



# 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)**



**Lesson Four:**  
**Reflecting on God's  
Names in Your  
Loneliness**



# **1. El Roi: The God Who Sees Me**



**You cannot outpace the  
grace of God.**

**Genesis 16:13**, She gave this name to the Lord who spoke to her: 'You are the God who sees me,' for she said, 'I have now seen the One who sees me.'

**1 Peter 3:12**, For the eyes of the Lord are toward the righteous, and His ears attend to their prayer, but the face of the Lord is against those who do evil.



## **2. El Rachum: The Compassionate God**



**Exodus 34:6-7**, And the Lord passed before him and proclaimed, "The Lord, the Lord God, merciful and gracious, longsuffering, and abounding in goodness and truth, keeping mercy for thousands, forgiving iniquity and transgression and sin, by no means clearing the guilty, visiting the iniquity of the fathers upon the children and the children's children to the third and the fourth generation."

**II Corinthians 1:3-7**, Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. For as the sufferings of Christ abound in us, so our consolation also abounds through Christ.

Now if we are afflicted, it is for your consolation and salvation, which is effective for enduring the same sufferings which we also suffer. Or if we are comforted, it is for your consolation and salvation. And our hope for you is steadfast, because we know that as you are partakers of the sufferings, so also you will partake of the consolation.

**Psalm 56:8-10**, You've kept track of all my wandering and my weeping. You've stored my many tears in your bottle—not one will be lost. For they are all recorded in your book of remembrance. The very moment I call to You for a Father's help the tide of battle turns, and my enemies flee. This one thing I know: God is on my side! I trust in the Lord. And I praise Him! I trust in the Word of God. And I praise Him!



### **3. Rum Rosh: The God Who Lifts My Head**

**Psalm 3:1-3**, LORD, how they have increased who trouble me! Many are they who rise up against me. Many are they who say of me, “There is no help for him in God.” But You, O LORD, are a shield for me, my glory and the One who lifts up my head.

**Job 5:7, Yet man is born to  
trouble as surely as sparks fly  
upward.**



## **4. Lo Shanah: The Unchanging God**



**Malachi 3:6**, “I the Lord do not change. So, you, the descendants of Jacob, are not destroyed.”

**James 1:17**, Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

**Hebrews 13:8**, Jesus Christ is the same yesterday, today, and forever.



**“In a world full of  
change, we can trust our  
unchanging God.**



## **5. Jehovah-Rapha: The Lord Who Heals**

**Exodus 15:26**, He said, 'If you listen carefully to the Lord your God and do what is right in His eyes, if you pay attention to His commands and keep all His decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.'

**Psalm 103: 3,** Who forgives all  
your sins and heals all your  
diseases.

**Psalm 147:3,** He heals the  
brokenhearted and binds up their  
wounds.

**Jeremiah 30:17**, “But I will restore you to health and heal your wounds,” declares the LORD, “because you are called an outcast, Zion for whom no one cares.”

**Matthew 8:17**, His was to fulfill what was spoken through the prophet Isaiah: “He took up our infirmities and bore our diseases.”



**“I prefer loneliness over  
fake company.”**

## **Bible Study Follow Up Chat Questions:**

1. What is something you can take away from today's lesson?
2. Were you familiar with ALL the names for God mentioned in the lesson?
3. Can you think of another name for God that was not mentioned in the lesson?
4. Has there ever been a time when you thought God did not see you or hear you?
5. Imagine what your life would be like if God took a day, a week, or a year off.
6. How was this Bible Study Series helpful to your spiritual growth?