

Message

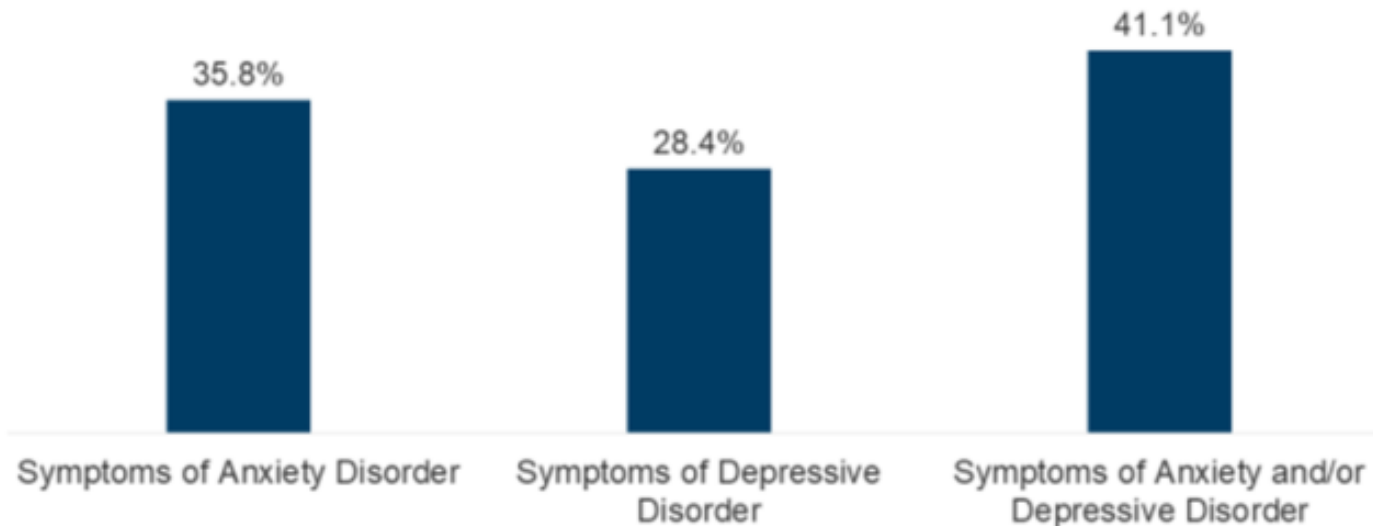


Neal Parker

Finding Strength In God When Feeling Alone

- **The COVID-19 pandemic and the resulting economic recession have negatively affected many people's mental health.**

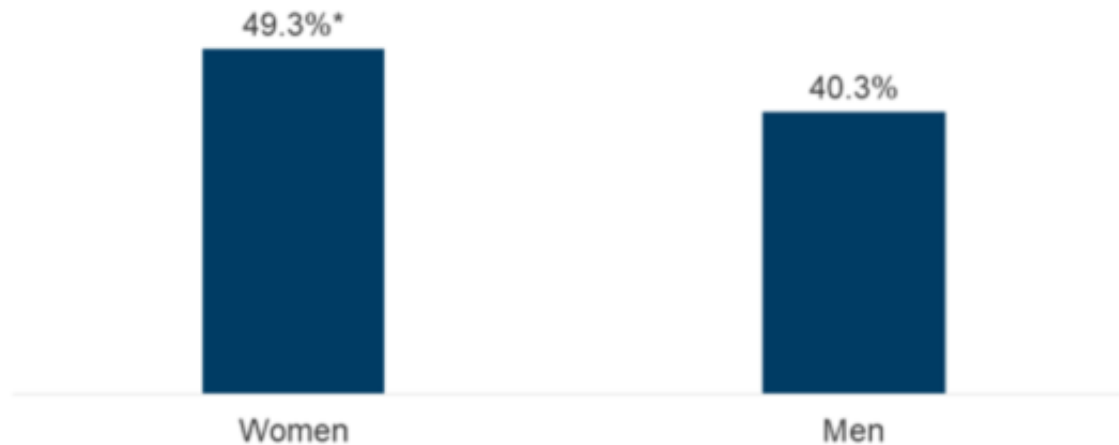
Share of Adults Reporting Symptoms of Anxiety or Depressive Disorder During the COVID-19 Pandemic



Finding Strength In God When Feeling Alone

- **The COVID-19 pandemic and the resulting economic recession have negatively affected many people's mental health.**

Share of Adults in Households with Children Under the Age of 18 Who Report Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic, by Gender

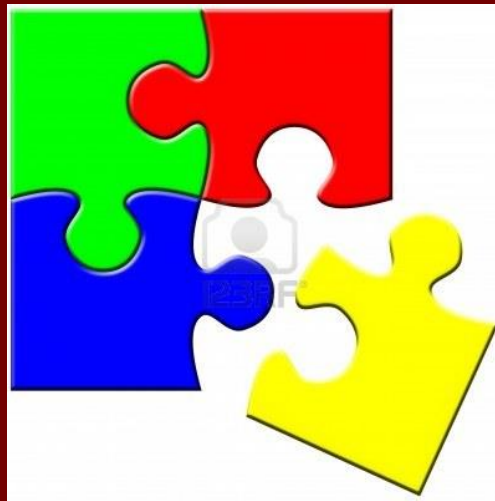


Finding Strength In God When Feeling Alone

- We all get lonely from time to time, but God can really use those times in our lives if we let him.
- ❖ Luke 5:15-16 - But he would withdraw to deserted places and pray.
 - Matthew 14:23 ...He was there alone
 - Mark 1:35 ...early morning...secluded place...
 - Luke 6:12 ...to the mountain to pray...

Finding Strength In God When Feeling Alone

- Based upon our perception of Connected we are to others
- Understanding reasons we can feel disconnected from others, helps us understand why we are hurting



Finding Strength In God When Feeling Alone

- **Loss of Relationships** — The loss of a companion leaves a great void in our life. The aloneness intensifies as we face obstacles in establishing any new meaningful relationships.
- **Chronic Illness** — Our afflictions place limitations on socializing. We feel abandoned during our greatest times of need. Eventually we reluctantly accept isolation as we withdraw further.
- **Hidden Secrets** — Any secret becomes more burdensome as time passes. Guilt, anger, or fear of consequences forces us to believe we alone must bear the weight of silence.

Finding Strength In God When Feeling Alone

- **Lack of Intimacy** – Uneasiness occurs after sharing something personal (physical or emotional), but the other individual chooses to become distant. You feel alone for having been so vulnerable.
- **Support/Trust Issues** – When faced with disaster, grave illness, or devastating circumstances, we find there's no one to turn to.

Finding Strength In God When Feeling Alone

Feeling Alone (Abandonment)

Leaves us empty and unfulfilled

**Aggravates our internalized
stress**

**Feeds on our despair and self-
doubt**

Being Alone (Solitude)

**Brings us fulfillment through
inspiration**

**Provides us freedom from
distractions**

**Nourishes our body, mind, and
spirit**

Finding Strength In God When Feeling Alone

- **God finds no pleasure in our feeling alone.**
 - **Examples of David, Jesus Christ and the Apostle Paul**
 - **Psalm 25:16-17; 121: 1-2**
 - **John 16:29-33**
 - **II Timothy 4:16-17**

Finding Strength In God When Feeling Alone

- **God intends for mankind to have an eternal connection with Him so that we never feel alone -- God longs to be with us.**
 - **Deuteronomy 31:6 / Matthew 28:20**
 - **Isaiah 41:10**
 - **James 4:7-10**

Finding Strength In God When Feeling Alone

- **We can also use our lonely times to take a closer look at the gifts God has given us.**
 - **I Peter 4:10-11**
 - **Hebrews 13:5-8**
 - **Romans 8:35-39**

Finding Strength In God When Feeling Alone

■ Application To Life: Talk To God!

1. Get comfortable. Make sure the place feels comfortable and safe and allows you to focus on what you want to say.
2. Say what you need to say. Speak as formally or informally as you want to; just make sure you say everything that's on your mind.
3. Speak as often as you need to. There is no particular time of day that is best for talking to God.
4. Listen for answers.