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**#1 most common  
emotional pain in our  
society is loneliness.**

***“God said, ‘It isn’t good for man to be alone.’” – Genesis 2:18***



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## **Three Remedies for Loneliness:**

- 1. God has given us his plan (his will) to live for.**

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plan (his will) to live for.**

***“The Lord will work out his  
plans for my life.”*** – Psalm 138:8



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## **Three Remedies for Loneliness:**

**2. God has given us his people  
(the church) to live with.**



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***“God sets the lonely to  
families.”*** – Psalm 68:6

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# **Three Remedies for Loneliness:**

**3. God has given  
us his presence.**



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us his presence.**

***“I will never leave you or  
forsake you.”*** – Hebrews 13:5

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**Jehovah Shammah**  
**(Ezekiel 48:35) –**  
**The Lord is Present.**



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***“Go and make disciples of all nations, baptizing them in the name of the Father and of the Son of the Holy Spirit, and teaching them to obey everything that I have commanded you. And be sure of this: I am always with you, even to the very end of the age.” – Matthew 28:19-20***



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***“I look to the heights of the heavens and I looked to the depths of the earth. There is no where I can go that I can escape your presence because you are everywhere.” – Psalms 139:7-8***

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**When I experience God's  
presence four things  
become true in my life:**

**1. I can trust God  
to help me out.**



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***“Don’t worry, because I am with you. Don’t be afraid because I am your God. I will make you strong and will help you out. I will support you.” – Isaiah 41:10***

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***“If my father and mother  
leave me, the Lord will  
take me in.” – Psalm 27:10***

***“God never abandons  
us.” – 2 Corinthians 4:9***

**When I experience God's  
presence four things  
become true in my life:**

**2. I can trust God  
to calm me down.**



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***“I will lie down in peace  
and sleep, for though I  
am alone, O Lord, you will  
keep me safe.” – Psalm 4:8***

***“You protect them by your  
presence.” – Psalm 31:29***



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# **Two ways to calm down:**

- 1. Worship.**



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**Two ways to calm down:**

**2. Read God's Word.**

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**When I experience God's  
presence four things  
become true in my life:**

**3. I can trust God  
to fill me with hope.**



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***“When I go, the Father will send the comforter instead of me – and by comforter I mean the Holy Spirit – he will teach you much, as well as remind you of everything I myself have told you. I’m leaving you with a gift – peace of mind and heart! The peace I give isn’t fragile like the peace the world gives.” – John 14:26-27***



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***“I keep the Lord before me  
always. Because he is  
close by my side, I will not  
be hurt. So I rejoice and I  
am glad. Even my body  
has hope.” – Psalm 16:8***

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**Two choices when it comes to loneliness:**

**1. Have a pity party.**

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**1. Have a pity party.**

**2. Keep the Lord first.**

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***“Your presence fills me  
with joy.” – Psalm 16:11***

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***“The Lord is close to the  
brokenhearted and saves  
those who are crushed  
in spirit.” – Psalm 34:18***



***“If you seek me with  
all your heart you will  
find me.” – Jeremiah 29:12***

**When I experience God's  
presence four things  
become true in my life:**

**4. I can trust God  
to see me through.**

## **4. I can trust God to see me through.**

***“When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown.” – Isaiah 43:2***



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***“The Lord stopped my tears and kept me from defeat. So I will walk in the presence of the Lord... I kept on believing, even when I felt, ‘I am completely crushed’...” – Psalm 116:8***



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***“My sheep recognize my voice  
and I know them and they  
follow me. I give them eternal  
life and they will never perish.  
No one will ever snatch them  
away from me.” – John 11:27***

***Jesus says, “And be sure  
of this, I am with you  
always, even to the end  
of the age.” – Matthew 28:20***

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***“I will repay you for  
the years the locusts  
have eaten.” – Joel 2:25***

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