

# Biblical Answers to Loneliness Week 6

## Ps 68:6 Ps 25:16-21

Ps 68:6 God sets the lonely in families, He leads forth the prisoners with singing; But the rebellious live in a sun-scorched land. NIV

Ps 25:16 Turn to me and be gracious to me, for I am lonely and afflicted. 17 The troubles of my heart have multiplied; free me from my anguish. 18 Look upon my affliction and my distress and take away all my sins. 19 See how my enemies have increased and how fiercely they hate me! 20 Guard my life and rescue me; let me not be put to shame, for I take refuge in you. 21 May integrity and uprightness protect me, because my hope is in you.

God never intended for man to be lonely.

### I. The \_\_\_\_\_ of Loneliness

- We have \_\_\_\_\_ expectations.
- We choose a life of \_\_\_\_\_.  
Loneliness is a \_\_\_\_\_ behavior.
- We are unaware of the subtle forces that lead us into self-imposed \_\_\_\_\_. Isolation, in time, will lead to loneliness and depression, so we withdraw from social situations because of fear of \_\_\_\_\_.
- The fellowship we have with God forms the \_\_\_\_\_ of all other relationships.
- Notice God is never too busy to \_\_\_\_\_ to your prayers and needs.
- If I am lonely or depressed, have I taken full \_\_\_\_\_ of the abundant life that God offers me?

### II. The \_\_\_\_\_ of Loneliness

- David lost the \_\_\_\_\_ source with God and it's easy for us to do the same. I believe this will show itself two ways:
  1. \_\_\_\_\_
  2. \_\_\_\_\_ Much of the loneliness we feel comes from a spiritually stagnant life of solitude.
- The boredom of life turns to \_\_\_\_\_.

- III. The \_\_\_\_\_ of Loneliness
- \_\_\_\_\_ isolates our lives.
  - It can \_\_\_\_\_ a life.

Several basic facts:

1. God \_\_\_\_\_ for the lonely.
2. God \_\_\_\_\_ the lonely to Himself.

Matt 11:28-30 Come to Me, all you who labor and are heavy laden, and I will give you rest.<sup>29</sup> Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.<sup>30</sup> For My yoke is easy and My burden is light."  
NKJV

3. You must be \_\_\_\_\_ about your loneliness.
4. You must consider the \_\_\_\_\_ for your loneliness.
5. You must accept what God says needs to \_\_\_\_\_ and be willing to adjust your life to God's will.

How do I respond to God about this?

- Work at \_\_\_\_\_ what God says about my self-worth.
- Stop using \_\_\_\_\_ talk about myself.
- Look at things from God's perspective.
- Develop new \_\_\_\_\_ that pour my life into people less fortunate than me.
- This may sound funny, but consider buying a \_\_\_\_\_.

What does God want in all of this?

He desires to have your \_\_\_\_\_ and He wants you to know His heart.

First David says this:

1. "Lord, \_\_\_\_\_ me."
2. "Lord, \_\_\_\_\_ me."
  - David in his prayer was \_\_\_\_\_ to be led by God, and \_\_\_\_\_ to be led by God.
  - Satan guides by feelings and \_\_\_\_\_, but God guides those willing to \_\_\_\_\_ and trust.
  - God wants to pilot my life by His \_\_\_\_\_ and my response in \_\_\_\_\_ to His truth.
3. "Lord, \_\_\_\_\_ me."