



# The Shadows of Loneliness

Separation Anxiety from Feeling Disconnected

# Loneliness vs. Solitude

**LONELINESS:** Separation anxiety brought on by being disconnected, a loss of our intimacy or belonging.

**SOLITUDE:** A desire to be alone for reflection or contemplation. It's temporary and necessary for proper perspective.

To **DEFINE LONELINESS**, The inability to find on a human level satisfying relationships that help fill the void we feel. We don't just get over the feeling of abandonment or separation from others by reading a book or hearing a sermon, you have to work at it. Deep down inside we don't experience the life we expected from our Christian faith and it makes us begin to question our faith. Doubt rears it's head

The **NATURE OF LONELINESS** is different from solitude. Solitude is separation by choice, loneliness is an attitude caused by separation. No one wants to be lonely but the vacuum in us can only be filled by God. Even though we try to fill it with many things. The effects of loneliness are directly related to how we deal with it and it can be a blessing by forcing us to seek God or it can be a disaster when we turn towards destructive cures and affects people in all areas of life whether successful or mediocre.

## How Do We End Up in the Shadows of Loneliness

1. Separating ourselves from others
2. Feeling we are in a hopeless situation
3. Forcefully removed from a safe secure environment
4. Suffering defeat or failure
5. Too busy chasing success to relate to others
6. Suffering burn out trying to accomplish
7. Loss by death or divorce
8. Feel inferior or unworthy, insecure.
9. Physically removed or separated from those you know or love, moved.
10. Being ostracized for being different, non-conforming.
11. We don't take time to have fun, or spend time with others.
12. Our talents or gifts are not appreciated, ignored or compared to others.
13. Excluded from a social group
14. Retire or no longer relate to colleagues daily.
15. No longer feel a sense of oneness, unity, intimacy with your mate.
16. Betrayed by a mate or friend
17. Alienate others because of your own lack of social skills, overtalk, bad jokes
18. Fast paced technology leaves us behind
19. Injury or age prevents us from keeping up with others
20. By our own destructive habits that isolate us from those that don't have them.

## Reasons for Loneliness

1. A sense of condemnation from God
2. A sense of unwanted, unworthy
3. Damaged emotions. Somewhere you've been hurt and you won't deal with it so it turns to anger and bitterness.

## The Consequences of Living With Loneliness

1. Loneliness affects a persons morals.
2. Or dress is affected by morals.
3. It affects our social life.
4. It affects our health.

## 5 Keys to Resolving Loneliness

### **RECOGNIZE** your loneliness

Face the fact that you are lonely and that it's not some other issue.

### **RECONCILIATION** with God through Jesus

Sin separates us from God as a result there is no intimacy or relationship. Sin makes us hostile towards God.

### **RECALL** the promises of God

Throughout scripture God reminds us of how he will remain by our side through all issues we go through. If we ask him to be with us, he will never leave us, even when we don't sense him, he is there with us.

### **REACH OUT** to develop Godly relationships

Be cautious about the relationship you desire, make sure the driving factor is not desperation. L.P.U.S.S.T - someone you can Laugh, Pray, Understand, Share Secrets, Trust. Seek to build a relationship that's an extension of God's presence and not a replacement for it.

### **REFOCUS** your attention from self to serving others

When we help others it takes our focus off ourselves and our situation. Jesus came to serve and not be served.