

Loneliness
Genesis 2:18a
By Russell Earl

Thesis: I want to know how we can overcome loneliness.

- Intro: 1. Loneliness is a universal problem that has troubled mankind since the very beginning.
2. **Genesis 2:18** – it is not good that man should be alone”

I. Definition of Loneliness (**Job 7:16**)

- A. Loneliness has been and can be defined in different ways.
1. being the only person in a group who stands up from the truth, refusing to participate in questionable activities.
 2. Loneliness can be the emptiness a mother feels when the last child leaves home.
 3. Loneliness can be in the midst of a crowd knowing no one and being ignored, or avoided.
- B. Loneliness and being alone are not the same things (**Mt 14:23**)
1. Just as we need human companionship, we also need periods of aloneness for our mental and physical well-being.
 2. Christ Himself is an example of a person who needed to be alone at times.
 3. Loneliness affects everyone differently depending upon the intensity and the duration.

II. Causes of loneliness

- A. Basic temperament, attitudes that affect a person's outlook on life.
1. 4 basic categories
 - a. Phlegmatic (low, lethargic)
 - b. Choleric (quick, fiery, passionate)
 - c. Sanguine (warm, cheerful, enthusiastic, optimistic)
 - d. Melancholic (somber, grave, sad)
 2. While a person's temperament can be modified if he/she sincerely wants to do so.
- B. Population boom
1. People have lived in communities where they would actually look out for one another, sometimes out of the necessity for survival.
 2. Today, often times we find ourselves crowded. Everyone is so busy and concerned with their own daily activities that we sometimes show little concern or interest in others.
 - a. Crowds, as strange as it may sound, can be lonely.
- C. Self-love
1. A person completely wrapped up in themselves is not going to be appealing to others and will naturally be overlooked by many.
 - a. Often times those who complain that no one says hi to them at church services are those same people who put forth no effort to speak to anyone else. If we want to be approached, we have to be approachable.
 2. Someone once said that “People are lonely because they build walls instead of bridges.”

D. No sense of direction and/or no goals in life.

1. Drifting aimlessly gives a person ample time to notice and harbor even an unintentional slight by someone.
2. One who is busy with a cause and a purpose greater than himself has no time to notice how others may treat him, he is too big to hold grudges.

III. The Solution

1. Occasional loneliness and feeling low are a *normal* part of life. It would be abnormal to expect each day to be the same and to be satisfying.
 - a. Consider the words of Solomon in **Ecc 3:1-8**.
2. An occasional blue day can be brightened with the realization that “this too shall pass”.
 - a. I was told in preaching school to “*never make decisions on blue days.*” (T. Clarke-BIM)
 - b. **We do not have to dwell in the “cellars” of our emotions.** While waiting for things to improve we can help speed matters along by *acting* cheerful and optimistic whether we feel that way or not.
 - c. **Abraham Lincoln said “Most folks are about as happy as they make up their minds to be.”**
3. The person who suffers from the more serious type of loneliness will have to work in the areas of “self-love” and their desired direction in life.
 - a. **Everyone should have respect for themselves but not to the extent of having a selfish love for self that involves the exclusion of others.**
 - b. It is impossible to be lonely when a person is so involved in various works or efforts in their life.

Application & Conclusion:

1. Everyone faces loneliness at one time or another.
 - a. There is a time for such things (Ecc 3:1-8) but **only** a time, they are not meant to consume your life.
2. **The way to overcome it is change our view toward life, refrain from selfishness and correct the problem, and find direction in life.**
3. Full Invitation