

Loneliness



*“Alone, all, all alone. Alone on a wide, wide sea:
And never a saint takes pity on my soul in agony.”*

Ancient Mariner

Genesis 2:18

- And the LORD God said, "*It is* not good that man should be alone; I will make him a helper comparable to him."
- Milton – “Loneliness is the first thing that God’s eye named as not good.”
- Job felt abandoned – Job 19:13-19
- Jeremiah felt alone in Egypt

Who is Lonely?

- All of us – at times
- Crisis – death, separation, lack of communication
- Suffered / mistreated
- Last night 22% of adults – ate alone.

Who is Lonely?

- Children – working parents, divorced, abandoned
- Teens – adults don't understand
- College – separation from home, family, friends
- Newly married – start life over
- Seniors – loss of friends, family

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- **Harmful habits** – alcohol, drugs, overeating

How to Cope

- **YAGOTTAWANA** – Battle must begin inside
- **Proverbs 18:24** A man *who has* friends must himself be friendly, But there is a friend *who* sticks closer than a brother.

How to Cope

- **Take some action – outside comfort zone**
 - Pick up the phone and call someone
 - Write a letter to a long lost friend
 - Go visit a family at church
 - Plan a party at your home

How to Cope

- **Turn loneliness into solitude**
 - Study your Bible
 - Pray
 - Read / Write
 - Play the piano
 - Learn a new skill

Conclusion

- Loneliness can be a dragon – kills joy, purpose, contentment
- Learn to be comfortable around yourself
- Look to the needs of others – not focus on self