

Relationships: Some Assembly Required

Part Six

God's Cure for Loneliness

Pastor Carl Toti

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NO CONNECTION, NO PROTECTION

Psalm 68:4–6 (NIV)

4 Sing to God, sing praise to his name, extol him who rides on the clouds— his name is the LORD— and rejoice before him. 5 A father to the fatherless, a defender of widows, is God in his holy dwelling. 6 God sets the lonely in families, he leads forth the prisoners with singing; but the rebellious live in a sun-scorched land.

THE SICKNESS OF LONELINESS

"I feel so alone sometimes. The night is quiet for me. I'd love to be able to sleep. I'll probably not rest. I have no need for all this. Help me Lord." —Elvis Presley

Genesis 2:18 (NLT)

18 Then the LORD God said, "It is not good for the man to be alone. I will make a helper who is just right for him."

—Loneliness is bad for your health.

—The most "connected" generation has less meaningful connection of any previous generation.

—We touch our phones more than we touch others.

—The mere presence of a cell phone reduces closeness.

bare minimum met

bare minimum unmet

Highest Rated Forms of Affection

1. Handholding (60.2%)
2. Hugging (59.6%)

3. Arm around shoulder (46.0%)
 4. Kissing on cheek (34.5%)
 5. Kissing on lips (25.4%)
 6. Kissing on neck (20.3%)
- Kory Floyd, PHD

THE SIGNS OF LONELINESS

Isaiah 31:1 (NIV)

“Woe to those who go down to Egypt for help, who rely on horses, who trust in the multitude of their chariots and in the great strength of their horsemen, but do not look to the Holy One of Israel, or seek help from the Lord.”

“What makes loneliness an anguish
is not that I have no one to share my burden,
but this: I have only my own burden to bear.”
—Dag Hammarskjöld, Former Secretary-General of the United Nations

Psalms 68:5–6 (NIV)

5 A father to the fatherless, a defender of widows, is God in his holy dwelling. 6 God sets the lonely in families, he leads forth the prisoners with singing; but the rebellious live in a sun-scorched land.

Family = Institute of Affections

THE STRATEGIES FOR TACKLING LONELINESS

1. _____ the “Do Not Disturb” Sign from Your Life

Proverbs 18:24 (NKJV)

24 A man who has friends must himself be friendly, But there is a friend who sticks closer than a brother.

2. Identify Any Potential _____

Proverbs 29:25 (GNB)

25 It is dangerous to be concerned with what others think of you, but if you trust the LORD, you are safe.

3. Be the _____ You Hope to Find in Others

Job 6:14 (NIV)

14 “Anyone who withholds kindness from a friend forsakes the fear of the Almighty.

ANSWERS:

1. REMOVE
2. FEARS
3. FRIEND