

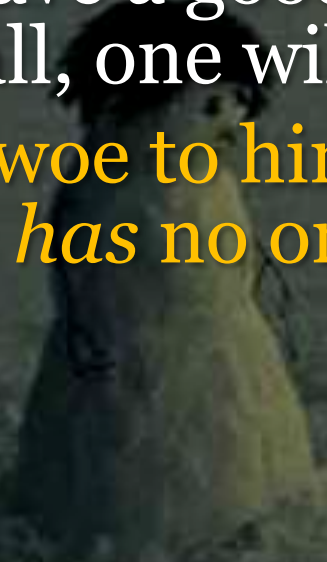
Facing Loneliness



Ecclesiastes 4:9-12

The Value of a Friend

- **Ecc1 4:9-10** Two *are* better than one, Because they have a good reward for their labor. For if they fall, one will lift up his companion.
- ¹⁰ **But woe to him *who is* alone when he falls, For *he has* no one to help him up.**



Everyone experiences it..

- Being single ..
 - **Gen 2:18** And the LORD God said, “*It is not good that man should be alone; I will make him a helper comparable to him.*”
- Married but lonely..
 - **1 Pet 3:7** Husbands, likewise, dwell with *them* with understanding, giving honor to the wife, as to the weaker vessel, and as *being* heirs together of the grace of life, that your prayers may not be hindered.

Everyone experiences it..

- Losing your spouse..
 - **James 1:27** Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, *and* to keep oneself unspotted from the world.
- The elderly who are alone..
 - **1 Tim 5:8** But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.

It is not a sin to be alone

Those in the Bible..

- King David..

- **Psalm 102:3** For my days are consumed like smoke, And my bones are burned like a hearth. ⁶ I am like a pelican of the wilderness; I am like an owl of the desert. ⁷ I lie awake, And am like a sparrow alone on the housetop.

- **Psalm 142:4** When my spirit was overwhelmed within me, Then You knew my path. In the way in which I walk They have secretly set a snare for me. ⁴ Look on *my* right hand and see, For *there is* no one who acknowledges me; Refuge has failed me; No one cares for my soul.

Those in the Bible..

- Jeremiah ..

- **Jer 9:2** Oh, that I had in the wilderness a lodging place for travelers; That I might leave my people, and go from them! For they *are* all adulterers, an assembly of treacherous men.
- **Lam 1:16** “For these *things* I weep; My eye, my eye overflows with water; Because the comforter, who should restore my life, is far from me. My children are desolate because the enemy prevailed.”

JEREMIAH

Those in the Bible..

- The apostle Paul ..
 - **2 Tim 4:9-16** Be diligent to come to me quickly; ¹⁰ for Demas has forsaken me, having loved this present world, and has departed for Thessalonica—Crescens for Galatia, Titus for Dalmatia. ¹⁶ At my first defense no one stood with me, but all forsook me. May it not be charged against them.

God's instruction..

- Acknowledge your loneliness..
- Accept the help of God..
 - **Heb 13:5-6** *Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you."*
- Rely upon God's word..
- Choose to be active in the church..

Facing Loneliness



Ecclesiastes 4:9-12