



Life Principles Notes™

Facing Our Loneliness

Part 1

Summary:

Everyone has lonely moments in life.

But when loneliness begins to define our lives, it causes serious problems. We compromise our principles to try to fill the emotional emptiness. We choose behavior that harms our health, relationships, and finances. The consequences can be devastating.

King David recognized that the cure for loneliness lay in an intimate relationship with his Creator: “My eyes are continually toward the

Lord, for He will pluck my feet out of the net. Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart are enlarged; bring me out of my distresses” (Psalm 25:15-17).

God desires to fulfill every longing you have for meaningful connection. Are you willing to be set free from loneliness?

Key Passage: [Psalm 25:12-18](#)

Supporting Scripture: *Genesis 3; Hebrews 13:5*

Scriptural Principles:

1 What is the definition of loneliness?

Loneliness is a separation anxiety caused when we feel disconnected from God or other people. Loneliness can become a physical or relational problem, but it is primarily a spiritual problem. Believers can experience loneliness when they disobey God or go through difficult seasons of life.

Those who have not yet trusted Jesus Christ as their personal Savior don't have the ability to genuinely love and be loved in the way that their Creator intended for them. Until a lost person is willing to repent and get right with God, he or she will continue to have a problem with loneliness.

2 What is the difference between loneliness and solitude?

Loneliness and solitude both can involve being alone. The fundamental difference is that solitude is a *choice* to be separated from others. Jesus Himself practiced solitude by rising early in the morning to devote time with the Father. All of us need time alone to relax, to enjoy a hobby, to reflect on our lives, and to spend time one-on-one with God.

In contrast to solitude, which requires us to be isolated physically, loneliness is not defined by geography but by *attitude*. For instance, if the one you love is a thousand miles away, you can still experience a strong sense of connection and oneness with that person. On the other hand, you may be in a crowded room and feel a terrible sense of loneliness.

3 Where did loneliness begin?

Loneliness first began in the garden of Eden. Before Adam and Eve sinned, they had perfect harmony with each other and with God. When they sinned against God, they immediately felt separated and alienated from their Creator. In their shame, they ran from Him and futilely attempted to hide from an omniscient God.

Ever since then, sin has damaged our fellowship with God. When believers rebel against the Lord, we lose the sense of oneness we have with Him. Does God actually leave us? No, but we can not enjoy an intimate relationship with Him until we repent and confess our wrongdoing.

4 When does the feeling of loneliness start?

Many different circumstances can be fertile ground for loneliness. The death of a loved one often causes loneliness. Separation and divorce may look easy, but they involve tearing apart two people who have become one. Others become lonely because they've never been able to form meaningful relationships. Eventually they decide they won't be hurt again, and they build a wall around their hearts. Some people are lonely because they believe they are condemned by God for past sins. Others suffer from a low self-esteem because they feel unworthy or unwanted by others. Finally, children who are left alone while their parents work can become deeply wounded by the acute loneliness they experience.

5 What types of roles contribute to loneliness?

Some occupations have an intrinsic potential for loneliness. The president of a corporation works primarily alone and experiences a unique kind of loneliness as the head of the company. A newly retired person was once an integral part of the workplace, but now he or she no longer enjoys all the relationships that developed there. Pastors may feel that they can't be close friends with people in their congregation because the laypeople expect a pastor to be a perfect role model and above common life struggles. Missionaries face similar issues and also leave friends and family behind when they travel overseas.

6 What are the consequences of loneliness in a person's life?

Loneliness affects people morally, relationally, financially, physically, and mentally. Someone may tolerate an unhealthy relationship or seek sex outside of marriage in a desperate attempt to escape loneliness. A person may expect a spouse to fulfill all his or her needs for happiness, placing undue pressure on a marriage. Women may dress immodestly or men may act improperly to try to attract the love they desperately seek. When people get down, they may go shopping, using a credit card to buy items they can't afford. Some attempt to escape loneliness by eating, not to satisfy physical appetites, but to fill the void left by a lack of connection. Loneliness hinders a person relationally because he or she feels so unaccepted and separated from others. Left untreated, loneliness can lead to depression, and other physical problems. Mentally, an isolated person can be hindered by less creativity, productivity, and energy that someone who has strong friendships. Loneliness has the potential to completely destroy a person's life.

7 What does loneliness drive a person to do?

When people feel alone, they give in to temptations that they otherwise would resist. They abuse alcohol or drugs. They try to escape through watching television or using the computer. They have affairs to try to cure their loneliness, or think that if they find a new spouse, they will be happy. Loneliness can even drive some people to suicide.

8 What is the cure for loneliness?

Since loneliness is primarily a spiritual problem, its cure begins when we are reconciled to God, our Creator, through Jesus Christ. The lost person needs to begin a relationship with God, and Christians need to renew their intimacy with Him. That doesn't mean that mature believers never experience loneliness.

Conclusion:

Probably every person on earth will experience times of painful isolation at some point. Our fast-paced, independent societies are full of lonely people. The modern conveniences that made our lives easier also removed much of the interdependence other generations needed to survive. Even believers,



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who are indwelt with the Holy Spirit, go through dark moments when we feel entirely alone.

The good news is that God desires to rescue us from loneliness. As we draw near to the Lord and submit to His leadership, He enables us to develop fulfilling relationships—first with Himself and then with other people.

God can lift the cloud of discouragement and isolation that separates you from others. Open your heart to the Lord today, and let His Spirit guide you out of loneliness. 🌿

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