

Lonliness

Part 6 of *Taboo* series

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*Turn to me and be gracious to me, for I am **lonely** and afflicted.*
Psalm 25:16

Problems with loneliness:

1. We see loneliness as weakness
2. We mask loneliness with business
3. We do not understand how to address loneliness correctly

There is a difference between being lonely, and being alone.

The cure for loneliness is not company, the cure for loneliness is connection.

Two areas to examine:

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 26:16-17

The LORD confides in those who fear him; he makes his covenant known to them.

Psalm 26:14

Could it be that when we're lonely it is simply a signal that God wants more of us and we need to press into him through prayer?

2. Lack of community with others

"A new command I give you: Love one another. As I have loved you, so you must love one another."

John 13:34

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

James 1:19

God designed us to be connected, to Him and to others.

Next Steps

Take some time to answer the following questions with your family or small group.

1. Who was your best friend when you were younger?
2. Is there a time when you felt that your friends or family did not understand you? How did that make you feel?
3. Do you think others use business to prevent loneliness? What other ways do people try to avoid loneliness?
4. Is there an area that you currently feel misunderstood or disconnected?
5. Read Psalm 25. Is there a part of David's prayer that you can relate to?
6. How can we pray for you?