

We desire to be _____ and _____.

When we do not feel welcomed or wanted, we feel _____.

- Aloneness is a _____ of _____.
- Loneliness is a _____ of _____.

Scripture is filled with stories of people _____ with loneliness.

(Adam & Eve, Cain, Abraham & Sarah, Hagar, Leah, Joseph, Moses, Miriam, David, Jonah, Job, Elijah, Jeremiah, Daniel, Hosea, the woman with the issue of blood, Jesus, the disciples, the Apostle Paul, etc.)

Loneliness is a _____ that not all is made _____ yet in our world.

Loneliness is a _____ of sin's curse on humanity.

The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."
 Genesis 2:18 (NIV)

God said it was not _____ for man to be alone, not that it was a _____ to be alone.

My loneliness may not be _____ until I'm with Jesus Christ in eternity where He will make me _____.

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.
 Philippians 1:6 (NLT)

SERIES BIG IDEA:

Loneliness is a _____ that leads me to Jesus and allows me to experience His greater _____.

- I will experience God's greater grace when I _____ up to Him and _____ out to someone.
- Reach up to _____ God's grace in loneliness and reach out to _____ to others in my loneliness.

R: _____ my loneliness, including it's source, symptoms, and risks.

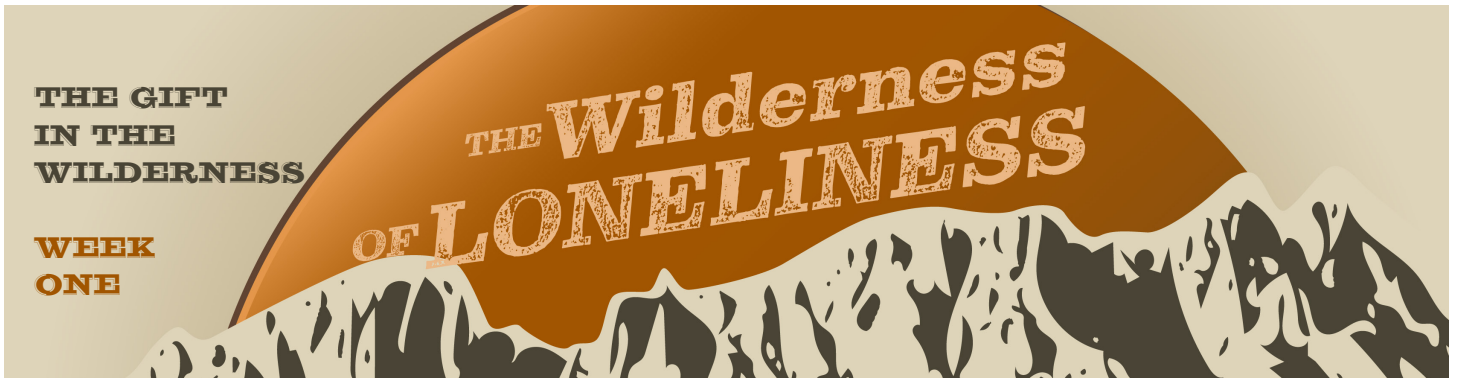
⁶ I am like an owl in the desert, like a little owl in a far-off wilderness. ⁷ I lie awake, lonely as a solitary bird on the roof.
 Psalm 102:6-7 (NLT)

E: _____ my loneliness to God and another person.

¹⁶ At my first defense, no one came to my support, but everyone deserted me. May it not be held against them. ¹⁷ But the Lord stood at my side and gave me strength,
 2 Timothy 4:16-17 (NIV)

A: _____ that God will transform my loneliness into something positive and useful for His purposes.

⁹ "Which of you, if your son asks for bread, will give him a stone? ¹⁰ Or if he asks for a fish, will give him a snake? ¹¹ If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!
 Matthew 7:9-11 (NIV)



C: _____ to connect with God (reach up) and others (reach out).

So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.
Matthew 7:12 (NIV)

H: _____ God in your loneliness by making your loneliness sacred—make it holy by dedicating it to God.

(Ruth Graham, Transforming Loneliness, p106)

Even though I walk through the darkest valley, I will fear no evil, for you are with me.
Psalm 23:4 (NIV)



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TEACHING SUMMARY:

We all need to be seen, heard, and understood. We desire to be welcomed, and we need to be wanted. Loneliness is the feeling of hopelessness when these desires are not met. When we become hopeless, we become cynical and don't believe that anyone wants to be with us, know us, or even to understand us.

Loneliness began in the garden or Eden, and it is something we all inherit. While God breaks the curse of sin on those who receive Jesus as Savior and confess Him as Lord, loneliness may still be a part of our redemptive narrative. But we are not alone. Even Christ experienced loneliness.

Just because we experience loneliness, doesn't mean something is wrong with us. It means something is still wrong with our world. When we are in eternity with Christ, He will restore His family to perfect wholeness. The sadness of loneliness will be redeemed. We must trust that loneliness is a gift that leads us to Jesus and allows us to experience His greater grace as we reach up to Him and reach out to others.

TALK-IT-OVER:

When have you seen or experienced loneliness? What makes loneliness difficult?

What was your reaction to hearing that "loneliness is a gift that leads us to Jesus"?

How can you reach up to God and reach out to others in your moments of loneliness?

What is one next step you need to take today?

Who do you need to tell about what you've learned?

DAILY SCRIPTURE READING:

- Day 1) Psalm 23
- Day 2) Hebrews 13:1-6
- Day 3) Psalm 139:1-12
- Day 4) Isaiah 41:9-10
- Day 5) John 14:15-21,25-27
- Day 6) Psalm 16