

**Message:** It's OK Not to Be OK - Week 2 – Loneliness

**Scripture:**

**What does it mean to pursue the life we were created to live during seasons of loneliness?**

*"But Jesus often withdrew to lonely places and prayed."* Luke 5:16

*"My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish? My God, I cry out by day, but you do not answer, by night, but I find no rest."* Psalm 22:1-2

### **3 STEPS DAVID TOOK IN THE FACE OF LONELINESS**

#### **1. GOD HELP ME FIND THE SOURCE OF MY LONELINESS.**

*"But I am a worm and not a man, scorned by everyone, despised by the people. All who see me mock me; they hurl insults, shaking their heads."* Psalm 22:6-7

#### **2. GOD HELP ME UNDERSTAND THAT YOU ARE ENOUGH IN MY LONELY SEASONS.**

*"The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."* Psalm 23:1-4

Solitude is learning to be alone with God. "Thou are with me."

#### **3. GOD LET ME SEE NEW LIFE ON THE OTHER SIDE OF LONELINESS.**

*"The earth is the LORD's, and everything in it, the world, and all who live in it; for he founded it on the seas and established it on the waters."* Psalm 24:1-2