

PERSEVERING OVER LONELINESS PSALM 102:6-7; 2 TIMOTHY 4:9-16

SERIES: *RESILIENCE IN THE LIFE OF THE BELIEVER*

⁶ I am like a desert owl of the wilderness, like an owl of the waste places; ⁷ I lie awake; I am like a lonely sparrow on the housetop. *Psalm 102:6-7 (ESV)*

¹⁶ At my first defense no one came to stand by me, but all deserted me. May it not be charged against them! *2 Timothy 4:16 (ESV)*

1. THE EXPERIENCE OF LONELINESS

A. The Lonely Single

B. The Lonely Spouse

C. The Lonely Survivor

D. The Lonely Senior Citizen

E. The Lonely Sufferer

F. The Lonely Servant of God

2. BIBLICAL EXAMPLES OF LONELINESS

A. King David

³ For my days vanish like smoke; my bones burn like glowing embers. ... ⁶ I am like a desert owl, like an owl among the ruins. ⁷ I lie awake; I have become like a bird alone on a roof. *Psalm 102:3, 6-7 (NIV)*

⁴ Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life. *Psalm 142:4 (NIV)*

B. Jeremiah the Prophet

² Oh, that I had in the desert a lodging place for travelers, so that I might leave my people and go away from them; for they are all adulterers, a crowd of unfaithful people. *Jeremiah 9:2 (NIV)*

C. The Apostle Paul

⁹ Do your best to come to me quickly, ¹⁰ for Demas, because he loved this world, has deserted me and has gone to Thessalonica. Crescens has gone to Galatia, and Titus to Dalmatia. ¹¹ Only Luke is with me. Get Mark and bring him with you, because he is helpful to me in my ministry. ... ¹⁶ At my first defense, no one came to my support, but everyone deserted me. May it not be held against them. *2 Timothy 4:9-11, 16 (NIV)*

3. FREEDOM FROM LONELINESS

A. Acknowledge the Reality of Your Loneliness

²⁷ I am torn apart by worry and pain; I have had day after day of suffering. ²⁸ I go about in gloom, without any sunshine; I stand up in public and plead for help. ²⁹ My voice is as sad and lonely as the cries of a jackal or an ostrich. ³⁰ My skin has turned dark; I am burning with fever. ³¹ Where once I heard joyful music, now I hear only mourning and weeping. *Job 30:27-31 (TEV)*

B. Accept God's Provision for Your Loneliness

⁴⁶ About the ninth hour Jesus cried out in a loud voice, "Eloi, Eloi, lama sabachthani?"-- which means, "My God, my God, why have you forsaken me?" *Matthew 27:46 (NIV)*

⁸ But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us. *Romans 5:8 (NASB)*

¹³ for "WHOEVER WILL CALL ON THE NAME OF THE LORD WILL BE SAVED." *Romans 10:13 (NASB)*

C. Allow God's Word to Fill Your Mind and Heart

⁷ Answer me quickly, O LORD, my spirit fails; Do not hide Your face from me, Or I will become like those who go down to the pit. ⁸ Let me hear Your lovingkindness in the morning; For I trust in You; Teach me the way in which I should walk; For to You I lift up my soul. *Psalm 143:7-8 (NASB)*

D. Activate Your Network of Christian Friends

⁷ But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. *1 John 1:7 (NIV)*

⁷ Do not be deceived: God cannot be mocked. A man reaps what he sows. *Galatians 6:7 (NIV)*

E. Search for Strays

¹² "What do you think? If a man owns a hundred sheep, and one of them wanders away, will he not leave the ninety-nine on the hills and go to look for the one that wandered off? *Matthew 18:12 (NIV)*