Loneliness
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Broadcast Dates: 12/15/20 – 12/16/20
Message Date: 8/30/20 • 10:00 A.M.

Scripture References

Deuteronomy 31:6, NLT
Deuteronomy 31:6, MSG
Matthew 28:18, 20
John 6:15
Numbers 11:14, 15
1 Kings 19:4, 10
2 Timothy 4:6, 9, 13, 14, 16-18
Matthew 5:11, 12
Psalm 102:7, NKJV
Psalm 38:11
Psalm 38:11, NLT

Job 19:14, 15, 19, 21
Job 17:7, NLT
Job 17:6, 7, MSG
John 15:13, 15-17
Colossians 1:21, 27
Romans 8:9-11
Galatians 2:20
Hebrews 13:5
Hebrews 13:5, AMPC
Philippians 4:13

Summary

Despite the high-tech age we live in, loneliness may be the number one emotional problem in our world today. Lonely people are all around us. Loneliness is found in the unlikeliest of places, including large crowds, big cities, and even in church. Loneliness is a feeling of not being needed, cared for, wanted, or even noticed, and is accompanied by feelings of rejection and isolation; it can lead people to contemplate suicide. Jesus is always the answer to this crippling emotion. We beat it by focusing on God’s promises to always be with us and never leave us, and Jesus’ invitation to have a loving, personal relationship with Him. When we feel like no one cares about what we are going through, meditating on how much God loves and values us delivers us from loneliness.

A. God’s promises defeat loneliness. To beat this emotion, we must first understand it.
   1. When we feel lonely, we need to remember God’s promise to go ahead of us, stay with us, and never leave. He will make provisions for us and take care of us.
      a. So be strong and courageous! Do not be afraid and do not panic before them. For the LORD your God will personally go ahead of you. He will neither fail you nor abandon you (Deuteronomy 31:6, NLT).
      b. Be strong. Take courage. Don’t be intimidated. Don’t give them a second thought because God, your God, is striding ahead of you. He’s right there with you. He won’t let you down; he won’t leave you (Deuteronomy 31:6, MSG).
   2. And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth...Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen (Matthew 28:18, 20).
      a. Jesus knew that loneliness was a potential distraction that could keep us from spreading the gospel. Satan tries to use it to his advantage to destroy us; we fight back by standing on God’s promises.
   3. To fight loneliness, we need a proper understanding of it.
a. It is not the same thing as solitude or being alone; we can be lonely even around others.

b. We all need a certain amount of solitude; sometimes being alone is good. We may need to be alone to rest, to be alone with God, or to get away from a bad situation.

c. During His ministry, even Jesus needed some occasional alone time.

d. When Jesus therefore perceived that they would come and take him by force, to make him a king, he departed again into a mountain himself alone (John 6:15).

e. Loneliness is not the same as being lonesome; to be lonesome is to miss a loved one who is gone temporarily.

f. Neither is loneliness isolation; we can be lonely even in a crowd.

g. Loneliness is not a sin, but it is part of our imperfect humanity.

B. Loneliness attacked anointed, influential people in both the Old and New Testaments.

1. I am not able to bear all this people alone, because it is too heavy for me. And if thou deal thus with me, kill me, I pray thee, out of hand, if I have found favour in thy sight; and let me not see my wretchedness (Numbers 11:14, 15).

   a. Moses, a well-known Old-Testament leader, was so lonely he wanted to die. His loneliness stemmed from his feelings of being unable and incapable of taking care of so many people and leading them out of Egypt. He felt as if he was facing this challenge all alone.

2. But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers...And he said, I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away (1 Kings 19:4, 10).

   a. Elijah was another great leader who was anointed by God, yet lonely to the point of wanting to die.

3. For I am now ready to be offered, and the time of my departure is at hand...Do thy diligence to come shortly unto me...The cloak that I left at Troas with Carpus, when thou comest, bring with thee, and the books, but especially the parchments. Alexander the coppersmith did me much evil: the Lord reward him according to his works...At my first answer no man stood with me, but all men forsook me: I pray God that it may not be laid to their charge (2 Timothy 4:6, 9, 13, 14, 16).

   a. Paul felt lonely because no one stood with him; he felt forsaken by everyone.

   b. Going through transitions and changes in our lives can cause loneliness; Paul had been in prison a long time, and he was going through the changes people go through as they age.

   c. Loneliness can also come from separation; Paul was separated from his friends and loved ones.

   d. Opposition and persecutions also trigger feelings of loneliness; this is what Paul was going through.

   e. Rejection can also cause loneliness; Paul felt rejected when everyone forsook him.

   f. Although Jesus told the people that those who suffer loneliness are blessed, it is nevertheless painful.

   g. Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for
great is your reward in heaven: for so persecuted they the prophets which were before you (Matthew 5:11, 12).

C. Feelings of not being wanted, needed, or understood can trigger debilitating loneliness.
1. I lie awake, And am like a sparrow alone on the housetop (Psalm 102:7, NKJV).
   a. There is nothing more insignificant than a sparrow. The psalmist most likely felt all alone, like an unwanted, isolated sparrow.
2. If not dealt with, the emotion of loneliness can cause physical ailments and disease. It goes way beyond simple isolation; it is a disabling force.
   a. My lovers and my friends stand aloof from my sore; and my kinsmen stand afar off (Psalm 38:11).
   b. My loved ones and friends stay away, fearing my disease. Even my own family stands at a distance (Psalm 38:11, NLT).
3. To prevent loneliness, everyone has three basic needs that must be met.
   a. The first need is to love and to share that love with others; Job felt that his loved ones had all turned away from him.
   b. All my inward friends abhorred me: and they whom I loved are turned against me (Job 19:19).
   c. The second need is for someone to understand us; Job felt so misunderstood that he felt like a stranger in his own house.
   d. They that dwell in mine house, and my maids, count me for a stranger: I am an alien in their sight...Have pity upon me, have pity upon me, O ye my friends; for the hand of God hath touched me (Job 19:15, 21).
   e. The third need is to be needed and wanted; Job felt unneeded and unwanted. Many men today suffer from what afflicted Job.
   f. My kinsfolk have failed, and my familiar friends have forgotten me (Job 19:14).

D. Loneliness is emotionally painful. The enemy uses it to deflect our focus from God.
1. Loneliness hurts; few things are more emotionally painful. This emotion is a leading cause of suicide.
   a. My eyes are swollen with weeping, and I am but a shadow of my former self (Job 17:7, NLT).
   b. God, you've made me the talk of the town—people spit in my face; I can hardly see from crying so much; I'm nothing but skin and bones (Job 17:6, 7, MSG).
2. There are three common effects of loneliness.
   a. It can lead to immoral relationships. Lonely people look for relationships, intimacy, and acceptance to fill the empty void inside them.
   b. It can impact a person's finances by producing materialism. Lonely people can overspend and get themselves in debt, thinking that material things can give them the emotional lift they are looking for.
   c. It can cause a person to question their worth to God and to others; they no longer see themselves through the lens of the Word, or who they are in Christ. If we think no one cares about us, the enemy will use that against us.
3. Greater love hath no man than this, that a man lay down his life for his friends...Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things that I have heard of my Father I have made known unto you. Ye
have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you. These things I command you, that ye love one another (John 15:13, 15-17).

a. Satan has used loneliness to wreck lives, destroy marriages, and kill people; the good news is that it is a defeated foe.

b. The enemy uses loneliness to move our focus away from what God has promised us; however, he cannot do so when we keep in mind that Jesus loves us individually, as friends.

4. And you, that were sometime alienated and enemies in your mind by wicked works, yet now hath he reconciled... To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory (Colossians 1:21, 27).

a. We can fight loneliness by remembering that we have been reconciled to God. We are no longer enemies, but friends.

b. The sin in the garden of Eden made mankind an enemy to God; when Jesus came, He restored the relationship.

c. Christ is the reason we can be delivered from loneliness.

E. We conquer loneliness by focusing on God’s promises and on His great love for us.

1. But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his. And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness. But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you (Romans 8:9-11).

a. Jesus is the friend who not only goes everywhere with us, but actually lives in us.

2. I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me (Galatians 2:20).

a. The enemy wants us to focus on the vocabulary of loneliness instead of on the vocabulary of heaven. He does not want us thinking about God’s Word.

b. Jesus wants a relationship with us; we must not turn Him down.

3. There are five ways to overcome loneliness.

a. The first way is to recognize God’s presence in our lives.

b. Let your conversation be without covetousness; and be content with such things as ye have; for he hath said, I will never leave thee, nor forsake thee (Hebrews 13:5).

c. Let your character or moral disposition be free from love of money [including greed, avarice, lust, and craving for earthly possessions] and be satisfied with your present circumstances and with what you have; for He [God] Himself has said, I will not in any way fail you nor give you up nor leave you without support. [I will] not, [I will] not, [I will] not in any degree leave you helpless nor forsake nor let [you] down (relax My hold on you)! [Assuredly not!] (Hebrews 13:5, AMPC).

d. The second way is to maximize God’s strength.

e. I can do all things through Christ which strengtheneth me (Philippians 4:13).

f. The third way is to use our time wisely; we must find things to keep ourselves busy, and avoid wallowing in the issues of life.
g. The fourth way is to sympathize with others in need; there are people who are going through things we could never imagine.

h. The fifth way is to glorify God’s deliverance.

i. Notwithstanding the Lord stood with me, and strengthened me; that by me the preaching might be fully known, and that all the Gentiles might hear: and I was delivered out of the mouth of the lion. And the Lord shall deliver me from every evil work, and will preserve me unto his heavenly kingdom: to whom be glory for ever and ever. Amen (2 Timothy 4:17, 18).

For more on how God’s Word delivers us from loneliness, click on the link below for the DVD, *Loneliness*.


Category: spiritual growth

Keywords: loneliness, emotional, lonely, rejection, isolation, suicide, emotion, delivers