

OVERCOMING, Week 5 OVERCOMING LONELINESS

"For I am already being poured out like a drink offering, and the time has come for my departure. I have fought the good fight, I have finished the race, I have kept the faith." 2 Timothy 4:6-7 (NIV)

Paul's Fight With Loneliness was a:

| 1) | fight | |
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| "Do your best to come to me quickly, for Demas, because he loved this world, has deserted me and has gone to Thessalonica." 2 Timothy 4:9-10a (NIV) | | |
| 2) | fight | |
| "Alexander the metalworker did me a great deal of harm. The Lord will repay him for what he has done. You too should be on your guard against him, because he strongly opposed our message." 2 Timothy 4:14-15 (NIV) | | |
| 3) | fight | |
| "At my first defense, no one came to my support, but everyone deserted me." 2 Timothy 4:16 (NIV) | | |
| 4) | fight | |
| "I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day — and not only to me, but also t all who have longed for his appearing." 2 Timothy 4:7-8 (NIV) | | |

How Can I Overcome Loneliness?

| Maintain an | perspective | |
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| "Alexander the metalworker did me a great deal of harm. The Lord will repay him for what he has done. You too should be on your guard against him, because he strongly opposed our message." 2 Timothy 4:14-15 (NIV) | | |
| Use thefor | | |
| When I Am Lonely, Ask These Questions: 1) What can I learn from this experience? 2) Can I share what I've learned with someone else? 3) Can God use this experience to create ministry opportunities? 4) Can I prevent others from facing the same challenge? | | |
| "At my first defense, no one came to 2 Timothy 4:16a (NIV) | my support, but everyone deserted me." | |
| "At my first defense, no one came to it not be held against them." 2 Time | my support, but everyone deserted me. Maj thy 4:16 (NIV) | |
| Forgive | | |
| "But the Lord stood at my side and gave me strength." 2 Timothy 4:17a (NIV) | | |
| Recognize | | |
| "But the Lord stood at my side and g message might be fully proclaimed a 2 Timothy 4:17 (NIV) | cave me strength, so that through me the nd all the Gentiles might hear it." | |
| Emphasize | | |
| Life Lesson: When you're lonely, stop building Start building | | |

[&]quot;The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen."

2 Timothy 4:18 (NIV)