel changes everything? In the storm, God is there bringing peace. In our struggles, we aren't alone. Our true peace is in knowing that our sins are covered under the blood of Jesus. There is no more condemnation weighing down upon us, and Jesus has restored a right relationship with God for us. Whatever this life throws at us, it pales in comparison to the knowledge that we have an **Advocate** who stands at the right hand of the Father in heaven.



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