

Overcoming The Problem Of Loneliness

Loneliness – a common _____

1. Loneliness is not a sin, but it is part of our frail humanity. Some of the greatest saints in the Bible suffered from a feeling of loneliness.
 - _____ – Numbers 11:15
 - Elijah – 1 Kings 19:4
 - _____ – 2 Timothy 4:16
2. What is loneliness?
 - It is not solitude.
 - It is not being _____.
 - It is not _____.
 - Loneliness is an _____ feeling that we are unneeded, uncared for, unwanted, and unnoticed. Psalm 102:7

Loneliness – a crippling force

- Here are a few of the common effects of loneliness:
 - It can lead to _____ relationships.
 - It can impact our _____.
 - It can cause us to question our _____ (to God and others).
 - It can produce physical problems and even lead to suicide.

Loneliness – a conquered foe (John 15:15-17)

- Jesus shares three great truths that will help us to conquer and overcome loneliness:
 1. First, recognize your best _____. vs. 15
 - Salvation is a friendship with Jesus that is never ending.
 - Jesus' Spirit dwells _____ us, and He desires to have a personal, intimate relationship with us. Romans 8:9-11; Colossians 1:27; Galatians 2:20

2. _____ to your best friend. vs. 16a

- Did you notice that Jesus told the twelve that He had chosen them to be His friends, and to be used to bear fruit? This is not referring to soul salvation in the context. This is referring to Jesus choosing them to a special position of friendship and service.
- Did you know that the same principle is true of believers in the body of Christ today? We have been brought into a position of complete _____ with Christ. Ephesians 5:30-32
- The moment you chose to trust Christ, God chose you to a special position of privilege and service within His family. God has provided you complete access to Himself in prayer. He has given you His very Spirit and life.
- If God did all of this for you, don't you believe He desires your company and fellowship? You can _____ to Jesus about anything and everything.

3. _____ your best friend with others. vs. 17

- It is obvious that God made us to have friendships and relationships with others.
- Although only Christ can satisfy the deepest pain of loneliness, we do need contact and fellowship with other believers in the body of Christ. God knows and recognizes this.
- Do you remember the three different men we used earlier to illustrate loneliness? Let's look at what God did for them.
 - Moses – God gave Moses _____ men to help him. Numbers 11:16-17
 - Elijah – God gave Elijah a man named _____ to help him. 1 Kings 19:19-21
 - Paul – God gave Paul three men: Luke, Mark, and Timothy. 2 Timothy 4:11
- Remember this: If you are lonely, there are a lot of other people who are lonely that you could be a _____ to.
 - As you begin to develop your friendship with Jesus and share His _____ with others, I guarantee it will allow you to overcome the problem of loneliness.