

TARPOO



Part 7: Loneliness

July 30 & 31, 2016

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Predictable Loneliness (usually happens because of transition)

1. Move or job change
2. Newborn
3. Empty Nest

Circumstantial Loneliness

- Loss of relationship due to death or divorce
- Loneliness that can accompany medical issues or aging
- Work or financial loneliness

Being alone and being lonely are two different things.

**Loneliness is the sadness or dejection we experience
when we don't have community or intimacy.**

Why are we lonely?

1. Lack of community with God

My eyes are ever on the LORD,
for only he will release my feet from the snare.
Turn to me and be gracious to me,
for I am lonely and afflicted.
Relieve the troubles of my heart
and free me from my anguish. – Psalm 25:15-17

I cry aloud to the LORD;
I lift up my voice to the LORD for mercy.
I pour out before him my complaint;
before him I tell my trouble.
When my spirit grows faint within me,
it is you who watch over my way.
In the path where I walk
people have hidden a snare for me.
Look and see, there is no one at my right hand;
no one is concerned for me.
I have no refuge;
no one cares for my life. – Psalm 142:1-4

Could there be a holiness in your loneliness?

2. Lack of community with others.

People who look for community typically destroy community.

People who look to build relationships find community.

Sharing is universally recognized as the solution for loneliness

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.” – John 13:34-35

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. – Hebrews 10:24-25

Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling. Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms. – 1 Peter 4:8-10

Next Steps

Our Summer Service Projects are a great way to start building community with others. If you’re struggling with loneliness, consider sharing some of your time by serving others on Saturday, August 13. All the details are on the second insert in today’s program. Sign up at the Connection Point.

Small Group Questions

- 1) Have you ever had a friend or coworker who struggled with loneliness? What did you observe about their experience?
- 2) What about you? If you’ve struggled with loneliness, talk about what helped you get through that season of life. Also talk about what didn’t help!
- 3) Of the two types of loneliness discussed (lack of community with God and lack of community with others) which do you think is more prevalent?
- 4) Psalm 139 is a great psalm for believers—and a reminder of how faithful God is. Read the first 12 verses and talk about how these verses can help us combat loneliness.
- 5) There are more than 50 “one-another” commands in the New Testament (love one another, serve one another, be hospitable to one another, encourage one another, etc.). If sharing ourselves with others is a key way to combat loneliness, why do you think it’s still so hard to fight loneliness when the answer seems so available?
- 6) Pray for one another. Specifically pray for those who are struggling with loneliness.