



.001.tiff



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⁹DO YOUR BEST TO COME TO ME SOON.
¹⁰FOR DEMAS, IN LOVE WITH THIS PRESENT
 WORLD, HAS DESERTED ME AND GONE TO
 THESSALONICA. CRESCENS HAS GONE TO GALATIA,
 TITUS TO DALMATIA. ¹¹LUKE ALONE IS WITH ME.
 GET MARK AND BRING HIM WITH YOU, FOR HE IS VERY USEFUL
 TO ME FOR MINISTRY. ¹²TYCHICUS I HAVE SENT TO EPHEBUS.
¹³WHEN YOU COME, BRING THE CLOAK THAT I LEFT WITH CARPUS
 AT TROAS, ALSO THE BOOKS, AND ABOVE ALL THE PARCHMENTS.
¹⁴ALEXANDER THE COPPERSMITH DID ME GREAT HARM; THE LORD
 WILL REPAY HIM ACCORDING TO HIS DEEDS. ¹⁵BEWARE OF HIM
 YOURSELF, FOR HE STRONGLY OPPOSED OUR MESSAGE. ¹⁶AT MY
 FIRST DEFENSE NO ONE CAME TO STAND BY ME, BUT ALL DESERTED
 ME. MAY IT NOT BE CHARGED AGAINST THEM! —2 TIMOTHY 4:9-16

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¹⁶TURN TO ME AND BE GRACIOUS TO ME,
 FOR I AM LONELY AND AFFLICTED. ¹⁷THE
 TROUBLES OF MY HEART ARE ENLARGED;
 BRING ME OUT OF MY DISTRESSES.

—PSALM 25:16-17

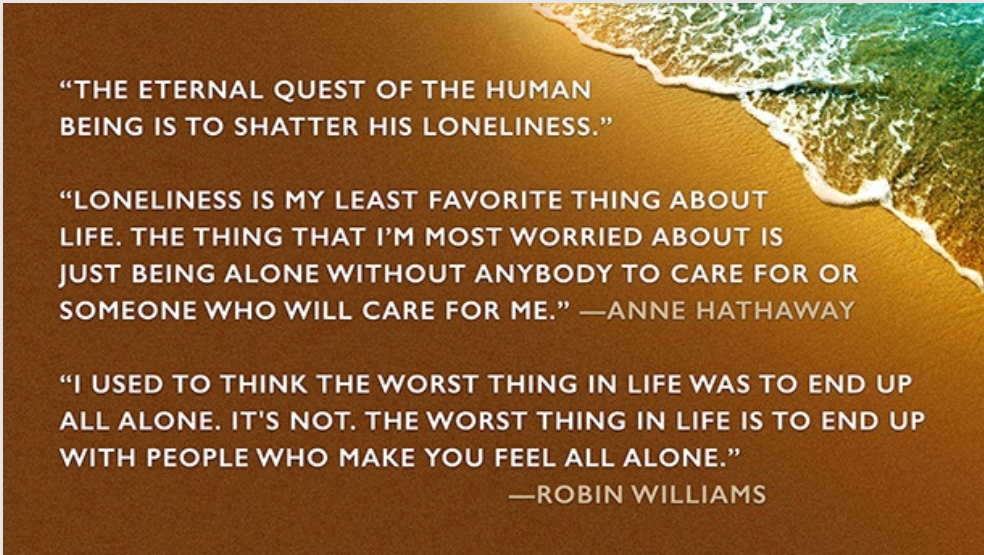
LOOK TO THE RIGHT AND SEE: THERE IS NONE WHO
 TAKES NOTICE OF ME; NO REFUGE REMAINS TO ME;
 NO ONE CARES FOR MY SOUL. —PSALM 142:4

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I. WHAT IS LONELINESS?

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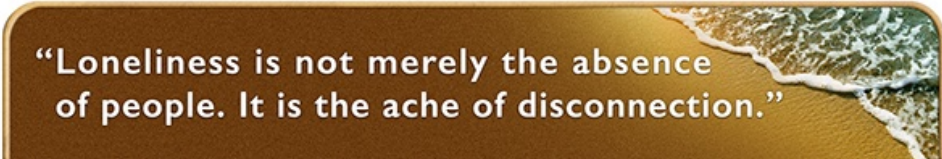


"THE ETERNAL QUEST OF THE HUMAN BEING IS TO SHATTER HIS LONELINESS."

"LONELINESS IS MY LEAST FAVORITE THING ABOUT LIFE. THE THING THAT I'M MOST WORRIED ABOUT IS JUST BEING ALONE WITHOUT ANYBODY TO CARE FOR OR SOMEONE WHO WILL CARE FOR ME." —ANNE HATHAWAY

"I USED TO THINK THE WORST THING IN LIFE WAS TO END UP ALL ALONE. IT'S NOT. THE WORST THING IN LIFE IS TO END UP WITH PEOPLE WHO MAKE YOU FEEL ALL ALONE."
—ROBIN WILLIAMS

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"Loneliness is not merely the absence of people. It is the ache of disconnection."

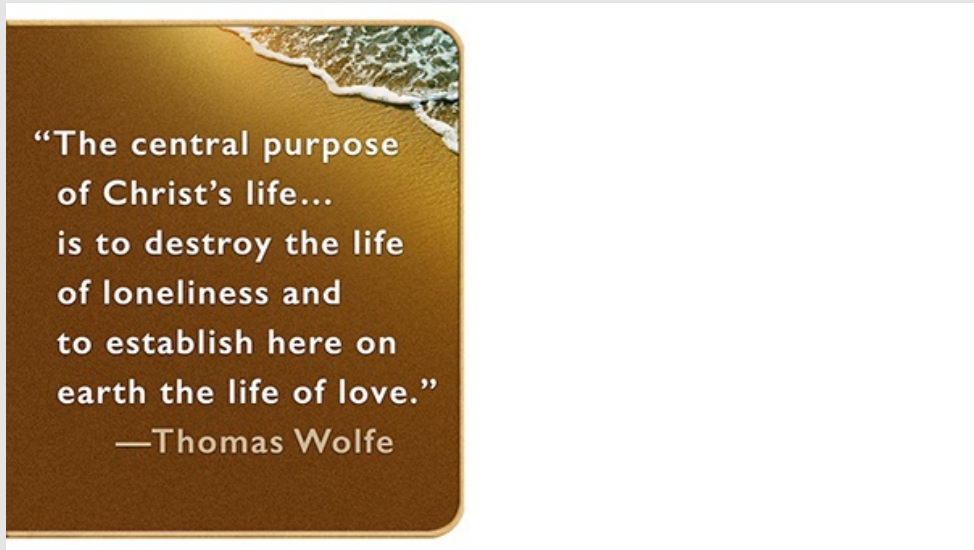
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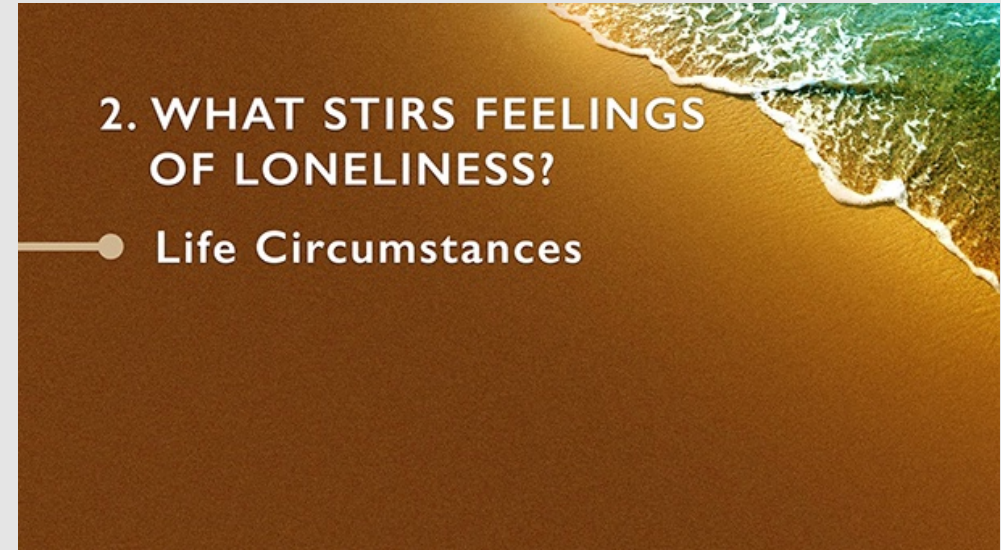
3 Shared Needs:

1. To love and be loved
2. To be known
3. To be needed

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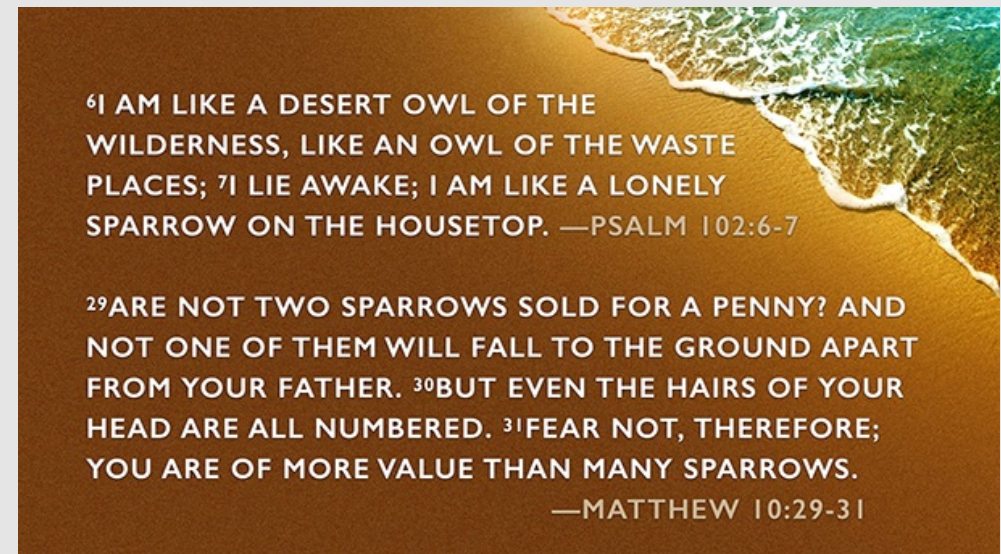
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2. WHAT STIRS FEELINGS OF LONELINESS?

Life Circumstances

- Changing Seasons

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2. WHAT STIRS FEELINGS OF LONELINESS?

Life Circumstances

Changing Seasons

- Personal Disappointments

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2. WHAT STIRS FEELINGS OF LONELINESS?

Life Circumstances

Changing Seasons

Personal Disappointments

- Uncertain Futures

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3. WHAT SHOULD I DO WHEN I FEEL LONELY?

- Connect With a Church



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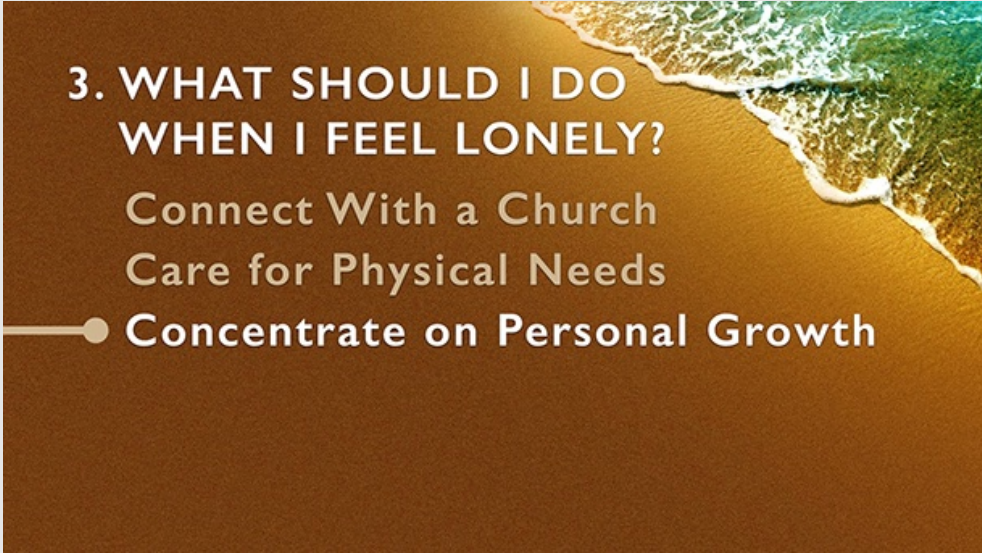


3. WHAT SHOULD I DO WHEN I FEEL LONELY?

Connect With a Church

- Care for Physical Needs

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3. WHAT SHOULD I DO WHEN I FEEL LONELY?

Connect With a Church

Care for Physical Needs

- Concentrate on Personal Growth

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3. WHAT SHOULD I DO WHEN I FEEL LONELY?

Connect With a Church

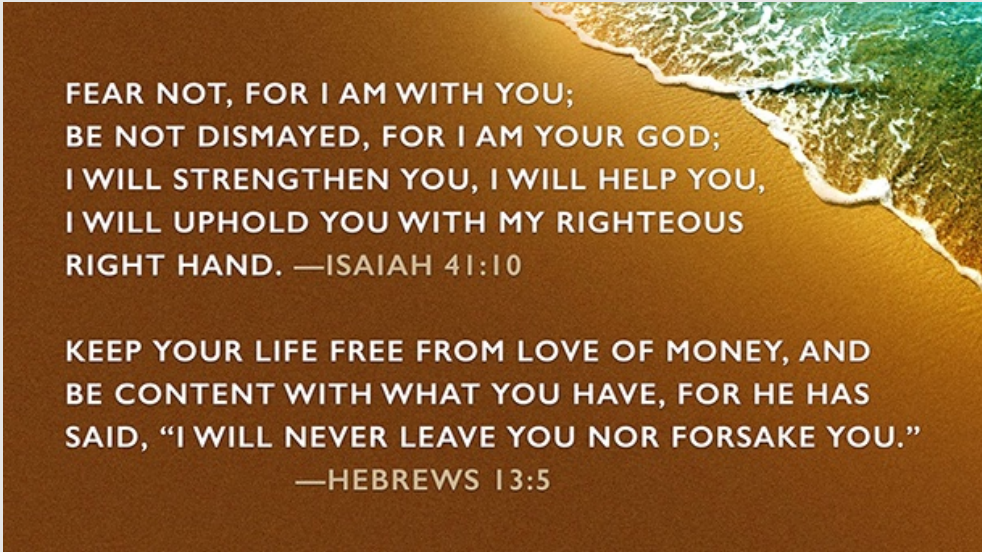
Care for Physical Needs

Concentrate on Personal Growth

- Commune with God

One of Satan's greatest lies:
"If you feel alone, you are alone."

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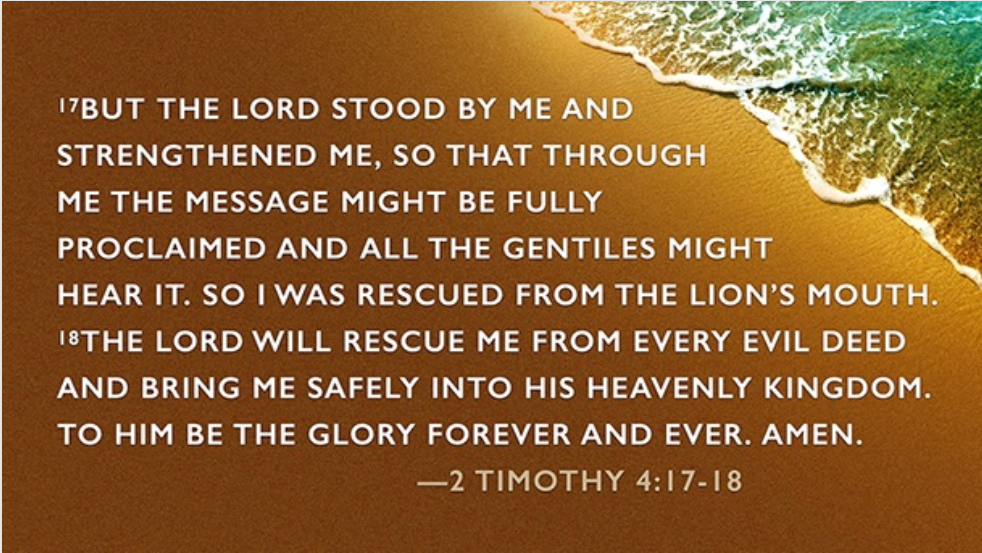


FEAR NOT, FOR I AM WITH YOU;
BE NOT DISMAYED, FOR I AM YOUR GOD;
I WILL STRENGTHEN YOU, I WILL HELP YOU,
I WILL UPHOLD YOU WITH MY RIGHTEOUS
RIGHT HAND. —ISAIAH 41:10

KEEP YOUR LIFE FREE FROM LOVE OF MONEY, AND
BE CONTENT WITH WHAT YOU HAVE, FOR HE HAS
SAID, "I WILL NEVER LEAVE YOU NOR FORSAKE YOU."

—HEBREWS 13:5

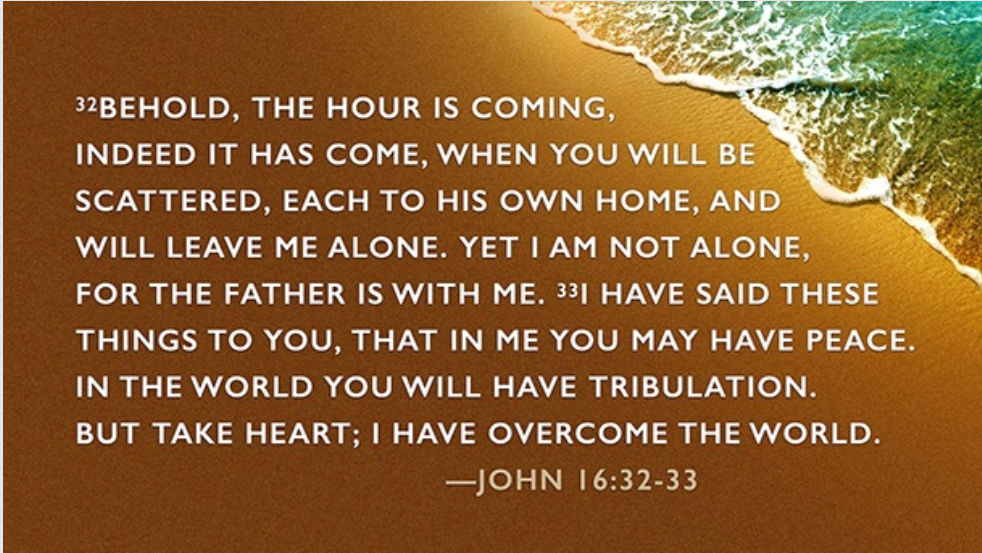
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¹⁷BUT THE LORD STOOD BY ME AND
STRENGTHENED ME, SO THAT THROUGH
ME THE MESSAGE MIGHT BE FULLY
PROCLAIMED AND ALL THE GENTILES MIGHT
HEAR IT. SO I WAS RESCUED FROM THE LION'S MOUTH.
¹⁸THE LORD WILL RESCUE ME FROM EVERY EVIL DEED
AND BRING ME SAFELY INTO HIS HEAVENLY KINGDOM.
TO HIM BE THE GLORY FOREVER AND EVER. AMEN.

—2 TIMOTHY 4:17-18

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³²BEHOLD, THE HOUR IS COMING,
INDEED IT HAS COME, WHEN YOU WILL BE
SCATTERED, EACH TO HIS OWN HOME, AND
WILL LEAVE ME ALONE. YET I AM NOT ALONE,
FOR THE FATHER IS WITH ME. ³³I HAVE SAID THESE
THINGS TO YOU, THAT IN ME YOU MAY HAVE PEACE.
IN THE WORLD YOU WILL HAVE TRIBULATION.
BUT TAKE HEART; I HAVE OVERCOME THE WORLD.

—JOHN 16:32-33

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