

Lesson Notes:

How to Conquer Loneliness

Loneliness is a result of separation anxiety from someone we love. There are many sources for separation anxiety to occur within our lives. Below is a discussion of separation anxiety. Its sources, what it may result in, and how we may overcome separation anxiety through our relationship with our Lord and Savior Jesus Christ.

Scriptural Principles

I) Loneliness started in the Garden of Eden – In **Genesis 3:6-13** Adam and Eve tried to hide from God after their sin. In **Genesis 3:22-23** we see that sin separates us from God as it separated Adam and Eve from God and the Garden of Eden. This separation from God was the beginning of Loneliness.

a) Sources of Loneliness –

- **Death of a Loved One**
- **Separation or Divorce**
- **Inability to develop meaningful relationships**
- **Children left alone**
- **Extended foreign assignments**

b) Loneliness left untreated may result in:

- **Unhealthy relationships**
- **People dress immodestly or act improperly**
- **Buying things they can't afford**
- **Over eating, alcohol or substance abuse**
- **Even suicide**

II) How do we conquer Loneliness?

1) David's cure for loneliness – In **Psalm 23:4** and **Psalm 25:12-22** we see that whenever David experienced separation anxiety in his life his answer was to get close to God.

2) God's Promise – Hebrews 13:5; Isaiah 41:10 – God has promised us in Hebrews and in Isaiah that he will never leave us or forsake us. We need to remember this in times of loneliness.

3) We must recognize that we need God – **John 15:1, 4-5** – John tells us that we need to recognize our need for God in our lives and heed his calling.

4) We need to rest assured that nothing can separate us from the word of God – **Romans 8:35**

- 5) **We need to recognize that Jesus Christ has reconciled us to his father by his sacrifice on the cross. – Colossians 1:19-21** – All honor and praise go to our Christ Jesus.