

“What to Do When You Feel Lonely”

John 14:15-31

For God So Loved the World – John, Part 2

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Three out of 10 people are _____. (Jan 2024 poll, American Psychiatric Association) Next time you’re at a networking event, at church, a baseball game, a busy restaurant, the gym, a music concert, the farmer’s market, or wherever, observe the first 10 random people. Three of them are lonely. *How does loneliness come about?*

- Due to a child being socially awkward or painfully shy, a college graduate accepting a job offer far away from home, a stay-at-home mom of young children feeling isolated, a young man playing video games instead of socializing, a wife married to a workaholic husband, empty nesters, a young woman connecting online but not in person, an elderly man’s wife passes away and he’s alone at home... _____
- If untreated, loneliness can lead to depression, sleep/eating disorders, substance abuse, heart disease and more.

The good news: God does _____ desire for you to be lonely. (Isa 41:10) Let’s find out what our main passage has to say.

John 14:15-31... Where in the main passage can one who is lonely find _____? (2 Cor 1:3-4a)

- VV 16-17... The Holy Spirit is your _____ and companion _____. (Heb 13:5)
- V 23... The Father and the Son _____ you and has made their _____ with you. (Rev 3:20; 1 Cor 3:16)

“But I know this. And I still feel lonely.” Maybe these two takeaways from the passage will help.

- 1) VV 15, 21, 23-24 - A precondition to experiencing God’s comfort when lonely is that of _____. (1 Jn 5:3; Psa 40:8; Lk 11:28; Mt 22:34-40; Jas 1:22-25)
- 2) V 27 - The fruit of a life of obedience to God (born out of a love relationship) is _____! (Phil 4:6-7; Isa 26:3; Col 3:15)

“The takeaways from the passage are insightful. Now, tell me what to do when I feel lonely.” *Sure, happy to be of service.*

- Chronic loneliness CAN be alleviated because it is not a health condition. Rather, loneliness is defined as a state of distress due to a gap between a desire for _____ and an actual experience of it. (Healthline.com)
- That said, here are some suggestions you can employ the next time you feel lonely:

* Cultivate your relationship with the Lord * Call (don’t text) a friend or family member * Switch from online shopping to brick n’ mortar shopping * Break the home => work => home cycle by joining a gym or a book club or ? * Commit to a “Growth Group” * Be a friend to make a friend... and don’t give up * Being lonely is different than being alone. Be nice to yourself and do things you enjoy the most * If you’re suffering from chronic loneliness, set an appt with a Christian counselor/therapist and discover the roots of your loneliness.

In closing: How specifically will your life be blessed by following through with the above suggestions every time you feel lonely? How will the lives of others be blessed?

TURN OVER FOR THE GOING DEEPER QUESTIONS

Ah, look at all the lonely people - Ah, look at all the lonely people
Eleanor Rigby Picks up the rice in the church where the wedding has been - Lives in a dream
Waits at the window - Wearing the face that she keeps in a jar by the door - Who is it for?
All the lonely people - Where do they all come from? - All the lonely people - Where do they all belong?
~ "Eleanor Rigby" by the Beatles ~

GOING DEEPER QUESTIONS FOR "WHAT TO DO WHEN YOU FEEL LONELY" – 06/02/24

Go through this note sheet and discuss with your growth group and/or your family at the dinner table. Seek opportunities to also share this with your friends, relatives, coworkers, neighbors, and/or school mates. Bring this note sheet to your work and discuss it with your workmate over lunch. Bring it to school and discuss it with your schoolmate over lunch. Read the main passage and look up all of the supporting verses on the other side of this note sheet. Pray with one another.

1) Three out of 10 people aged 35 and up experience loneliness at least once per week. Three out of 10 people aged 35 and under experience loneliness every day.

a. How often do you experience feelings of loneliness? Circle one – rarely, sometimes, often

b. If you're fortunate enough to not experience this form of distress, then please share a season in your past when you did. What were the details behind that season? Do you feel like you navigated through it in a healthy fashion? How did you navigate through it? _____

c. Did your feelings of loneliness lead to something more concerning, such as depression, sleeping/eating disorders, substance abuse, or something else? Y/N Please share. _____

2) On a scale of 1-5, how well are you obeying God's commands in the New Testament? ___/5 If you didn't score a 5, what could you do to raise your score? (By the way, scoring a 5 is possible!) _____

a. As explained in the message, you naturally obey all of the commandments out of a love relationship with God because a love relationship equates to you being in prayer and the Word. This also equates to you allowing the Word to be a mirror in your life, showing you what you need to address.

3) God's peace is a perfect peace that can be experienced because your mind is stayed on the Lord rather than adverse circumstances. Yet God will withhold His peace if there's unconfessed sin in your life.

a. On a scale of 1-5, how much of God's peace is a reality in your life? ___/5 If you didn't score a 5, is it due to unconfessed sin or because your mind needs to be stayed on the Lord more intently? Please share the details behind this. _____

4) At the bottom of the note sheet are suggestions that you could employ the next time you feel lonely. Which suggestion did you find the most attractive and why? _____
