



"CHOOSING COMPANIONSHIP OVER LONELINESS"

SELECTED SCRIPTURES

DR. ROBERT JEFFRESS
APRIL 7, 2019

Introduction: One of the foundational decisions we make in life is whether to live our lives alone or in the company of others. Today we are going to discover why it is always best to choose companionship with other people over a lonely, solitary life.

I. The Problem Of Loneliness

II. Six Reasons People Choose To Be Lonely

A. Poor **Self-Image** (Ephesians 2:10)

The Cure For A Poor Self-Image

1. See ourselves from God's **perspective**, realizing that through Christ we are people of **value**.

Ephesians 2:10a "For we are His workmanship, created in Christ Jesus for good works."

2. Understand that we are the recipients of God's **interest** and **friendship**.

John 15:13 "Greater love has no one than this, that one lay down his life for his friends."

B. **Pride** (1 Corinthians 12:20-23; 26-27)

1 Corinthians 12:20-23, 26-27 ²⁰ "But now there are many members, but one body. ²¹ And the eye cannot say to the hand, 'I have no need of you'; or again the head to the feet, 'I have no need of you.' ²² On the contrary, it is much truer that members of the body which seem to be weaker are necessary; ²³ and those members of the body, which we deem less honorable, on these we bestow more abundant honor, and our unseemly members come to have more abundant seemliness, ²⁶ And if one member suffers, all the members suffer with it; if one member is honored, all the members rejoice with it. ²⁷ Now you are Christ's body, and individually members of it."



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C. Inability to Accept Other's Faults (Romans 3:23)

Romans 3:23 "For all have sinned and fall short of the glory of God."

D. Selfishness (Philippians 2:3-4)

Philippians 2:3-4 ³ "Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself; ⁴ do not merely look out for your own personal interests, but also for the interests of others."

E. Unwillingness to Forgive Others (Ephesians 4:32)

Matthew 5:23-24 ²³ "If therefore you are presenting your offering at the altar, and there remember that your brother has something against you, ²⁴ leave your offering there before the altar, and go your way; first be reconciled to your brother, and then come and present your offering."

F. Failure to Understand the Value of Companionship

III. The Advantages Of Companionship (Ecclesiastes 4:7-12)

Ecclesiastes 4:7-8 ⁷ "Then I looked again at vanity under the sun. ⁸ There was a certain man without a dependent, having neither a son nor a brother, yet there was no end to all his labor. Indeed his eyes were not satisfied with riches and he never asked, 'And for whom am I laboring and depriving myself of pleasure?' This too is vanity and it is a grievous task."



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A. **Assistance in Times of Crises** (Ecclesiastes 4:9-10)

Ecclesiastes 4:9-10 ⁹ "Two are better than one because they have a good return for their labor. ¹⁰ For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up."

B. **Support When We Feel Alone** (Ecclesiastes 4:11)

Ecclesiastes 4:11 "Furthermore, if two lie down together they keep warm, but how can one be warm alone?"

C. **Protection When We Are Under Siege** (Ecclesiastes 4:12)

Ecclesiastes 4:12 "And if one can overpower him who is alone, two can resist him. A cord of three strands is not quickly torn apart."

D. **Accountability When We Are Prone to Wander**

1 Kings 11:4 "For it came about when Solomon was old, his wives turned his heart away after other gods; and his heart was not wholly devoted to the LORD His God, as the heart of David his father had been."

IV. **God's Answer To Loneliness**

A. **Marriage** (Genesis 2:18, 24-25)

Genesis 2:18 "Then the LORD God said, 'It is not good for the man to be alone, I will make him a helper suitable for him.'"

Genesis 2:24-25 ²⁴ "For this cause a man shall leave his father and his mother, and shall cleave to his wife; and they shall become one flesh. ²⁵ And the man and his wife were both naked and were not ashamed."



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B. Friendships (Proverbs 17:17)

1. **Acquaintances**
2. **Casual friends**
3. **Close friends**
4. **Intimate friends**

Proverbs 17:17a "A friend loves at all times,"

C. **The Church** (Hebrews 10:24-25)

Hebrews 10:24-25 ²⁴ "Let us consider how to stimulate one another to love and good deeds,
²⁵ not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more, as you see the day drawing near."

Conclusion