



**We desire to be wanted and welcomed.**

**When we do not feel welcomed or wanted, we feel lonely.**

- **Aloneness is a state of solitude.**
- **Loneliness is a feeling of despair.**

**Scripture is filled with stories of people struggling 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 reminder that not all is made right yet in our world.**

**Loneliness is a symptom 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 good for man to be alone, not that it was a sin to be alone.**

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

*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 gift that leads me to Jesus and allows me to experience His greater grace.**

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

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

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

**E: Express my loneliness to God and another person.**

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

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

*<sup>9</sup> "Which of you, if your son asks for bread, will give him a stone? <sup>10</sup> Or if he asks for a fish, will give him a snake? <sup>11</sup> 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: Choose to connect with God (reach up) and others (reach out).**



**THE GIFT  
IN THE  
WILDERNESS**

**WEEK  
ONE**

# THE Wilderness OF LONELINESS

*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: Honor 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