



Leaving Loneliness Behind August 27 & 28, 2022

Psalm 27:10 (NLT)

Even if my father and mother abandon me, the LORD will hold me close.

Emotional loneliness can bring 5 major struggles:

- **Depressive anxiety:** Becoming depressed and fearful, thinking you have no one.
- **Co-dependency:** A psychological condition where a person of low self-esteem attaches to a controlling or even toxic individual.
- **Low self-esteem:** Isolating from others and feeling dissatisfied in your own skin; feeling worthless and undeserving of love.
- **Physical problems:** A decrease in the ability to focus and concentrate. Sleep deprivation and even eating disorders may occur, as well as a breakdown of the immune system.
- **Addictions:** Seeking relief in external elements that calm physical or emotional discomfort.

Job 19:14-19 (NLT)

My family is gone, and my close friends have forgotten me. My servants and maids consider me a stranger. I am like a foreigner to them. When I call my servant, he doesn't come; I have to plead with him! My breath is repulsive to my wife. I am rejected by my own family. Even young children despise me. When I stand to speak, they turn their backs on me. My close friends detest me. Those I loved have turned against me.

3 Basic Human Needs:

1. To be loved and seen by others. (Verse 19)
2. To be heard and completely understood. (Verse 18)
3. To be wanted and valued. (Verse 17)

Remember this:

- **Loneliness is the number 1 emotional problem facing Americans today.**
- **Loneliness is not a sin, just a symptom of human frailty.**

Job 2:11-13 (NLT)

When three of Job's friends heard of the tragedy he had suffered, they got together and traveled from their homes to comfort and console him. Their names were Eliphaz the Temanite, Bildad the Shuhite, and Zophar the Naamathite. When they saw Job from a distance, they scarcely recognized him. Wailing loudly, they tore their robes and threw dust into the air over their heads to show their grief. Then they sat on the ground with him for seven days and nights. No one said a word to Job, for they saw that his suffering was too great for words.

I can leave loneliness behind when I:

1

Make friends who will sacrifice their comfort to comfort me.

Job 2:11a (NLT)

When three of Job's friends heard of the tragedy he had suffered, they got together and traveled from their homes to comfort and console him.

Galatians 6:2 (TPT)

Love empowers us to fulfill the law of the Anointed One as we carry each other's troubles.

2

Make friends who have empathy and not pity.

Job 2:12 (NLT)

When they saw Job from a distance, they scarcely recognized him. Wailing loudly, they tore their robes and threw dust into the air over their heads to show their grief.

Romans 12:13-15 (TPT)

Take a constant interest in the needs of God's beloved people and respond by helping them. And eagerly welcome people as guests into your home. Speak blessing, not cursing, over those who reject and persecute you. Celebrate with those who celebrate, and weep with those who grieve.

3

Make friends who know when to listen and when to speak.

Job 2:13 (NLT)

Then they sat on the ground with him for seven days and nights. No one said a word to Job, for they saw that his suffering was too great for words.

Proverbs 18:13 (TPT)

Listen before you speak, for to speak before you've heard the facts will bring humiliation.

4

Make friends by getting connected here at Grace.

Acts 2:42-47 (TPT)

Every believer was faithfully devoted to following the teachings of the apostles. Their hearts were mutually linked to one another, sharing communion and coming together regularly for prayer. A deep sense of holy awe swept over everyone, and the apostles performed many miraculous signs and wonders. All the believers were in fellowship as one body, and they shared with one another whatever they had. Out of generosity they even sold their assets to distribute the proceeds to those who were in need among them. Daily they met together in the temple courts and in one another's homes to celebrate communion. They shared meals together with joyful hearts and tender humility. They were continually filled with praises to God, enjoying the favor of all the people. And the Lord kept adding to their number daily those who were coming to life.

How To Get Connected At Grace:

- **Go to the membership classes.**
- **Get into a small group.**
- **Grow by serving.**



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