What do I do with Loneliness?
Loneliness comes from many sources

- Being alone
- Relocation of ourselves or others
- Changes to routine that create distance
- Rejection
- Death or incapacity of someone close to us
- The threat or perception of any of the above
- From unexplained inner causes
Feeling lonely can lead to feeling...

- Unwanted, unloved, rejected, or abandoned
- Anxious, worried, frightened
- Angry, resentful
- Sad, unhappy
- Discouraged, hopeless
- Guilty, remorseful
- Inferior, defective
Stinkin’ Thinkin’ that Exacerbates Loneliness

• Jumping to Conclusions
• Magnification
• Overgeneralization
• Labeling
• Blame
These feelings produce many disturbing and destructive thoughts

- “He/she must hate me.”
- “He/she never really cared about me in the first place.”
- “I’m no good/unlovable/worthless.”
- “This is totally unfair.”
- “This is all my fault.”
- “No one could ever love me.”
- “I’m a social outcast who will always be alone.”
- “I can’t take it. I can’t stand it.”
- “It’s useless to try any more.”
Philippians 4:8 (NKJV)

Finally, brethren, **whatever things are true**, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy— **meditate on these things**.
Ways to Counteract Loneliness

• Remember the good times with the person you miss
Psalm 103:2, NKJV

“Bless the LORD, O my soul, And forget not all His benefits:”
Ways to Counteract Loneliness

• Remember the good times with the person you miss
• Be genuinely grateful for each of those experiences and your memories of them
Ways to Counteract Loneliness

• Remember the good times with the person you miss
• Be genuinely grateful for each of those experiences and your memories of them
• Seek good companionship right now, even if those you would prefer to be with are not available
For indeed, when we came to Macedonia, our bodies had no rest, but we were troubled on every side. Outside were conflicts, inside were fears. 6 Nevertheless God, who comforts the downcast, comforted us by the coming of Titus, 7 and not only by his coming, but also by the consolation with which he was comforted in you, when he told us of your earnest desire, your mourning, your zeal for me, so that I rejoiced even more.
Ways to Counteract Loneliness

• Remember the good times with the person you miss
• Be genuinely grateful for each of those experiences and your memories of them
• Seek good companionship right now, even if those you would prefer to be with are not available
• Be genuinely grateful for that companionship
Ways to Counteract Loneliness

• Remember the good times with the person you miss
• Be genuinely grateful for each of those experiences and your memories of them
• Seek good companionship right now, even if those you would prefer to be with are not available
• Be genuinely grateful for that companionship
• Realize that you are never alone
Hebrews 13:5–6 (NKJV)

Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.” 6 So we may boldly say: “The LORD is my helper; I will not fear. What can man do to me?”
Ways to Counteract Loneliness

• Remember the good times with the person you miss
• Be genuinely grateful for each of those experiences and your memories of them
• Seek good companionship right now, even if those you would prefer to be with are not available
• Be genuinely grateful for that companionship
• Realize that you are never alone
• Be genuinely grateful for that constant companionship
Dealing with feelings of abandonment by God

“If God cares about me, then why is He making me suffer like this?”

“If God cares about me, then why did He take this person away from me?”

“If God cares anything about me, why won’t He do X?”

“God obviously hates me, so why should I care anything about what He wants?”
Dealing with feelings of abandonment by God

“My suffering proves that God doesn’t care about me.”
“My loss of someone I care about proves that God doesn’t care about me”
“If God cared anything about me, He would do X”
“God obviously hates me, so I’m justified in disobeying Him.”
The Core Lie

• God always protects those He loves from harm, fear, loss, pain, abandonment and suffering.

• I am suffering.

• Therefore, God does not love me.
Then the devil took Him up into the holy city, set Him on the pinnacle of the temple, and said to Him, “If You are the Son of God, throw Yourself down. For it is written:

Matthew 4:5–7
‘He shall give His angels charge over you,’ and,
‘In their hands they shall bear you up, Lest you dash your foot against a stone.’ ”

Matthew 4:5–7
Jesus said to him, “It is written again, ‘You shall not tempt the LORD your God.’ ”

Matthew 4:5–7
Combatting the Lie...

• Did God love Jesus? YES!
“Father, I desire that they also whom You gave Me may be with Me where I am, that they may behold My glory which You have given Me; for You loved Me before the foundation of the world.

John 17:24
Combatting the Lie...

• Did God love Jesus?   YES!
• Did Jesus suffer?   YES!
Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And when He had fasted forty days and forty nights, afterward He was hungry.

Matthew 4:1–2
Matthew 27:45–46 (NKJV)

Now from the sixth hour until the ninth hour there was darkness over all the land. 46 And about the ninth hour Jesus cried out with a loud voice, saying, “Eli, Eli, lama sabachthani?” that is, “My God, My God, why have You forsaken Me?”
Combatting the Lie...

• Did God love Jesus?  YES!
• Did Jesus suffer?  YES!
• Then can it be true that God always protects those He loves from harm, fear, loss, pain, abandonment and suffering?  NO!
The Truth

• God CAN protect those He loves from harm, fear, loss, pain, abandonment and suffering,

• But, He might not!

• His purposes for allowing His love ones to suffer include many things we can understand and many others we can’t

• But his love, wisdom and power assure us that if we trust in Him, any suffering we experience will be for the best.
Who He Is...

• Perfect in love
• Perfect in wisdom
• Perfect in power

• He WANTS what is best for us
• He KNOWS what is best for us
• He CAN DO what is best for us
The Truth

• God CAN, WANTS TO, and KNOWS HOW TO protect those He loves from harm, fear, loss, pain, abandonment and suffering.

• I am suffering.

• Therefore, it must be okay for me to suffer right now.
Job 1:21 (NKJV)

And he said: “Naked I came from my mother’s womb, And naked shall I return there. The LORD gave, and the LORD has taken away; Blessed be the name of the LORD.”
Job 13:15 (NKJV)

Though He slay me, yet will I trust Him
And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

Romans 8:28