



***“Humans connect to other humans at so basic a level that when we disconnect, our souls shatter into a thousand little pieces.” - Peter Leithart***

How can we be so lonely when we are so connected?

## △ Common Human Experience

Loneliness is the painful response to the perception of being alone when we desire intimacy.

Loneliness can come to us as a result of circumstances, our sin and disobedience or our courage and obedience.

## △ Confusing Struggle

*Lie #1* - “Loneliness itself is evil.”

*Truth:* **Gen. 2:18**

*Lie #2* - “I shouldn’t have to be alone.”

*Truth:* **Josh. 1:7-9, Heb. 13:5**

*Lie #3* - “I can fix this myself.”

*Truth:* **Ez. 36:26-27, 1 John 1:3-7**

## The Condition of Our Hearts

Loneliness can reveal our need for fullness from God.

Loneliness can reveal our need for aloneness with God.

Loneliness can reveal our deepest need--Christ.

## Our Completeness in God

Jesus Christ is both our model and our strength as we face the pain of loneliness.

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## PUTTING LONELINESS TO USE

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1. offer your loneliness to God as worship **Ps. 25:16-21**

2. embrace Gods gift of the church. **Eph. 2:19**

3. Use your gifts to serve others **Rom. 12:3-6**

4. Pursue others in fellowship **1 John 1:3-7**