

THE LONELINESS BIBLE STUDY

Everyone experiences periods of being alone. Not everyone who is alone is lonely. Conversely, many times there can be large crowds of people around us and we still may have feelings of loneliness. One definition for loneliness is: *An emotional feeling of sadness and dejection because of a lack of companionship or separation from others.*

1. We will take a look at the way people feel when they are lonely. Sometimes these feelings are real while other times the feelings are just the way we perceive a situation.

- a. According to Matthew 27:46 how did Jesus feel when he was dying on the cross and separated from the Father in heaven? _____.
- b. According to 2 Timothy 4:16 what happened to Paul, the Apostle of Jesus when he was falsely being charged? _____.
According to 2 Timothy 4:17-18 how did Paul work through this time of being abandoned by other people? _____.
- c. According to Psalm 31:11 what was the reason for the feelings of loneliness? _____.
What was the response of people to this person? _____.
Have you ever felt that way? _____.
- d. According to Psalm 38:11 why did people avoid this person? _____.
What could be compared to this in your life? _____.
- e. According to Psalm 88:18 what is our closest friend when we are lonely? _____.
What does this feel like? _____.
- f. According to Psalm 102:7 what is a result of the feeling of loneliness? _____.
- g. According to Psalm 142:4 what are two things we feel like when we are lonely? _____.
- h. According to Ecclesiastes 4:8 what are some questions we ask when we are feeling all alone? _____.

2. Sometimes there is good reason to seek to be alone.

- a. According to Exodus 23:2 why would it be a good thing to be alone? _____.
- b. According to Proverbs 13:20 what is the result of having good companions and the result of having bad companions? _____.

- c. According to Matthew 14:23 why did Jesus go to be alone? _____
- d. According to 1 Corinthians 15:33 what is the result of our choice to be with people of bad character instead of being alone? _____

3. Now we will consider the biblical way to deal with loneliness.

- a. According to Psalm 119:63 what types of friends should we be looking for? _____
- b. According to John 16:32 who was there for Jesus when he was abandoned by everyone else? _____
Was Jesus lonely even though all the people abandoned him? _____
- c. According to Acts 2:42 what were some things that the people did that kept them from being lonely? _____
- d. According to Acts 2:46 what did the people do that kept them from being lonely? _____
- e. According to Hebrews 10:24-25 people were doing things that would help them stay strong in their faith, not feeling alone. What were those things that they were doing? _____
- f. It is important to notice that doing things like serving one another, and encouraging each other is a way to keep from being lonely. Can you think of some ways that you could serve someone or encourage someone that may help you to keep from being lonely? _____
- g. According to Hebrews 13:5 what is something we need to do? _____
What is the promise of the Lord in the second part of verse 5 and verse 6 if we obey the first part of verse 5? _____
- h. According to Revelation 3:20 Jesus promises that he is somewhere waiting for us. Where is that? _____
What do we need to do if we want the companionship of Jesus in our lives? _____
What does Jesus promise to do? _____
Could you every really be lonely if Jesus is with you in this way? _____

4. We have seen how people feel when they are lonely and that the answer is to have the right relationships with the Lord and with people. Evaluate your relationships with the Lord and with people. How might these relationships change so that you do not experience loneliness? _____

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