

## How to deal with Loneliness:

Loneliness is a major problem in our society today and even in our churches today. It is one of the top three problems that professional counselors deal with today. It overshadows depression, anxiety, fear and anger. Why?

People are lonely! It shouldn't be the case, especially among Christians, but it is!

What does the Bible say about this and what is the solution to this problem? There are a lot of causes of loneliness. People are isolated: through loss of hearing, loss of their sight, through divorce, and being widowed.

*Gen 2:18 And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him.*

After all the things that God pronounces in chapter one that are "good," (Gen. 1:4,10,12,18,21,25,31), God said it is not good for man to be alone. God had intended and designed the sexes to be together. People need people! Being alone is NOT what God had intended.

Did you know that people can be surrounded by all kinds of people and yet be lonely?

Did you know that statistics show that the loneliest people are college students! (Who are surrounded by others and shoved into dorms like sardines, and still be lonely?)

And yet there are many people who are alone and yet do not feel or be lonely.

Generally speaking, people need people!

*Ps 102:1-7 Hear my prayer, O LORD, and let my cry come unto thee. 2 Hide not thy face from me in the day when I am in trouble; incline thine ear unto me: in the day when I call answer me speedily. 3 For my days are consumed like smoke, and my bones are burned as an hearth. 4 My heart is smitten, and withered like grass; so that I forget to eat my bread. 5 By reason of the voice of my groaning my bones cleave to my skin. 6 I am like a pelican of the wilderness: I am like an owl of the desert. 7 I watch, and am as a sparrow alone upon the house top.*

The Psalmist, in this passage of scripture feels isolated, alone, like a bird in a desolate place. He feels lonely because he doesn't feel that anyone else knows or even cares about his feelings or situation. He feels according to (*Ps 102:8 Mine enemies reproach me all the day; and they that are mad against me are sworn against me*), unloved and abandoned.

I know married people, who, although they have a spouse, they are lonely. There is NO love, no commitment, and no communication.

Elderly folks often feel lonely; They are too old to work and quite frankly, too young to die!

## So, What is the solution?

### **I. People need people:**

*Heb 10:22,23,24,25 Let us draw near with a true heart in full assurance of faith... Let us hold fast the profession of our faith without wavering... And let us consider one another to provoke unto love and to good works... HOW? Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.*

*Acts 2:41-46 Then they that gladly received his word were baptized: and the same day there were added unto them about three thousand souls. 42 And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers. 43 And fear came upon every soul: and many wonders and signs were done by the apostles. 44 And all that believed were together, and had all things common; 45 And sold their possessions and goods, and parted them to all men, as every man had need. 46 And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart,*

Hear the testimony of one who was locked away in prison. Do you think you feel all alone, forgotten, and not have a friend in the world?

*2 Tim 1:15-18 This thou knowest, that all they which are in Asia be turned away from me: of whom are Phygellus and Hermogenes. 16 The Lord give mercy unto the house of Onesiphorus; for he oft refreshed me, and was not ashamed of my chain: 17 But, when he was in Rome, he sought me out very diligently, and found me. 18 The Lord grant unto him that he may find mercy of the Lord in that day: and in how many things he ministered unto me at Ephesus, thou knowest very well.*

Christians ought to refresh others with their kindness, their warmth, friendship and generosity. They are to be “like a breath of fresh air.”

Christians should not be afraid or ashamed to be known as a friend to those who are bound or afflicted. Maybe you will have the opportunity to minister to those who are physically handicapped in nursing homes, with their wheel chairs, oxygen tanks, or colostomy bags.

We must befriend those that are bound to their homes (shut ins) or prisoners at the local jail. We must preach the gospel to them, befriend them, comfort them, encourage them, and minister to them.

Be a Care Giver!

## **II. Recognize the kind of God we serve.**

*Matt 10:29-31 Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. 30 But the very hairs of your head are all numbered. 31 Fear ye not therefore, ye are of more value than many sparrows.*

A sparrow is a very insignificant bird. They are “cheap.” They are a “dime a dozen.”

The same God who created the heavens, planet earth, animals, plants, mankind, and almost as an afterthought the stars also, is aware of what you are going through, and knows exactly what your needs are!

He knows the number of hairs that are on your head!

You are significantly more important to God than these insignificant birds are!

**WE MUST RECOGNIZE THE KIND OF GOD WE SERVE!**

My family may not know or care; about my circumstances, what I am going through or how I feel. My spouse may not know or care; my employer may not know or care; my pastor may not know or care; my kids may not know or care; **BUT MY HEAVENLY FATHER DOES!**

*Matt 28:20 I am with you always, even unto the end of the world. Amen*

*Heb 13:5 ...for he hath said, I will never leave thee, nor forsake thee.*

1. I will not leave you! He will never leave you helpless or without the support you need. He is always there!

2. I will not forsake you! He is saying, “I will be right there with you.”

People often let us down, fail us, aren't there, or are available when we need them the most in our lives. People crave support, help, affection and the approval of others.

Are you alone today? You don't have to be lonely. Maybe your deaf, handicapped, live alone, college student, in the armed forces, a divorced spouse, widow or a widower, maybe your headed for a nursing home facility, maybe even looking at time in prison.

Just realize, that God knows where you are, God knows what is going on, He cares about you, and He will never leave you and will never forsake you!

**Nothing can separate us from God's love:**

*Rom 8:35 Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?*

*Rom 8:38-39 For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.*

The songwriter wrote: Safe in the arms of Jesus, Safe from corroding care,  
Pg. #117 Safe from the world's temptations, Sin can not harm me there.  
Free from the blight of sorrow, Free from my doubts and fears;  
Only a few more trials, Only a few more tears!

Chorus: Safe in the arms of Jesus, Safe on his gentle breast, There by His love o'er-  
shad-ed, Sweetly my soul shall rest.

**The ultimate solution for loneliness is the realization of the kind of God that we serve!**

Lost people often ask this question. "Why do I still feel lonely?"

The problem is sin. *Isa 59:1-2 Behold, the LORD's hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear: 2 But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear.*

You must place your trust in Jesus Christ today! You may be alone... But never need to be lonely again!

Christian, Still feel lonely?

*Heb 4:16 Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.*

The problem is we are not drawing nearer to Jesus Christ.

The problems arise when we are trying to go through life on our own, all alone.

If you feel that you are all alone and on your own, it is not that God has left you, accidentally, on purpose, or deliberately. You are not drawing nearer to Him.

*James 4:8 Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.*

There may be some unconfessed sin in your life preventing the sweet fellowship that we can have with the Father, (I John 1:4-9).

Maybe we are not spending enough time in the Word or on our knees talking to God.

You do not have to be lonely. It is the worst feeling in the world!

The best feeling in the world is being clean and fellowshiping with God our Father and with His Son, Jesus Christ and with the saints of God.

Do what you need to do this evening; the altar is open and available.

Let's pray... Let's draw nigh to God.