



Overcoming Loneliness

**April Bible Study
Series**



Foundation Scripture:

The Lord Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

(Deuteronomy 31:8)

What is the Difference between Alone and Loneliness?

- **Loneliness** refers to the emotional... the state of feeling rejected and desolate.
- **Aloneness** refers to the physical... the state of being separated from others.



Persevering Through Loneliness

Lesson Two



**“The Prozac for
loneliness is busyness.”**

Loneliness is defined as “a chronic distressful mental state whereby an individual feels estranged from or rejected by peers and is starved for the emotional intimacy found in relationships and mutual activity.”



Jeremiah: **A Biblical Model Of Loneliness**

Jeremiah 9:1, Oh, that my head
were waters, and my eyes a
fountain of tears, that I might weep
day and night for the slain of the
daughter of my people!

Jeremiah 14:17, Therefore you shall say this word to them: “Let my eyes flow with tears night and day and let them not cease; For the virgin daughter of my people Has been broken with a mighty stroke, with a very severe blow.”

Jeremiah 16:2, You shall not take a wife, nor shall you have sons or daughters in this place.



Five Ways to Persevere Through Loneliness:



1. Recognize God's Assignment for Your Life.

Jeremiah 15:1, Before I formed you
in the womb I knew you, and before
you were born, I consecrated you; I
appointed you a prophet to the
nations.

Ephesians 1:4–6, Just as God chose us in Christ before the foundation of the world to be holy and blameless before Him in love. He destined us for adoption as His children through Jesus Christ, according to the good pleasure of His will, to the praise of His glorious grace that He freely bestowed on us in the Beloved.



**Whom the Lord calls, He
qualifies.**

To Fulfill God's Assignment For Your Life:

- 1. Discover your assignment.**
- 2. Learn to limit.**
- 3. Be willing to self-assess.**
- 4. Be willing to change.**
- 5. Make critical choices.**



2. Trust that God is in Control of Your Life.

- 1. Is God really in control?**
- 2. How much control does He have?**
- 3. If He is not in complete control, then who/what is?**
- 4. How can I learn to trust that He is in control and rest in that?**

Jeremiah 15:18, Why is my pain
unceasing, my wound incurable,
refusing to be healed? Truly, You
are to me like a deceitful brook, like
waters that fail”

**Jeremiah 16:19, The Lord is
my strength, and my
fortress, and my refuge in
the day of affliction.**



3. Embrace God's View for Your Life.

Jeremiah 32:17-19, Ah Lord God! It is You who made the heavens and the earth by Your great power and by Your outstretched arm! Nothing is too hard for You. You show steadfast love to the thousandth generation but repay the guilt of parents into the laps of their children after them, O great and mighty God whose name is the Lord of hosts, great in counsel and mighty indeed; whose eyes are open to all the ways of mortals, rewarding all according to their ways and according to the fruit of their doings.



“Loneliness is the malnutrition of the soul that results from living on substitutes.”

Romans 5:3–5, And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.



4. Know the Value of Prayer.




**Prayer should never be
reduced to a personal
shopping list.**

Jeremiah 29:12-13, Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me when you search for Me with all your heart.

- “Prayer—secret, fervent, believing prayer—lies at the root of all personal godliness.”
- “Prayer is the inner bath of love into which the soul plunges itself.”
 - “Pray as you can, not as you can’t.”
- “Prayer is the central avenue God uses to transform us.”



5. Appreciate Godly Friendships.



**“God's answer to loneliness is
not the quantity of your
relationships, but the quality.”**

Bible Study Follow Up Questions:

1. What is your greatest takeaway from today's lesson?
2. As believers, what was God's purpose in choosing us?
3. List the five steps that are necessary to fulfill the call of God on your life.
4. Why is it important to keep a mental history of God's past actions?

6. Why is prayer an important channel when dealing with loneliness?

7. God strategically places people in our lives. For what purpose(s)?

8. Loneliness is God's way, first, of drawing us closer to Him, then forcing us to reach out to other people. Agree or disagree? Why?

8. What can you do if you feel alone among other believers?