

Loneliness: The Desire for Meaningful Connections

Psalm 142 (ESV)

*With my voice I cry out to the LORD; with my voice I plead for mercy to the LORD.
2 I pour out my complaint before him; I tell my trouble before him. 3 When my
spirit faints within me, you know my way! In the path where I walk they
have hidden a trap for me. 4 Look to the right and see: there is none who takes
notice of me; no refuge remains to me; no one cares for my soul. 5 I cry to you,
O LORD; I say, "You are my refuge, my portion in the land of the living." 6 Attend
to my cry, for I am brought very low! Deliver me from my persecutors, for they are
too strong for me! 7 Bring me out of prison, that I may give thanks to your name!
The righteous will surround me, for you will deal bountifully with me.*

There is a difference between being alone and being lonely.

The word alone can simply mean that no one else is present.

According to the Center for Disease Control (CDC), loneliness is defined as
"feeling like you do not have meaningful or close relationships or a sense of
belonging."

In other words, loneliness can be the result of feeling disconnected.

I. There are some life events that trigger us feeling lonely

Loneliness can come from feeling unseen (v.4b)

Loneliness can come from feeling there is nowhere to turn for help (v.4c)

Loneliness can come from feeling uncared for (v.4d)

II. The devil desires to use loneliness as a way to tear us down

The devil likes to use loneliness as a way to isolate us from others.

To tear us down, the devil encourages unhealthy coping mechanisms to deal with
loneliness.

Remaining disconnected for too long can cause death.

III. The good news is there is an answer for how to overcome loneliness

The answer to overcoming loneliness is establishing meaningful connections.

We overcome loneliness by connecting to Jesus through prayer (v.6)

We overcome loneliness by connecting and surrounding ourselves with righteous people (v.7c)

IV. Connecting ensures nobody gets left behind

Jesus connected with those who were considered to be the throwaways of society.
Consider Matthew 8:1-4

Jesus also connected with those who were perceived to have no problems.
Consider Matthew 9:9-13

Jesus encouraged Peter to connect with people and strengthen those who are struggling with what he overcame.

Luke 22:32 (NLT) says, “*But I have pleaded in prayer for you, Simon, that your faith should not fail. So, when you have repented and turned to me again, strengthen your brothers.*”

*Minister Tony Ransom
Rhema Christian Center
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9:30 a.m.*