

Calm My Anxious Heart

Lesson Three: God's Heart in Our Loneliness

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Introduction **Scripture Reading:** Jeremiah 1:5-8; Lamentations 3:21-26

Definition of Loneliness: a sadness because you have no friends or company; a lack of friends or companions; forsakenness with a feeling of depression or loneliness in the pit of your stomach

- Loneliness is not a sin—it comes to all of us sooner or later.
- We often crave human contact.
- Loneliness affects nearly half of adults in United States—daily. (Surgeon General)

Loneliness Affects All Levels of Society: a universal emotion; complex and unique to each person

Bible Characters Experienced Loneliness

The Prophet Jeremiah: Loneliness and anxiety can come to a person who is following God. Jeremiah experienced rejection from the Jews, his family and friends. God promised to always be with him; deliver him; and comfort him. He saw the Lord's great mercy, faithfulness, and compassion toward the end of his life.

Practical Application: God does not allow things in our life without giving us Himself through His Word and the Holy Spirit. Consider times in your life when you have faced the anxiety of loneliness and what was true about the Lord in those times.

The Spring Season of Life: Children, Teenagers, Young Adults: Christian parents can struggle navigating loneliness with their children. Start with making Him real in **your** life. Memorize verses with them—verses that mean something to you. Teach them songs about the Lord's faithfulness.

Young Women: Many situations can cause loneliness: college; dorm; job; sports; friends. You will survive this, and the Lord will help you through His Word, your parents, church, friends (old and young) or in some way you may not think of. He will **strengthen** you. God has a plan for your life. Your lessons of loneliness can help others, too.

Daniel: Chapter 3:16-18: Daniel purposed in his heart to trust the Lord instead of letting pain and loneliness rule him. His life affected others, especially his three friends.

Practical Application: Loneliness in singleness or widowhood is hard. When you find yourself swimming in loneliness, the Lord Jesus is near. Daniel was delivered from the lion's den "because he believed in his God" (6:23b).

Verses to Remind You of God's Presence: Deuteronomy 31:6; Psalm 16:11

The Summer Season of Life: Career and Marriage Make the Lord your anchor—not your spouse or your career. He is your salvation and hope: Isaiah 41:13; Psalm 62:8; 1 Peter 5:7; Psalm 18:6

The Fall Season of Life: Loneliness in the empty nest; taking care of aging parents; death of a parent/friend. God carries us and walks with us during these times: Psalm 33:18; Psalm 147:3

The Winter Season of Life: Our circumstances now become more tenuous; perhaps you have to work to pay bills and insurance; you have an aging body; health issues; perhaps death of your husband and now living on your own; limited activities; children's "advice"; maybe experiencing assisted living or a nursing facility.

Ideas: Take one day at a time; enjoy what the Lord has for you today; tomorrow will take care of itself. God is in your tomorrows. God always has a purpose for you. Love your friends, family, and pray for others. *Ask: "What can I pray for you today?"* Psalm 18:35:36; Matthew 28:20; Psalm 23:4

Help for Today's Anxieties: God proved His love for you at Calvary; And He continues to love you. We are saved by faith alone—we can do nothing to earn our salvation. We cannot find victory in loneliness apart from Jesus Christ. 1 Corinthians 15:3-5; John 3:15; Ephesians 2:8-9

Acknowledge the Reality of Loneliness: Be honest and talk about your loneliness to a trusted friend or pastor. But, most importantly, tell the Lord.

Accept loneliness as part of your life AND God's provision for your loneliness. The Lord is the only One who can show up whenever and wherever we need him. Others may try, but they can't do what only God can.

The Lord Jesus' Lonely Life: He understands us because He was tested as we are. He will help us by His understanding and grace in time of need.

Let the Lord use His Word to speak to you. Maybe there is something you are angry about and you have to release it to the Lord.

Naomi: She was bitter and lonely as a widow; she could not see God's goodness and how God would take care of her. But she went back to God. Go back to where the Lord can speak Truth to you, even if your feelings are messed up (Philippians 4:8). Trust in His loving Providence. You will see healing and blessing in Christ as you trust in His Word: Ephesians 2: 18-20; Jeremiah 15:16

Anxiety and loneliness can bring fear. Anxiety fears the future, but God's loving presence is already there to **strengthen you; help you; uphold you** with His righteous right hand. Isaiah 41:10

Calm My Anxious Heart: Philippians 4:4-8

C: Continue to rejoice in the Lord.

A: Always pray in faith with thanksgiving.

L: Let God's peace guard your heart and mind through Christ Jesus.

M: Meditate on God's Truth.

Great Is Thy Faithfulness, *O God my Father; there is no shadow of turning with Thee; Thou changest not, Thy compassions, they fail not; as Thou hast been, Thou forever wilt be.*

- I pray that you will allow the Lord to comfort you, and this message will be an encouragement during your times of loneliness.