

## Never Alone

Living alone presents \_\_\_\_\_ emotional and spiritual challenges to adults today. Today, we're exploring what God \_\_\_\_\_ for those who live alone. We're here to \_\_\_\_\_ the Scriptures for the Lord's Way. This is God's instruction \_\_\_\_\_ for everyone, in every stage of life, and in every circumstance. Whatever struggle or heartache you face, God has some comfort and help for you in the \_\_\_\_\_. He's not forgotten or abandoned you. He knows and cares about you.

Many years ago, I did a funeral for an elderly man who had no \_\_\_\_\_ at all. Three funeral directors and I carried his casket to the graveside service; two ladies from the nursing home and I sang some hymns. No \_\_\_\_\_ else attended. Six people, no family, no friends. This man was utterly alone and buried by \_\_\_\_\_.

Loneliness is a \_\_\_\_\_ problem in our society. More than 53 percent of \_\_\_\_\_ adults in the United States are unmarried; that's over 110 million people. A study by the American Council of Life Insurance reported that the loneliest group in America are \_\_\_\_\_ students. The survey next listed divorced people, welfare recipients, single mothers, rural students, housewives, and the elderly. Loneliness is a widespread problem; in fact, one in four people complain about \_\_\_\_\_ lonely frequently. Persistent loneliness can \_\_\_\_\_ our mental and physical health.

The LORD God said to Adam in Genesis 2:18, "It's not \_\_\_\_\_ for the man to be alone; I will make him a helper suitable for him." Living without a \_\_\_\_\_ is difficult, whether you've never married, have lost your spouse, or have been divorced. **Loneliness is painful and can confuse you into thinking that you are a loser or an outcast, but that's not necessarily so.**

### **Our reading today is a Psalm of David, Psalm 139:1-5.**

Let's pray together. "Father we're thankful that You love us and that You watch over us every day of our lives, and that You are so close. We're grateful Father for Your promises and for Your blessings. Help us to love You and to serve You always. In Jesus' name, Amen."

Loneliness makes people \_\_\_\_\_ sad and empty, cut off from others and needing companionship. Loneliness typically includes \_\_\_\_\_ because people need to connect with family. We all \_\_\_\_\_ a companion who shares our lives and dreams, who walks through life with us, who experiences our joys and sorrows, and who shares our responsibilities and decisions. Connecting with another is more than \_\_\_\_\_ in the same house. One can feel lonely \_\_\_\_\_ when surrounded by other people.

The Bible tells of several people who \_\_\_\_\_ lonely lives. Joseph, the son of Jacob, grew up in a \_\_\_\_\_ family; but his half-brothers hated him so much they sold him into slavery. At a young age, he lived as a \_\_\_\_\_ in a foreign land. His master's wife tried repeatedly to \_\_\_\_\_ him. When he \_\_\_\_\_ her advances, she falsely accused him. He spent years in prison, \_\_\_\_\_ from home and family. I can only imagine how Joseph must have felt. However, Genesis 39:21 says, "But the Lord was with Joseph and extended kindness to him, and gave him \_\_\_\_\_ in the sight of the chief jailer." Whatever Joseph endured, the Lord was \_\_\_\_\_ him. The Lord protected and provided for him and

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**Longer quotations may not appear in the Study Sheet, but can be read in the accompanying transcript.**

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the things that he needed, even if his family was \_\_\_\_\_ away. Joseph was able to \_\_\_\_\_ his hardships and keep his faith, because he knew the Lord was with him.

Jesus \_\_\_\_\_ alone much of his life. He never had a wife and children, but gave Himself completely to His mission of \_\_\_\_\_ people from sin. Jesus had people \_\_\_\_\_ Him all His life. He grew up in a household with \_\_\_\_\_ brothers and sisters. He chose and trained twelve \_\_\_\_\_ who accompanied Him in His ministry. Jesus often stayed in the \_\_\_\_\_ of friends like Lazarus, Mary and Martha. Multitudes \_\_\_\_\_ Him wherever He went. In spite of all this, Jesus faced \_\_\_\_\_ of life alone and did what no other person could do. He went to the \_\_\_\_\_ alone. While praying at Gethsemane, His disciples fell \_\_\_\_\_ and left Him praying alone. His familiar friend, Judas, betrayed Him; Peter denied Him three times; and the rest scattered.

Like Joseph, Jesus found \_\_\_\_\_ in His relationship with His Father in heaven. Jesus said, “Behold, an hour is coming, and has already come, for you to be scattered, each to his own home, and to leave Me alone; and yet I am \_\_\_\_\_ alone, because the Father is with Me” (John 16:32). Jesus found the strength He \_\_\_\_\_ in the Father, and so can you. Peter revealed how Jesus \_\_\_\_\_ with lonely suffering. First Peter 2:21-23 says, “For you have been called for this \_\_\_\_\_, since Christ also suffered for you, leaving you an \_\_\_\_\_ for you to follow in His steps, who committed no sin, nor was any deceit found in his mouth; and while being reviled, He didn’t revile in return; and while suffering, He uttered no threats, but He kept entrusting Himself to Him who judges righteously.” When Jesus suffered most, He put His life and His soul into the \_\_\_\_\_ of the heavenly Father. There He found comfort, there He found support.

Jesus began and ended His ordeal on the cross with \_\_\_\_\_. He prayed for three hours while in the Garden of Gethsemane. The Lord Jesus prayed in Luke 22:42, “Father, if You’re willing, remove this cup from Me; yet not My will, but Yours be \_\_\_\_\_.” While Jesus wanted to \_\_\_\_\_ the cross on one hand, He wanted to do the will of the Father on the other. His desire to do the Father’s will was \_\_\_\_\_ than His desire to escape death. His true prayer to do the Father’s will came from His \_\_\_\_\_ for the Father. Hebrews 5:7 says, “In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was \_\_\_\_\_ to save him from death, and he was heard because of his reverence.” In His pain and sorrow, the Father \_\_\_\_\_ His obedient prayer.

As they crucified the Lord Jesus, He was praying, “Father, \_\_\_\_\_ them; for they do not know what they’re doing” (Luke 23:34). Instead of focusing on their cruelty and the pain of large nails going through His hands and feet, Jesus thought about their \_\_\_\_\_, praying for them to be forgiven. We often focus on the \_\_\_\_\_ in life, but Jesus focused on saving people from their sins.

Matthew 27:46 says, “And about the ninth hour Jesus cried out with a loud voice, saying, ... ‘My God, my God, \_\_\_\_\_ have you forsaken me?’” Did you know these words are a quotation of Psalm 22:1. Psalm 22 is the \_\_\_\_\_ Messianic of David’s psalms. It begins with a feeling of forsakenness, and speaks of wagging heads in verse 7, predicts the piercing of His hands and feet in verse 16, and speaks of the dividing of His garments in verse 18. But verse 27 speaks of all the nations turning to and worshiping the Lord. Could it be the Lord Jesus was reciting this Scripture to Himself and reassuring Himself that His death was not in \_\_\_\_\_?

Jesus \_\_\_\_\_ entrusting Himself to the Father. Luke 23:46, “Then Jesus, calling out with a loud voice, said, ‘Father, into your hands I \_\_\_\_\_ my spirit!’ And having said this He breathed his \_\_\_\_\_.” From the beginning to the end of His excruciating ordeal, Jesus found His strength in \_\_\_\_\_. His example will help us in our \_\_\_\_\_ of pain and loneliness. First Peter 4:19 says, “Therefore, those

also who \_\_\_\_\_ according to the will of God shall entrust their souls to a faithful Creator in doing what is \_\_\_\_\_.” When you’re lonely, entrust your soul to a Creator who won’t let you down.

The apostle Paul provides another example for those who \_\_\_\_\_ as singles. While some may think he may have been married at some point, he says in his \_\_\_\_\_ that he is unmarried. He says, “To the unmarried and the widows I say that it is good for them to \_\_\_\_\_ single as I am” (1 Corinthians 7:8). He realized that not everyone had the gift to \_\_\_\_\_ the single life, and yet felt there were many advantages to living as a single. Paul knew having a family would get in the way of his ministry, and he wanted to be free of any responsibility except to Christ. Paul often \_\_\_\_\_ great difficulties. They put Paul in prison five times, and he spent five years of his life incarcerated. Paul wrote Philippians while he was imprisoned, but Paul wasn’t depressed or defeated, even though he was imprisoned. But he spoke of the \_\_\_\_\_ in that letter, the letter of Philippians, more than twenty times.

Paul learned the secret of being \_\_\_\_\_ in whatever circumstances he found himself. In context, Philippians 4 is speaking of Paul’s financial wellbeing; but this is likely \_\_\_\_\_ of other circumstances of his life. He explains, “I know how to be brought low, and I know how to abound. In any and every circumstance, I’ve \_\_\_\_\_ the secret of facing plenty and hunger, abundance and need. I can do \_\_\_\_\_ things through him who strengthens me” (Philippians 4:12-13). Paul found God’s \_\_\_\_\_ was sufficient for him, even when he was suffering. Having \_\_\_\_\_ in his life made up for all the things that he didn’t have.

Paul also understood what it’s like to \_\_\_\_\_ death alone. God spared Paul’s life the first time he appeared before Caesar. Paul said, “At my first defense no one supported me, but \_\_\_\_\_ deserted me; may it not be counted against them. But the Lord \_\_\_\_\_ with me and strengthened me, so that through me the proclamation might be fully accomplished, and that all the Gentiles might hear; and I was rescued out of the lion’s mouth. The Lord will \_\_\_\_\_ me from every evil deed, and bring me safely to His heavenly \_\_\_\_\_; to Him be the glory forever and ever. Amen” (2 Timothy 4:16-18).

When you’re lonely, think on the \_\_\_\_\_ of God. They’ll reassure you. The Lord God said, “A father of the fatherless and a judge for the widows, Is God in His holy habitation. God makes a \_\_\_\_\_ for the lonely; He leads out the prisoners into prosperity, Only the rebellious dwell in a parched land” (Psalm 68:5-6). If you have God with you, you have far \_\_\_\_\_ than many of the largest families. The Lord Jesus promised, “and lo, I am with you \_\_\_\_\_, even to the end of the age” (Matthew 28:20). The Lord Jesus dwells with His people. I love the Lord’s \_\_\_\_\_ in John 14:23, “If anyone loves me, he will \_\_\_\_\_ my word, and my Father will love him, and we’ll come to him and make our home with him.” The Father and the Lord Jesus make their \_\_\_\_\_ with those who love Him enough to obey Him.

The Lord God promised Joshua, “No man will be able to stand before you \_\_\_\_\_ the days of your life. Just as I have been with Moses, I will be \_\_\_\_\_ you; I will not fail you or forsake you” (Joshua 1:5). This promise is repeated to Christians in Hebrews 13:5. David said in Psalm 37:25, “I’ve been young, and now am old, and yet I’ve not \_\_\_\_\_ the righteous forsaken or his children begging for bread.” What’s true in practical matters is also true in our relationship with the Lord. David said, “For my father and my mother have forsaken me, But the LORD will take me up” (Psalm 27:10). When no one else was there for David, God was.

God said to the people of Jerusalem through the prophet Isaiah, “Can a woman \_\_\_\_\_ her nursing child, And have no compassion on the son of her womb? Even these may forget, but I will \_\_\_\_\_ forget you. Behold, I have inscribed you on the palms of My hand; Your walls are continually before Me”

(Isaiah 49:15-16). God thinks continually of His children. He thinks of their \_\_\_\_\_ welfare, their \_\_\_\_\_ strength, and their \_\_\_\_\_ needs. The Lord Jesus reminds us that “your Father knows what you need \_\_\_\_\_ you ask Him” (Matthew 6:8). The Lord is a blessing to all of us.

David kept himself \_\_\_\_\_ of the presence of God. Our reading today came from Psalm 139:1-5. Where he said, “O LORD, you’ve searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O LORD, you know it, you know it altogether. You hem me in, behind and before, and lay your hand upon me.” David describes how intimately God \_\_\_\_\_ him. God knew everything about him, how he acted, how he talked, even what he thought. David said, “Such knowledge is too wonderful for me; it is high; I cannot attain it” (verse 6).

God had known David from his conception in his mother’s womb. In Psalm 139:13-14 David said, “For you \_\_\_\_\_ my inward parts; you knitted me together in my mother’s womb. I praise you, for I am fearfully and wonderfully \_\_\_\_\_. Wonderful are your \_\_\_\_\_; my soul knows it very well.” No one knows us as intimately as God. He’s \_\_\_\_\_ over us every day of our lives, He’s heard every prayer we’ve ever made, He has known every thought we’ve ever had, and provided every need. You can’t go anywhere outside the presence of God.

How does all this \_\_\_\_\_? Because you too can say, “I’m not \_\_\_\_\_; the Lord is with me.” You too can say that His \_\_\_\_\_ is sufficient for you. You too can say that He will \_\_\_\_\_ leave you or forsake you. Give yourself to God, and He will be with you.

Let’s pray together. “Heavenly Father we’re thankful for Your loving presence that surrounds us at all times, that You hem us in before and behind, that You lay Your hand upon us. Father, help us to be devoted to You and to Your will always. In Jesus’ name, Amen.”

The outspoken atheist Madalyn Murray O’Hair, who went to court to take prayer out of the schools, clearly sensed something was missing from her life. She wrote in her diary in 1977 that she had failed as a wife, as a parent, and as a politician. In half a dozen places in her diaries O’Hair wrote, “Somebody, somewhere, love me.” We all long to be loved and to love. There’s one place in your heart and soul that no one can fill but God. The most lonely person in the world isn’t the one who lacks family but the one who has rejected God.

Some let their love for God fade as years pass. The Lord Jesus said to the lukewarm church at Laodicea, “Behold, I stand at the door and knock; and if anyone hears My voice and opens the door, I will come in to him and will sup with him (or dine with him), and he with Me” (Revelation 3:20). The Lord Jesus wants to restore the warm and intimate fellowship that He once had with the church in Laodicea, and He wants to have that same intimacy with you. Do you have a close, loving, peaceful relationship with the Lord?

Draw close to God; make Him part of your life every day! Become a Christian by placing your faith and trust in the Lord Jesus Christ, the Son of God. He will never lie to you and He wants to save you from your sins. So, out of love, repent of your sins by forsaking them and by following the Lord. Confess Jesus as the Christ, the Son of God, and be baptized into Christ, and united with Him. We’re crucified with Christ in baptism so that our body of sin might be done away with according to Romans 6:3-7. God washes away our sins in baptism according to Acts 22:16. Become a Christian today, and have God in your life.