

# HOW TO HANDLE LONELINESS

GENESIS 28:10-16; PSALM 142:4; PSALM 69:29

## I. Introduction

- A. Loneliness is the first thing God declared 'Not Good' – Genesis 2:18

## II. We see a Case of Loneliness

- A. Loneliness Defined
  - 1. It is not being alone
    - a) Sometimes we need to get alone – Matthew 14:23
    - b) You can be surrounded by people and still feel alone
    - c) Loneliness is that feeling of being unnoticed, unloved, uncared for, unneeded, and even unnecessary.
- B. Loneliness Demonstrated
  - 1. Psalm 102:6; John 5:7; Luke 15:16; Psalm 31:11; Psalm 25:16
  - 2. Jacob was forced to leave home and was spending his first night alone.

## III. A Cause for Loneliness

- A. There is Loneliness caused by Society
  - 1. Our society is impersonal, selfish
- B. There is Loneliness caused by Success
  - 1. Harry S. Truman said, "To be President of the United States is to be lonely, very lonely, at times of great decisions."
- C. There is Loneliness caused by Suffering
  - 1. Loss of loved one. Divorce. Child moves out.
  - 2. Job 19:14-19
- D. There is Loneliness caused by Sin
  - 1. Why did Jacob have to leave home?
  - 2. Adam was alone when he sinned.
- E. There is the Loneliness of the Savior
  - 1. Our Lord went through a loneliness that we will never face
    - a) His followers left Him
      - (1) John 6:66-68; Lamentations 3:28-30; Isaiah 53:3-4
    - b) His disciples left Him – John 16:32
    - c) His father left Him – Matthew 27:46

## IV. We see a Cure for Loneliness

- A. What was Shown to Jacob – Genesis 28:13
- B. What was Said to Jacob
  - 1. Providence of God
    - a) God stood above the ladder
    - b) Romans 8:28; Ephesians 1:11
  - 2. Presence of God - Genesis 28:15
  - 3. Promise of God – you will be a blessing
  - 4. Provision of God – God will take care of you