



Life Principles Notes™

Facing Our Loneliness

Part 2

Summary:

Loneliness is a painful emotion all of us experience at one point or another.

However, if we don't deal with our feelings of alienation and isolation, destructive attitudes eventually develop. We begin to feel unwanted, unworthy of other people's love, and unfit to become the people God created us to be.

With all of the avenues of communication and technology available to us today, it seems as if we should feel closer to one another. Unfortunately, just the opposite is true. We are less dependent upon

one another now than we've ever been, which is why loneliness has become so widespread. Although loneliness is not a sin, God doesn't want us living in a state of separation from one another because it leads to destructive consequences. Instead, He made us to live together and care about one another so we could enjoy His blessings. Therefore, we must consider how to overcome our loneliness.

Key Passage: [Psalm 102:1–7, 18](#)

Supporting Scripture: *Psalm 23:4; Isaiah 41:10; Mark 10:45; John 15:1, 4–5; 16:32; 2 Corinthians 5:18–19; Romans 8:35; Colossians 1:19–22; Hebrews 13:5*

Scriptural Principles:

1 Recognize that you are lonely.

Many people believe their loneliness is a sign of weakness or inadequacy. We don't feel worthy of being loved and are embarrassed by our emotions, so we hide our true feelings. However, this is the work of the enemy. Satan will tempt us to camouflage our sadness and disconnectedness so we don't admit our real need. Sadly, our denial of the problem only drives us deeper into isolation. People realize that we don't feel right about ourselves and respond to us accordingly. That's why we must acknowledge our loneliness before God will help us overcome it. We must be willing for Him to deal with the root cause of it.

How do we know we are lonely? Generally, loneliness is a feeling of hunger that food cannot fill, and there is something deep within us that is simply not connecting to others. It is not a sin to be lonely. However, a continuing state of loneliness makes us vulnerable to temptation and sin. Eventually we get ourselves into trouble because we try to make friends and find acceptance no matter what the price. And the cost is often much higher than we realize.

2 Reconcile with God.

In the garden of Eden, Adam and Eve disconnected from their Creator. They cut off the intimate fellowship they had with God the Father by sinning against Him. This caused them to go into hiding and avoid the one relationship that could truly satisfy their souls. The same is true for us. We were created to enjoy oneness, peace, and joy with God; yet, because of our sin, we are unable to have the one relationship that our hearts truly long for. That is why Jesus died on the cross. He came to forgive our sins and reconnect us to God, opening the way for us to find true fulfillment and purpose through an intimate relationship with the Lord. As 2 Corinthians 5:18 tells us, "God . . . reconciled us to himself through Christ." We will never have genuine peace until we first have a relationship with the Father.

3 Recall the promises of God.

God's promises are always there to remind you that you are *not* alone. He is with you—to help you and comfort you in every situation. The only thing that can separate you from His love is your unbelief and rejection of it. Nothing else—not one thing in all of creation—can separate you from Christ's love once you've accepted Him as your Lord and Savior. Therefore, obey and trust Him.

- “*Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me*” (Psalm 23:4).
- “*Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand*” (Isaiah 41:10).
- “*Remain in me, and I will remain in you . . . I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing*” (John 15:4–5).
- “*He Himself has said, ‘I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU’*” (Hebrews 13:5).

4 Reach out and develop relationships.

Once you've been reconciled to God and have His truth in your heart, the next step to overcoming loneliness is to reach out to others and build relationships. However, there are two important cautions.

*First, do not develop just any kind of relationship; rather, build **godly** relationships.* You must be very careful about the influence others have on your life. If you are connecting with ungodly people, your loneliness is only going to get worse because they will draw you further from God. However, a godly relationship will encourage you to grow in your faith. Look for people who bring joy to your life and who teach you more about Christ every time you are with them. Look for those you can pray with and who you can trust to keep you accountable.

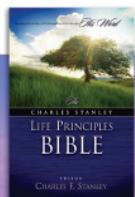
*Second, seek relationships that are an **extension** of God's presence and not a **replacement** for it.* No one except God can truly satisfy your needs. Therefore, be very wary of people who want to take His place in your life or who want you to take His place in their life. God never intends for us to be everything to another person. He doesn't want us to be codependent—looking to others for our self-worth and sense of belonging. Rather, we are to build others up by always encouraging them to seek Him. Never let earthly relationships come between you and God.

5 Refocus your attention.

The final step you must take whenever you feel lonely is refocus your attention. Stop wondering if anyone is thinking about you or if others like you. Instead ask, *Who needs some encouragement or help today? Who can I tell about God's love?* Follow Jesus' example. He said, “The Son of Man did not come to be served, but to serve, and to give His life a ransom for many” (Mark 10:45). Ask God what you can do for others, and get your focus off of yourself. God put us all together as the church to encourage one another and build relationships that glorify Him. However, you must choose to do so by an act of your will. Yet, when you do, God rewards you by bringing you into even deeper communion with Himself. And there is nothing that drives away loneliness faster than experiencing the loving presence of the living God.

Conclusion:

This is not a one-time battle. Your feelings of loneliness may reoccur, and if you want to drive them from your life, you must put these five steps into regular practice. You must examine yourself and *recognize when you are lonely*. You must *reconcile with God*, confessing any sin in your life. You must *recall the promises of God*, remembering He is always with you. You must *reach*



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out and develop godly relationships. And you must *refocus your attention* from yourself to helping others. Because then God will forgive you, cleanse you, and remind you that you are His beloved child. He will also give you a vision for sharing His love with others.

There is never any reason for you to feel unworthy, unwanted, or unloved—and there is certainly no reason for you to continue feeling lonely. Therefore, allow God into your life. Obey Him. Embrace His love. Because that's the way you'll experience life at its very best. 🌿

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