

## The Battle for Our Emotions “Loneliness”

### PERSONAL APPLICATION

Review the main lesson outline briefly

1. What is the most common cause of your loneliness, if any? Why do you think this is?
2. Based on our lesson, what can you do to change?

### PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day  
Write down your daily thought under each day

**Monday** – Numbers 11:10-17

*Thought:*

**Tuesday** – Proverbs 27:10

*Thought:*

**Wednesday** – John 15:1-5, 13-17

*Thought:*

**Thursday** – Romans 12:9-21

*Thought:*

**Friday** – Hebrews 10:24-25

*Thought:*

**Saturday** – Matthew 6:25-34

**Sunday** – “Anxiety or Worry”

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## The Battle for Our Emotions

*How to keep from becoming an emotional wreck!*



“Loneliness”

**The Battle for Our Emotions**  
**“Loneliness”**

**Loneliness**

Numbers 11:10-17

**SOME POSSIBLE CAUSES**

- 1. Spiritual causes** – We do not know God - (2 Corinthians 4:4); John 15:13-15; 1 John 1:1-4)
- 2. Social causes** – Childhood, Social skills never learned, shy, etc.
- 3. Self Inflicted causes** – Sin, selfishness, low self esteem, fear- “Building walls instead of bridges,” (Dr. Gary Collins “Christian Counseling”), past relationships, etc.
- 4. Situational causes** – Divorce, death, life change (College, 1<sup>st</sup> job, away from home for the 1<sup>st</sup> time, promotion, transfer, etc)

**OVERCOMING LONELINESS**

*“Get Connected!”*

- 1. To God Personally**– 2 Corinthians 5:11-21
  - a.** Be reconciled through Salvation – John 3:16
  - b.** Build a relationship through fellowship – John 15:1-5
- 2. To God’s People** – Proverbs 27:10
  - a.** “Church” – Acts 2:42-47, 4:32-35; Hebrews 10:24-25
  - b.** Cultivating proper relationships – Romans 12:9-21

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- c.** “Community” – be a part of the team – Numbers 11:14; Exodus 18:17-23
- 3. To God’s Plan** – Romans 12:2
  - a.** Personal growth – John 15:4
  - b.** Production in the body – 1 Corinthians 12:1, 7, 11-12, 14, 18, 25-27.

**NOTES**