

How to Handle Our Loneliness

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I. Introduction.

- A. Text: Psalm 25:16-17.
- B. Loneliness is everywhere.
- C. Loneliness is the painful absence of relationship.
- D. Without intimacy, people get their relational needs met immorally.
- E. Loneliness affects the way a person dresses, the way he spends his money, a person's self-perception, a person's physical health, and whether a person is depressed.
- F. Loneliness can be overcome.

II. Loneliness is different from solitude. Christ learned to replace loneliness with relationship with God in solitude. (John 6:15)

- A. Loneliness results in sin.
- B. Loneliness results in self-perception problems.

III. Loneliness is the result of not having the opportunity to share life experiences with another person, which is why believers should reach out in love for one another.

IV. How to overcome loneliness. (Romans 5)

- A. We must first understand how loneliness came about—loneliness began with a loss of intimacy with God.
- B. Loneliness ends with reconciliation to God through Christ. Reconciliation is God reaching out to a person and restoring him to relationship with Him.
- C. Loneliness ends with remembering the promises of God. (John 16)
- D. Loneliness ends with responding to circumstances based on truth and not feelings.
- E. Loneliness ends with reaching out to at least one person to build a friendship.
- F. Loneliness ends with serving someone else in need.

Application questions:

1. How would you explain the difference between loneliness and solitude? Why is the distinction important?

2. How would you counsel a friend struggling with loneliness? Explain.

3. How have you struggled with loneliness? What have you done or can you do to tackle this prevalent problem in our society?
