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Slide01.jpg

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Slide02.jpg

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is not a pleasant subject to speak about any more than it is a pleasant emotion to experience.

has little to do with the number of people around you or the number of people who know you.



Slide03.jpg

“It is strange to be known so universally, and yet be so lonely.” ALBERT EINSTEIN



Slide04.jpg

Loneliness is a common experience of other believers.



Slide05.jpg

“Loneliness can be the starting point of a new journey toward spiritual maturity.”

J. OSWALD SANDERS



Slide06.jpg

Psalm 25:1-5, 16-18



Slide07.jpg

What feeds my feelings of loneliness?



Slide08.jpg

"Loneliness is a passive state. That is, it is maintained by our passively letting it continue and doing nothing to change it. We hope it will go away, eventually, and we do nothing but let it envelop us. Strangely, there are times where we might even embrace the feeling."



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"Yet, embracing loneliness and sinking down into the feelings associated with it usually leads to a sense of depression and helplessness, which, in turn, leads to an even more passive state and more depression." **UF Article**



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Alienation

PSALM 25:18



Slide11.jpg

"Ultimately, loneliness stems from mankind's alienation from God, so no remedy that does not take this factor into account will afford more than superficial temporary relief." **J. OSWALD SANDERS**



Slide12.jpg



Isaiah 59:1-2



"There is a God-shaped vacuum
in every human heart."

BLAISE PASCAL

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Slide14.jpg



Transition
PSALM 25:6-7



2 Timothy 4:9-13

Slide15.jpg

Slide16.jpg



Opposition
PSALM 25:19-20



2 Timothy 4:14

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Temptation

PSALM 25:15



Slide19.jpg

...sin which so easily ensnares us...

HEBREWS 12:1

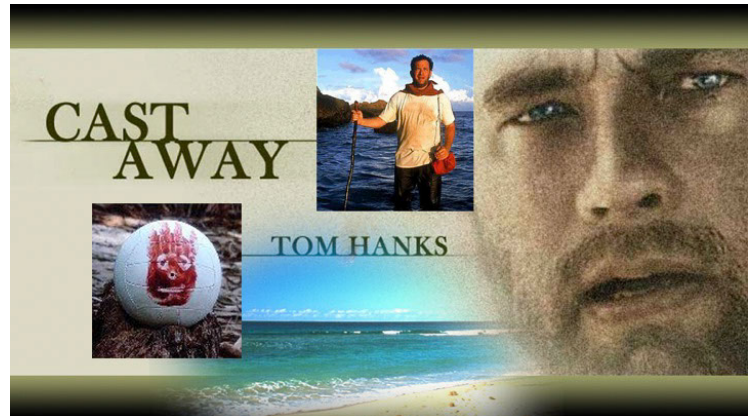


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Separation



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How can I focus my feelings in loneliness?



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Acknowledge God's Promise of His Presence

PSALM 25:5



Slide24.jpg

You will leave Me all alone, yet
I am not alone, for My Father is
with me. JOHN 16:32



Slide25.jpg

"Retire from the world each day to some
private spot... Stay in that secret place till
the surrounding noises begin to fade out
of your heart and a sense of God's
presence envelops you. Deliberately tune
out the unpleasant sounds and come out
of your closet determined not to hear them."



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"Listen for the inward voice till you learn
to recognize it... Learn to pray inwardly
every moment. After a while, you can do
this even while you work." A.W. TOZER



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E** Learn to Show Love Rather
Than to Seek to Feel Loved
PSALM 25:6



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**A
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E** Organize Your Schedule to
Steady Your Heart
PSALM 25:9-10



Slide29.jpg

Idleness is your
greatest enemy when you
feel lonely.



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**Negate the Rehearsal of
Negative Life Experiences**

PSALM 25:21



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**Elevate Your Emotions by
Exploring New Horizons**



Slide32.jpg

**"In the final analysis, the
determining factor in the battle
with loneliness is our attitude
toward it." J. OSWALD SANDERS**



Slide33.jpg

**"Fear not, for I am with you, do not be
dismayed, for I am your God. I will
strengthen you, yes, I will help you, yes,
I will uphold you with my righteous right
hand." ISAIAH 41:10**



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