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APRIL 25, 2021

INVINCIBLE

CONQUERING THE MOUNTAINS
THAT SEPARATE YOU
FROM THE BLESSED LIFE

"MOVING FROM LONELINESS TO COMPANIONSHIP"

PSALM 25:16-21

Introduction: We are going to look at a very real challenge almost everyone faces but no one wants to admit they struggle with. Today, we will discover what the Bible says about both the cause of and the cure for loneliness.

I. **The Irony of Loneliness: Connected...But Unconnected**

II. **The Five Categories of Loneliness**

A. **The Unmarried** (Genesis 2:18)

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.'"

B. **The Married** (Genesis 3:7)

Genesis 3:7 "Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves loin coverings."

C. The Once-Married (1 Corinthians 7:39; Matthew 19:5-6)

1 Corinthians 7:39 "A wife is bound as long as her husband lives; but if her husband is dead, she is free to be married to whom she wishes, only in the Lord."

Matthew 19:5-6 ⁵ "FOR THIS REASON A MAN SHALL LEAVE HIS FATHER AND MOTHER AND BE JOINED TO HIS WIFE, AND THE TWO SHALL BECOME ONE FLESH. ⁶ So they are no longer two, but one flesh. What therefore God has joined together, let no man separate."

D. The Mature (Proverbs 16:31)

Proverbs 16:31 "A gray head is a crown of glory; it is found in the way of righteousness."

E. The Infirm (Ecclesiastes 12:1-8)

Ecclesiastes 12:1, 6-8 ¹ "Remember also your Creator in the days of your youth, before the evil days come and the years draw near when you will say, 'I have no delight in them;'
⁶ Remember Him before the silver cord is broken and the golden bowl is crushed, the pitcher by the well is shattered and the wheel at the cistern is crushed; ⁷ then the dust will return to the earth as it was, and the spirit will return to God who gave it. ⁸ 'Vanity of vanities,' says the Preacher, 'all is vanity!'"

III. Godly...But Lonely**A. Loneliness in the Old Testament****1. Moses** (Numbers 11:14)

Numbers 11:14 "I alone am not able to carry all this people, because it is too burdensome for me."

INVINCIBLECONQUERING THE MOUNTAINS THAT
SEPARATE YOU FROM THE BLESSED LIFE**"MOVING FROM LONELINESS TO COMPANIONSHIP" PSALM 25:16-21****2. David** (Psalm 25:16-18)

Psalm 25:16-18 ¹⁶ “Turn to me and be gracious to me, for I am lonely and afflicted. ¹⁷ The troubles of my heart are enlarged; bring me out of my distresses. ¹⁸ Look upon my affliction and my trouble, and forgive all my sins.”

3. Jeremiah (Lamentations 1:1; 3:1-2, 22-23)

Lamentations 1:1a “How lonely sits the city that was full of people! She has become like a widow who was once great among the nations!”

Lamentations 3:1-2 ¹ “I am the man who has seen affliction because of the rod of His wrath. ² He has driven me and made me walk in darkness and not in light.”

Lamentations 3:22-23 ²² “The LORD’s lovingkindnesses indeed never cease, for His compassions never fail. ²³ They are new every morning; great is Your faithfulness.”

B. Loneliness in the New Testament (2 Timothy 4:9-22)

2 Timothy 4:21a “Make every effort to come before winter...”

2 Timothy 4:16a “At my first defense, no one supported me, but all deserted me...”

2 Timothy 4:14 “Alexander the coppersmith did me much harm; the Lord will repay him according to his deeds.”

IV. The Path From Loneliness To Companionship**A. Acknowledge Your Feelings** (Psalm 25:16-18)

Psalm 25:16-18 ¹⁶ “Turn to me and be gracious to me, for I am lonely and afflicted. ¹⁷ The troubles of my heart are enlarged; bring me out of my distresses. ¹⁸ Look upon my affliction and my trouble, and forgive all my sins.”

B. Be Proactive in Conquering Loneliness (Philippians 2:3-4)

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

Four Levels of Friendship

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

Hebrews 10:23-25 ²³ “Let us hold fast the confession of our hope without wavering, for He who promised is faithful; ²⁴ and 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.”

C. Cultivate Your Relationship with God (Psalm 119:24-25)

Having a relationship with God alone does not prevent loneliness, but not having a relationship with God guarantees loneliness.

Psalm 119:24-25 ²⁴ “Your testimonies are also my delight; they are my counselors. ²⁵ My soul cleaves to the dust; revive me according to Your word.”

Conclusion