

**When Life Hurts**  
**Overcoming Loneliness**

Psalm 32:1  
Pastor Brian

**Genesis 2** <sup>18</sup> Then the Lord God said, "It is not good for the man to be alone. I will make a helper who is just right for him." (NLT)

**I. What causes loneliness?**

**1. Changes in our lives.**

**2 Timothy 4** <sup>6</sup> As for me, my life has already been poured out as an offering to God. The time of my death is near. <sup>7</sup> I have fought the good fight, I have finished the race, and I have remained faithful. (NLT)

**2. Separation from others.**

**2 Timothy 4** <sup>10</sup> Demas has deserted me because he loves the things of this life and has gone to Thessalonica. Crescens has gone to Galatia, and Titus has gone to Dalmatia. <sup>11</sup> Only Luke is with me. (NLT)

**3. Rejection from others.**

**2 Timothy 4** <sup>14</sup> Alexander the coppersmith did me much harm, but the Lord will judge him for what he has done... <sup>16</sup> The first time I was brought before the judge, no one came with me. Everyone abandoned me. (NLT)

**II. How can you overcome loneliness?**

**1. Use your time wisely.**

**2 Timothy 4** <sup>13</sup> When you come, be sure to bring the coat I left with Carpus at Troas. Also bring my books, and especially my papers. (NLT)

**2. Acknowledge God's presence in your life.**

**Psalms 139** <sup>7</sup> Where can I go from your Spirit? Where can I flee from your presence? <sup>8</sup> If I go up to the heavens, you are there; if I make my bed in the depths, you are there. <sup>9</sup> If I rise on the wings of the dawn, if I settle on the far side of the sea, <sup>10</sup> even there your hand will guide me, your right hand will hold me fast. (NIV)

**2 Timothy 4** <sup>16</sup> Everyone abandoned me. May it not be counted against them.

**2 Timothy 4** <sup>17</sup> But the Lord stood with me and gave me strength. (NLT)

**3. Refocus on other's needs.**

**2 Timothy 4** <sup>17</sup> The Lord stood with me and gave me strength so that I might preach the Good News in its entirety for all the Gentiles to hear. (NLT)

**III. Action Steps**

1. If you're lonely, use the time wisely, acknowledge God's presence, & refocus on others.

2. Join a Life Group & sign up for Belonging Class.

3. Invite someone to church!