

Psalm 102:6-7; Psalm 142:4

God sent Jesus to this earth on that first Christmas morning 2,000 years ago in order to bring us home to Him.

1. Loneliness is a well-known reality.

What loneliness is NOT

1. Isolation
2. Solitude
3. Being Lonesome

It's not the number of people around you that determines your loneliness; it's your relationship to them.

What loneliness IS

- It's insulation
- It's the absence of fellowship
- It's feeling alone

2. Loneliness is a destructive weight.

Genesis 2:18; Job 19:13

Possible causes of loneliness

1. Rejection
2. Insecurity
3. Grief
4. Selfishness
5. Culture

There's no life so empty as a self-centered life.

There's no life so centered as a self-emptied life.

3. Loneliness is a defeated enemy.

How to overcome loneliness

1. Refuse the temptation to do nothing.
2 Timothy 4:13; Psalm 27:10
2. Understand God is with you.
2 Timothy 4:16-17; Matthew 28:20b; Romans 8:38-39
3. Focus on the needs of others.
2 Timothy 4:17; Proverbs 18:24; 1 John 1:7; Matthew 26:56