



FREEDOM FROM YOUR FEARS

#8: FREEDOM FROM YOUR FEAR OF LONELINESS

JIM HINTON



I know of no more potent killer than isolation. There is no more destructive influence on physical and mental health than the isolation of you from me and us from them.

Dr. Phillip Zembardo

Then the LORD God said, "It is not good for the man to be alone..."
Genesis 2:18 (NLT)

Loneliness and the feeling of being unwanted is the most terrible type of poverty.
Teresa of Calcutta

WAYS TO BE FREE FROM MY FEAR OF LONELINESS

1. Understand that even the most godly people experience loneliness

Turn to me, Lord, and be merciful to me, because I am lonely and weak.
Psalm 25:16 (TEV)

2. Realize that loneliness can be a positive force in my life

God can use loneliness to...

- **Remind me that only He satisfies my deepest needs**

There is a God shaped vacuum in the heart of every man which cannot be filled by any created thing, but only by God, the Creator, made known through Jesus.

Blaise Pascal

A widow who has no family has placed her confidence in God by praying and asking for his help night and day.
1 Timothy 5:5 (GWT)

- **Reorder my priorities**

For example, some people don't have friends or family. But they are never satisfied with what they own, and they never stop working to get more. They should ask themselves, "Why am I always working to have more? Who will get what I leave behind?" What a senseless and miserable life!

Ecclesiastes 4:8 (CEV)

3. Be an active part of God's Family (See Acts 2:41-47)

Father to the fatherless, defender of widows—this is God, whose dwelling is holy. God places the lonely in families...

Psalm 68:5-6a (NLT)

4. Cultivate habits that attract friends

The only way to have a friend is to be one
Ralph Waldo Emerson

- **Take the initiative to reach out to people**

Do to others as you would like them to do to you.
Luke 6:31 (NLT)

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.

Dale Carnegie

- **Focus on others**

Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had.

Philippians 2:3-5 (NLT)

- **Stay connected with people by sharing "small moments"**

Be happy with those who are happy. Be sad with those who are sad.
Romans 12:15 (GWT)

- **Prioritize relationships in my schedule**

Be devoted to one another in brotherly love. Honor one another above yourselves.
Romans 12:10 (NIV)

- **Serve others in practical ways**

Cheerfully share your home with those who need a meal or a place to stay. God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.

1 Peter 4:9-10 (NLT)

- **Be an encourager**

Pleasant words are like a honeycomb, making people happy and healthy.
Proverbs 16:24 (NCV)

Encouragement is awesome. It (can) actually change the course of another person's day, week, or life.

Chuck Swindoll

5. Remember that God is always with me

Even if my father and mother abandon me, the LORD will hold me close.
Psalm 27:10 (NLT)

I know the LORD is always with me. I will not be shaken, for he is right beside me. No wonder my heart is glad, and I rejoice. My body rests in safety.

Psalm 16:8-9 (NLT)