

Sermon Notes

Loneliness - Psa 38:11

February 14, 2021

I. Introduction

- a. loneliness affects entire life... not just emotions... impacts going backward or forward... complacency or contentment... quitting or hanging in there... fear or faith... like everything else we've talked about... answer is in the Word...
Deut 31:6... "do not be terrified or afraid (panic)... the Lord your God will personally go ahead of you... He will neither fail you nor abandon you..."
Rom 8:31-39... "if God is for us, who can be against us... who dares accuse us... who will condemn us... who will separate us from God's love... no one, nothing..."
Heb 13:5-6... "be content... because, I will never leave or abandon you..."

I was asked, is there anything you want that you haven't got? I replied, I don't know of a thing I want that I haven't got. All I want is more of what I got. E. Stanley Jones

- b. when we talk about loneliness... can't forget God's promises... He is with us, for us, and has accepted the commitment to care for us... pray...
Matt 28:19-20... "be sure of this... I am with you always... to end of the world..."
1Tim 5:8... "if anyone does not provide for their own family... especially for his own household... he has denied the faith and is worse than an unbeliever..."

II. Loneliness

- a. one of satan's greatest weapons is to get us to think we're alone... not only from God, but people... loneliness/isolation not product of politics or viruses... not touching, seeing, being around others is a spiritual battle... it is demonic...
Prov 27:17... "as iron sharpens iron... so one person sharpens another..."
Eccl 4:9-12... "a cord of three strands is not easily broken..."
Matt 18:20... "where two or three gather together in My name... I am there..."
Acts 2:42-47... "all the believers were together... met together, ate together..."
Rom 12:5... "in Christ, we, though many, form one body... belonging to others..."
Heb 10:24-25... "watch out for one another... not neglecting to gather together..."
Eph 6:10-18 msg... "no weekend war... life-or-death fight to finish against devil..."
- b. lonely people are everywhere... theaters, restaurants, families, churches... in cities, on farms, in big crowds, in pulpits... young people are loneliest age group in America... don't participate in church, civic groups, rely on social media...
Loneliest Group - 16 to 24 **Always lonely** - Millennials 30%... Gen X 20%... Boomers 15%
- c. loneliness is not solitude... can be in crowd and lonely, alone and not... loneliness is not being lonesome... miss a loved one, but know they will return... loneliness is not isolation... loneliness is not a sin... many biblical heroes were lonely at times...
Mark 6:30-32... "let's go off and rest awhile... went to quiet place to be alone..."
Luke 22:39-46... "He withdrew from them... knelt down and prayed..."
John 6:15... "He withdrew again to the mountain by Himself..."
1Kings 19... "I want to die; I alone am left... go and stand in Lord's presence..."
Psa 142:4... "no one cares about me... none take notice... no one is concerned..."
2Tim 4:16... "no one stood by me... everyone deserted me..."

- d. if that's what loneliness is not... what is loneliness... inward emotion that we are unneeded, uncared for, unwanted, and unnoticed... more than being alone... very dangerous place... take down a path you don't want to go...
Job 17... "eyes swollen from weeping... shadow of former self... where is hope..."
Psa 38:11... "loved ones stay away... fearing disease... family at a distance..."
Psa 102:7... "I am like a sparrow alone on a housetop..."
- e. loneliness is more than isolation... more than feeling lonesome... crippling and disabling... opens door for destruction and death... gets in way of basic needs... love and be loved... someone to understand us... be needed and wanted... important to know or you'll walk around in despair, frustration, sadness, anger...
Job 19:19... "those I love have turned against me..."
1John 4... "love one another... we love because God loved us first..."
Job 19:15-21... "my family and friends count me as a stranger and alien..."
Prov 18:2... "fools take no pleasure in understanding... only expressing opinion..."
1Cor 1:21-31... "God used our foolish preaching to save those who believe..."
2Cor 5:17-21... "God has given us this task... gave us this wonderful message..."
- f. what other things can cause loneliness...
Change/Transition - job, house, town, school, divorce, death, new experiences...
2Tim 4:6... "time of my death is near... everyone abandoned me..."
Separation - from family, friends... college, military, new job, town... wanted familiar...
2Tim 4:9-13... "when you come... be sure and bring my cloak, books, papers..."
Opposition - persecution, hatred, misunderstanding, gossip...
Psa 31:13... "heard gossip of many... terror on every side... conspired against..."
Psa 74:21... "do not let the oppressed turn away... let them praise your name..."
John 5, 8... "everything my Father says is true... says glorious things about me..."
Rejection - worst, causes most pain... betrayal by friends... those closest to us...
Psa 27:10... "even if my parents abandon me... the Lord will hold me close..."
Psa 41:9... "even my best friend... one I trusted completely... turned against me..."
Psa 55:12-14... "not enemy who taunts... it is my close friend..."

Saddest thing about betrayal is it never comes from your enemies. Creflo Dollar

- g. loneliness causes health issues... immorality... materialism... question value...
Gen 1:27... "God created man in His own image..."
John 3:16... "God so loved us... He gave His only Son..."
Eph 2:10... "we are God's masterpiece... created us anew in Christ Jesus..."
1Pet 1... "God paid ransom for you... not silver or gold... but blood of Jesus..."
- h. God cares, people care... not that nobody cares, often nobody knows... can't read your mind... have to risk being vulnerable... tell someone what's going on... takes courage, can cause pain... risk and pain of loneliness is worse...
Job 16:5... "if it were me, I would encourage you... try to take away your grief..."
Isa 35:3... "strengthen those with tired hands, encourage those with weak knees..."
1Thess 5:11... "encourage each other... build each other up... as you are doing..."
- i. must know truth to get free of loneliness... you've been chosen... don't settle for good enough... forget past, move forward... get in Word, take a risk... pray...
John 8:32... "then you will know the truth and the truth will set you free..."
John 15:15-16... "you are My friends... you didn't choose Me... I chose you..."
Eph 1:4... "even before He made the world... God loved us and chose us..."
1Pet 1:2... "God the Father knew you and chose you long ago..."

Smile

1John 3:1-4... *see what great love the Father has given us...*

Whatever our sins or our goodness, if anything other than Christ is the center and spring of our lives, we need conversion. I know of an Anglican archbishop who was converted at 72. He said, *life began at 72!* It did! Contrast that high moral religious leader who needed conversion with a drunk who got hold of my book, *Christ of the Indian Road* and was converted.

Contrast again the coming of the drunk with the coming of a child. *I heard a knock at the door, and I saw it was Jesus, and I asked Him to come in and He did. I heard another knock, and I said, 'Jesus, you go to the door.' He did, and satan was there. When satan saw Jesus, he said, 'Oh, I've made a mistake, I'm at the wrong place.'*

The conversion of the archbishop, the drunk, and the child were all authentic, but different. Different and yet the same. **Christ was at the center of life.** When that happens, there is conversion.

The psalmist says, *awake, my soul, awake, my lute and lyre.* **Psa 57:8.** When the soul was awake, then the lute and lyre were awake. When the soul centrally and fundamentally sings, then the instruments of the Soul sing with it. But you **can't make life sing at the edges until you make it sing at the center.**

A person radically changed said to me, *the dogs that have dogged my footsteps for years are all dead and buried, I'm free!* Another one put it this way, *I have a song in my heart and wings to my feet.* You can never have wings to your feet unless you have a song in your heart.

Still another said, *I have a big smile inside.* When **Christ is at the center of life, then life has a big smile** inside. When something else is at the center, there is a big frown inside. A college girl put it this way, *I felt as though I had swallowed sunshine.* A lot of people look as though they have swallowed gloom.

Some people were looking at a sunrise, and a little girl, a lovely Christian, exclaimed, *that's just how I feel inside. I'm not always good, but when I'm not good, I'm miserable.* **Christ is a sunrise.**

The old life is a sunset. One is heaven, the other is hell. You'll have to take your choice, the heaven Way or the hell way?

E. Stanley Jones
The Way Devotional - Week 10

Sermon Study

Loneliness - Psa 38:11 - February 14, 2021

1. Read **Deut 31:6... Rom 8:31-39... Heb 13:5-6.** Do they **help you** deal with what's going on in our world? How?
2. How often do you **feel lonely**? Does God want us to be lonely? Read **Prov 27:17... Eccl 4:9-12... Matt 18:20... Acts 2:42-47... Rom 12:5... Heb 10:24-25.** Why is loneliness spiritual?
3. Read **Mark 6:30-32... Luke 22:39-46... John 6:15... 1Kings 19... Psa 142:4... 2Tim 4:16.** **Explain** why **loneliness is not** solitude, not being lonesome, not isolation, and not a sin.
4. Read **Job 17:7... Psa 38:11... Psa 102:7.** **What** is loneliness? Emotion that we are *unneeded, uncared for, unwanted, unnoticed.* How **often** do you feel that way?
5. What things can **cause loneliness**? Read **2Tim 4:6-13... Psa 31:13... Psa 74:21... Psa 27:10... Psa 41:9... Psa 55:12-14.**
6. How can we know we **have value**? Read **Gen 1:27... John 3:16... Eph 2:10... 1Pet 1:18-19.** Why is it important to **tell someone** when we are struggling with loneliness? Read **Job 16:5... Isa 35:3... 1Thess 5:11.** Are you **good at that**? Why or why not?
7. What **sets you free** from loneliness? Read **John 8:32; 15:15-16... Eph 1:4... 1Pet 1:2.** How can knowing **you're chosen** help?

The first negative judgment we find in the bible is a judgment on loneliness.
God said, *it is not good for man to be alone.* RC Sproul