

## Loneliness

### Loneliness:

What is loneliness? The dictionary defines it as being in isolation, seclusion or being alone. Loneliness is more than being alone because it is a feeling that goes along with this situation. The truth is in this world you can be in a room filled with people and still feel alone or suffering in loneliness.

What does the Bible Truth state about you being physically alone or feeling alone? Hebrews 13:5 <sup>(AMP)</sup> says it the best, with “You will never be left alone or forsaken because I (God) will always be with you”. So if God is ALWAYS with you, how can you then be truly alone? If God is with you, those negative emotions can be realigned and God’s peace can set a guard over your mind.

### Scriptures:

#### Hebrews 13:5 <sup>(NIV)</sup>

<sup>5</sup> *Keep your lives free from the love of money and be content with what you have, because God has said,*

*“Never will I leave you; never will I forsake you.”*

#### Philippians 4:6-9 <sup>(AMP)</sup>

<sup>6</sup> *Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.*

<sup>7</sup> *And God’s peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus.*

<sup>8</sup> *For the rest, brethren, whatever is true, whatever is worthy of reverence and is honorable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, whatever is kind and winsome and gracious, if there is any virtue and excellence, if there is anything worthy of praise, think on and weigh and take account of these things [fix your minds on them].*

<sup>9</sup> *Practice what you have learned and received and heard and seen in me, and model your way of living on it, and the God of peace (of untroubled, undisturbed well-being) will be with you.*

#### John 16:32-33 <sup>(NIV)</sup>

<sup>32</sup> *“A time is coming and in fact has come when you will be scattered, each to your own home. You will leave me all alone. Yet I am not alone, for my Father is with me.*

<sup>33</sup> *“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”*

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### Deuteronomy 31:6 <sup>(AMP)</sup>

<sup>6</sup> *Be strong, courageous, and firm; fear not nor be in terror before them, for it is the Lord your God Who goes with you; He will not fail you or forsake you.*

### Psalm 28:7 <sup>(AMP)</sup>

<sup>7</sup> *The Lord is my Strength and my [impenetrable] Shield; my heart trusts in, relies on, and confidently leans on Him, and I am helped; therefore my heart greatly rejoices, and with my song will I praise Him.*

### Psalm 147:3 <sup>(NIV)</sup>

<sup>3</sup> *He heals the brokenhearted and binds up their wounds.*

### James 4:7 <sup>(AMP)</sup>

<sup>7</sup> *So be subject to God. Resist the devil [stand firm against him], and he will flee from you.*

### **Confessions:**

1. Read the above Scriptures aloud and place yourself in each Scripture as if it was written just for you. Be like Jesus and say "It is written!"
  
2. Confess aloud:
  - a. "I know that when I am feeling alone the Truth of the situation is I am not alone because God is right beside me and Loving me."
  - b. "I know that I am a son/daughter of the Living God and He has encamped Himself around me."
  - c. "I know that when I accept the Truth of God's Word and resist the lies of satan that he will flee from me."

### **Prayer:**

"Father God, I thank you for being with me right here and right now. Thank you for sending me your Comforter to strengthen me in this situation. I will think on and trust in You for my life. I will "Let the Mind of Christ" reject every thought of separation, isolation and loneliness. I will trust the God of peace is greater than any feeling or situation of loneliness.

To you be all the Glory for the victory that you have already given me over satan and his lies. I pray in the Mighty Name of Jesus to the Loving Father God that cares for me! In you I will rest."