

LONELINESS

INTRODUCTION

You may be in a room all by yourself or you may be in a crowded church. The feelings of isolation and discouragement are all the same. "No one really cares about me. They only want me for what I can do for them. I have no friends, really. Only associates." Someone may have hurt you, or circumstances left you this way, but you are painfully alone.

Memory Verse: Matthew 28:20 Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.

BIBLE READING

As a part of human nature, we have a desire to be loved and understood by others. Loneliness is real. Loneliness can come upon you suddenly by people, circumstances, or life trials. Understand that even though you feel alone, Jesus is always with you. It is a state of mind that we as saints have to work through until we reach the other side; which is joy!

Circumstances can make you feel alone even when everyone is physically with you. Learn how to encourage yourself in the Lord in those times. 1 Samuel 30:1-6

Seek a Word from God through prayer in those times of stress and isolation. Psalms 18:1-19

If you muster up the strength to praise the Almighty, He will reward you. Psalms 34:1-10

Remember, Yahweh and Yahshua are always with you. Isaiah 41:10-14, Matthew 28:20

LESSON 31

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APPLICATION

Start to volunteer at a local hospital, nursing home, or child day care center.

Make entries into your prayer journal regarding those whom you come into contact with for your prayer results.

Continue to go to your place of worship and speak with the saints that are members of the local congregation.