

## ***“Slaying the Dragon of Loneliness”***

### **Causes for feeling lonely:**

**First:** A broken heart: can result from several different things:

- Death of a loved one
- Divorce
- Broken engagement
- Sudden loss of companionship

This is the most painful occurrence the human heart can experience. But despite the depths of despair one may feel from a broken heart, you need to surrender your grief to God and pray for a healthy grieving process. Know that Jesus Christ is the only one Who can heal a broken and hurting heart.

*Psalm 147:3 “He heals the brokenhearted and binds up their wounds [curing their pains and their sorrows].” (AMP)*

**Second:** Depression: can keep you from enjoying a full and satisfying life.

*Psalm 43:5 “Why are you cast down, O my inner self? And why should you moan over me and be disquieted within me? Hope in God and wait expectantly for Him, for I shall yet praise Him, Who is the help of my [sad] countenance, and my God.” (AMP)*

**Third:** Fear: of being alone, left out, of not being able to have a family.

An emotionally whole person does not have to be in a relationship in order to be happy.

*Jeremiah 29:11 “I know what I'm doing. I have it all planned out--plans to take care of you, not abandon you, plans to give you the future you hope for.” <sup>TM</sup>*

**Fourth:** Lack of companionship

*Psalm 68:6 “God sets the lonely in families,” (NIV)*

**Fifth:** No direction or vision for your life.

John Maxwell said “Without hope in the future, we lack power in the present.” Pg. 695

The Maxwell Leadership Bible

*Proverbs 29:18 “Where there is no vision [no redemptive revelation of God], the people perish;” (AMP)*

**Sixth:** Rejection: can be a powerful blow to our emotions and self-esteem. David equates the painful rejection from his enemies as feeling like the pain of a broken bone.

*Psalm 42:10 “As with a breaking of my bones, my enemies reproach me, while they say to me all day long, “Where is your God?” (NKJ)*

Know that everyone experiences rejection from time to time, even the Son of God.

*John 1:11 “Even in his own land and among his own people, he was not accepted.” (NLT)*

But what matters is how we respond emotionally. Do not let the rejection define you.

## **Remedies for loneliness:**

How can you cure your feelings of loneliness without a dating relationship?

**First:** Develop your relationship with God. Make sure He is first in your life. In difficult times do you go to God for comfort and for answers to life's problems, or do you fall into the trap of saying "if only" I were married or dating someone my life would be better?

**Second:** Have a solid support system of friends, counselors and advisors. Be sure the relationships you do have are with emotionally and spiritually strong people. People you trust and can be 'real' with.

**Third:** Pray for wisdom and understanding. Ask God to show you the root cause of your feelings of loneliness. Then work on changing your behavior.

*Proverbs 3:13* "Happy (blessed, fortunate, enviable) is the man who finds skillful and godly Wisdom, and the man who gets understanding [drawing it forth from God's Word and life's experiences]" (AMP)

**Fourth:** Believe God will do what He said, then stand in faith on the promises of God in the bible.

*Isaiah 62:6b* "...by your prayers put the Lord in remembrance [of His promises], keep not silence..." (AMP)

*Jeremiah 17:7-8* "[Most] blessed is the man who believes in, trusts in, and relies on the Lord, and whose hope and confidence the Lord is.

*For he shall be like a tree planted by the waters that spreads out its roots by the river; and it shall not see and fear when heat comes; but its leaf shall be green. It shall not be anxious and full of care in the year of drought, nor shall it cease yielding fruit."* (AMP)

**Fifth:** Face your fears. Deal with them head on.

Fear of being alone will keep you from growing into the person God wants you to be.

*Joshua 1:9* "Have not I commanded you? Be strong, vigorous, and very courageous. Be not afraid, neither be dismayed, for the Lord your God is with you wherever you go." (AMP)

*Psalms 56:3-4* "When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?"

**Sixth:** Lead a full life

- Pursue wholeness: be sure you are growing in all areas of your life, i.e., spiritually, physically, intellectually and socially.
- Make new friends, maintain and deepen existing relationships.
- Get involved in your church, neighborhood, or do charity work. There are so many good causes and so many people who are less fortunate than we and who would greatly benefit from our help.
- Work on your 'issues': let go of bad habits, negative past experiences, unhealthy relationships, etc.
- Resolve to trust God and move ahead with your life.

**Questions:**

1. How does a healthy person handle a broken heart, verses an emotionally unstable person?

2a. As single adults how does fear of being alone influence our thinking?

b. What can we do to improve our attitude and behavior about being alone?

3. List some examples of biblical leaders who experienced loneliness and how they handled themselves in these situations.

4a. What role does the bible play in helping us deal with loneliness?

b. List some 'cures for loneliness' as mentioned in the scriptures.