

How to Handle Loneliness

I. Verses on Loneliness

Not good to be alone – Gn.2:18

God sets the lonely in families... – Ps.68:6

Turn to me and be gracious to me, for I am
lonely and afflicted – Ps.25:16

Separation from people

When you till the ground, it shall no longer yield its strength to you. A fugitive and a vagabond you shall be on the earth – Gn.4:12

Eccl.4:9-12

Separation from God

But your iniquities have separated you from your God; And your sins have hidden His face from you, So that He will not hear – Is.59:2

I have sinned by betraying innocent blood. And they said, “What is that to us? You see to it!” Then he threw down the pieces of silver in the temple and departed, and went and hanged himself – Mt.27:4-5

Lack of friends

No one cares for my soul – Ps.142:4

The sick man answered Him, “Sir, I have no man to put me into the pool when the water is stirred up...”

– Jn.5:7

Desertion

At my first defense no one stood with me, but all forsook me... – 2 Tim.4:16

Loss of family

- Ruth 1:3-5

And when He came near the gate of the city, behold, a dead man was being carried out, the only son of his mother; and she was a widow

– Lk.7:12

Disease

Then as He entered a certain village,
there met Him ten men who were
lepers, who stood afar off – Lk.17:12

Poverty

All the brothers of the poor hate him;
How much more do his friends go far
from him! He may pursue them with
words, yet they abandon him – Prov.19:7

I. Verses on Loneliness

II. Victory over Loneliness

1. Do not panic

- Getting married may not cure loneliness
- Pr.21:9, Better to dwell in a corner of a housetop, Than in a house shared with a contentious woman . . . 19, Better to dwell in the wilderness, Than with a contentious and angry woman.
- Ruth remarried; based on wise counsel.

1. Do not panic

2. Realize you are not really alone

- “Where no one stands alone”
- Ps.23:4

Valley. Ps.145:14

Of shadow (deepest darkness)

Fear no evil. It exists, but...

With me. Gn.23:1-4; Lk.16; Ph.1

1. Do not panic
2. Realize you are not really alone
3. Grieve

How lonely sits the city That was full of people! How like a widow is she, Who as great among the nations! The princess among the provinces Has become a slave! – Lam.1:1

- Jn.11 – Jesus

1. Do not panic
2. Realize you are not really alone
3. Grieve
4. **Serve**

- Anna, Lk.2:36-38
- Dorcas, Ac.9:36-42

1. Do not panic
2. Realize you are not really alone
3. Grieve
4. Serve

5. It could be worse

- Rizpah, 2 Sm.21

1. Do not panic
2. Realize you are not really alone
3. Grieve
4. Serve
5. It could be worse
6. **Ask God for help**

- Psalm 142

Personal
distress

Prayer
(cried out)

Lord
(my refuge)

1. Do not panic
2. Realize you are not really alone
3. Grieve
4. Serve
5. It could be worse
6. Ask God for help
7. **Get with people**

- Paul, 2 Tim.4:9-13

1. Do not panic
2. Realize you are not really alone
3. Grieve
4. Serve
5. It could be worse
6. Ask God for help
7. Get with people
8. **Stay active**

- 1 Tim.5:3-16
- Prov.31

1. Do not panic
2. Realize you are not really alone
3. Grieve
4. Serve
5. It could be worse
6. Ask God for help
7. Get with people
8. Stay active

9. Be example to others

- Some attend despite pain
- Some smile despite grief and tragedies
- Some encourage just by being here
- Some can be alone and not be lonely