

Morning Lesson

LONELINESS

Psalm 142:4

INTRO:

1. Loneliness is hard during family holidays.
2. We can be lonely while surrounded by people.
3. Does the bible address loneliness?
4. If so, what are Gods answers?

I. REMEMBER THE LONELINESS OF JESUS.

- A. Often people did not understand him.
- B. He was rejected by his own hometown. **John 1:11**
- C. He was lonely that night in the garden.
- D. He hung on the cross alone...he understands loneliness.

II. LOCATE THE CAUSE OF LONELINESS.

- A. Loneliness can be caused by the Elijah complex.
Matt.7:1-4
- B. We can be lonely because we are waiting for others to rush to our side instead of rushing to theirs.
Luke 10:25-37
- C. Sometimes we can be lonely because we do not forgive others. **Rom. 3:23**
- D. We can be lonely because we build a wall that says "I don't need anyone, even God."

III. ACCEPT GOD'S ANSWERS TO LONELINESS.

- A. Search out someone that needs a friend and be one.
Prov.18:24
- B. Forget the past: failures in relationships, sins of others, hurts. **Phil. 3:13, 14**
- C. Fill our lives with the abiding presence of God. **Heb. 13:5**

CONC:

1. If we are without God, there is always an emptiness in our hearts and lives.
2. God has the answer for loneliness.
3. The full cure will come when we arrive in heaven.