

RE-ENGAGE EXITING A SEASON OF LONELINESS

WHEN WE LACK MEANINGFUL CONNECTIONS WE EXPERIENCE LONELINESS

Then the Lord God said, "It is not good for the man to be alone. I will make a helper who is just right for him." Genesis 2:18 NLT

- WHAT IS LONELINESS?

1. LONELINESS IS A PAINFUL EMOTION CAUSED BY A LACK OF INTIMACY
"Turn to me and have mercy, for I am alone and in deep distress...." Psalms 25:16 NLT

CAUSED WHEN WE HAVE A LACK OF

- INTIMACY WITH GOD
- INTIMACY WITH OTHERS
- INTIMACY WITH OURSELVES

"Two are better than one, Because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up. Again, if two lie down together, they will keep warm; But how can one be warm alone? Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken."

Ecclesiastes 4:9-12 NKJV

7 COMMON CAUSES OF LONELINESS

- TRANSITIONS IN LIFE
- ANXIETY WITH PEOPLE
- POOR SELF IMAGE
- PAST TRAUMA
- LACK OF ASSERTIVENESS
- LACK OF COMMON INTEREST AND VALUES
- POOR COMMUNICATION SKILLS

2. LONELINESS IS DIFFERENT THAN BEING ALONE

And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there. Matthew 14:23 NKJV

3. GOD CREATED US WITH EMOTIONS AS A SOURCE OF INFORMATION

Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. I Thessalonians 5:23 NKJV

But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil. Hebrews 5:14 NKJV

II. LONELINESS IS A SIGNAL FOR ME

- TO OPEN UP MY LIFE TO CHRIST

“Draw near to God and He will draw near to you.....” James 4:8 NKJV

“ In Your presence is fullness of joy; At Your right hand are pleasures forevermore.” Psalms 16:11 NKJV

- AND LET HIM NURTURE YOUR SOUL

“I will not leave you orphans; I will come to you.” John 14:16-18 NKJV

- LET YOUR SOUL EXPRESS ITS SELF TO CHRIST

“Bless the LORD, O my soul; And all that is within me, bless His holy name! Bless the LORD, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle’s.”

Psalms 103:1-5 NKJV

- TO OPEN UP MY LIFE TO OTHERS

“Oh, dear Corinthian friends! We have spoken honestly with you, and our hearts are open to you. There is no lack of love on our part, but you have withheld your love from us. I am asking you to respond as if you were my own children. Open your hearts to us!” 2 Corinthians 6:11-13 NLT

“But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.” 1 John 1:7 NLT

Six days later Jesus took Peter, James, and John, and led them up a high mountain to be alone. As the men watched, Jesus’ appearance was transformed... Mark 9:2 NLT

- TO OPEN UP MY LIFE TO MYSELF

Jesus said to him, “You shall love the LORD your God with all your heart, with all your soul, and with all your mind.’ This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’” Matthew 22:37-39 NKJV

WHAT IS LONELINESS?

WHAT CAUSES LONELINESS

RECOGNIZE YOUR TRIGGERS

“But the time is coming—indeed it’s here now—when you will be scattered, each one going his own way, leaving me alone. Yet I am not alone because the Father is with me.”

John 16:32 NLT

“A man who isolates himself seeks his own desire; He rages against all wise judgment.”

Proverbs 18:1 NKJV

“Turn to me and have mercy, for I am alone and in deep distress. My problems go from bad to worse. Oh, save me from them all! Feel my pain and see my trouble. Forgive all my sins. See how many enemies I have and how viciously they hate me! Protect me! Rescue my life from them! Do not let me be disgraced, for in you I take refuge.

“God sets the lonely in families, he leads out the prisoners with singing; but the rebellious live in a sun-scorched land.”

Psalms 68:6 NIV

<https://www.bible.com/111/psa.68.6.niv>