



LETTING GO OF LONELINESS

2 Timothy 4:6-21: ⁶ As for me, my life has already been poured out as an offering to God. The time of my death is near. ⁷ I have fought the good fight, I have finished the race, and I have remained faithful. ⁸ And now the prize awaits me—the crown of righteousness, which the Lord, the righteous Judge, will give me on the day of his return. And the prize is not just for me but for all who eagerly look forward to his appearing.

⁹ Timothy, please come as soon as you can. ¹⁰ Demas has deserted me because he loves the things of this life and has gone to Thessalonica. Crescens has gone to Galatia, and Titus has gone to Dalmatia. ¹¹ Only Luke is with me. Bring Mark with you when you come, for he will be helpful to me in my ministry. ¹² I sent Tychicus to Ephesus. ¹³ When you come, be sure to bring the coat I left with Carpus at Troas. Also bring my books, and especially my papers. ¹⁴ Alexander the coppersmith did me much harm, but the Lord will judge him for what he has done. ¹⁵ Be careful of him, for he fought against everything we said.

¹⁶ The first time I was brought before the judge, no one came with me. Everyone abandoned me. May it not be counted against them. ¹⁷ But the Lord stood with me and gave me strength so that I might preach the Good News in its entirety for all the Gentiles to hear. And he rescued me from certain death. ¹⁸ Yes, and the Lord will deliver me from every evil attack and will bring me safely into his heavenly Kingdom. All glory to God forever and ever! Amen.

¹⁹ Give my greetings to Priscilla and Aquila and those living in the household of Onesiphorus. ²⁰ Erastus stayed at Corinth, and I left Trophimus sick at Miletus. ²¹ Do your best to get here before winter. Eubulus sends you greetings, and so do Pudens, Linus, Claudia, and all the brothers and sisters.

Loneliness is one of the most painful emotions you can feel. The final days of Paul's life shows us some causes and cures.

I. FOUR COMMON CAUSES OF LONELINESS

1. _____ (vs. 6-8)
"...the time has come for my departure..."

2. _____ (vs. 9, 21)
"Do your best to come to me quickly... do your best to get here before winter."

3. _____ (vs. 14)
"(He)... did me a great deal of harm... he strongly opposed our message."



4. _____ (vs. 16, 10)
*"... no one came to my support, but everyone deserted me."
"... Demas has deserted me..."*

II. WAYS TO COPE WITH LONELINESS

1. _____ (vs. 12)
"... bring my coat... and bring my books..."

2. _____ (vs. 16)
"... everyone deserted me. May it not be held against them."

3. _____ (vs. 17a)
"But the Lord stood by my side and gave me strength..."

4. _____ (vs. 17b)
"...so that through me the message might be fully proclaimed, and all the Gentiles might hear it."

Stop building _____

Start building _____