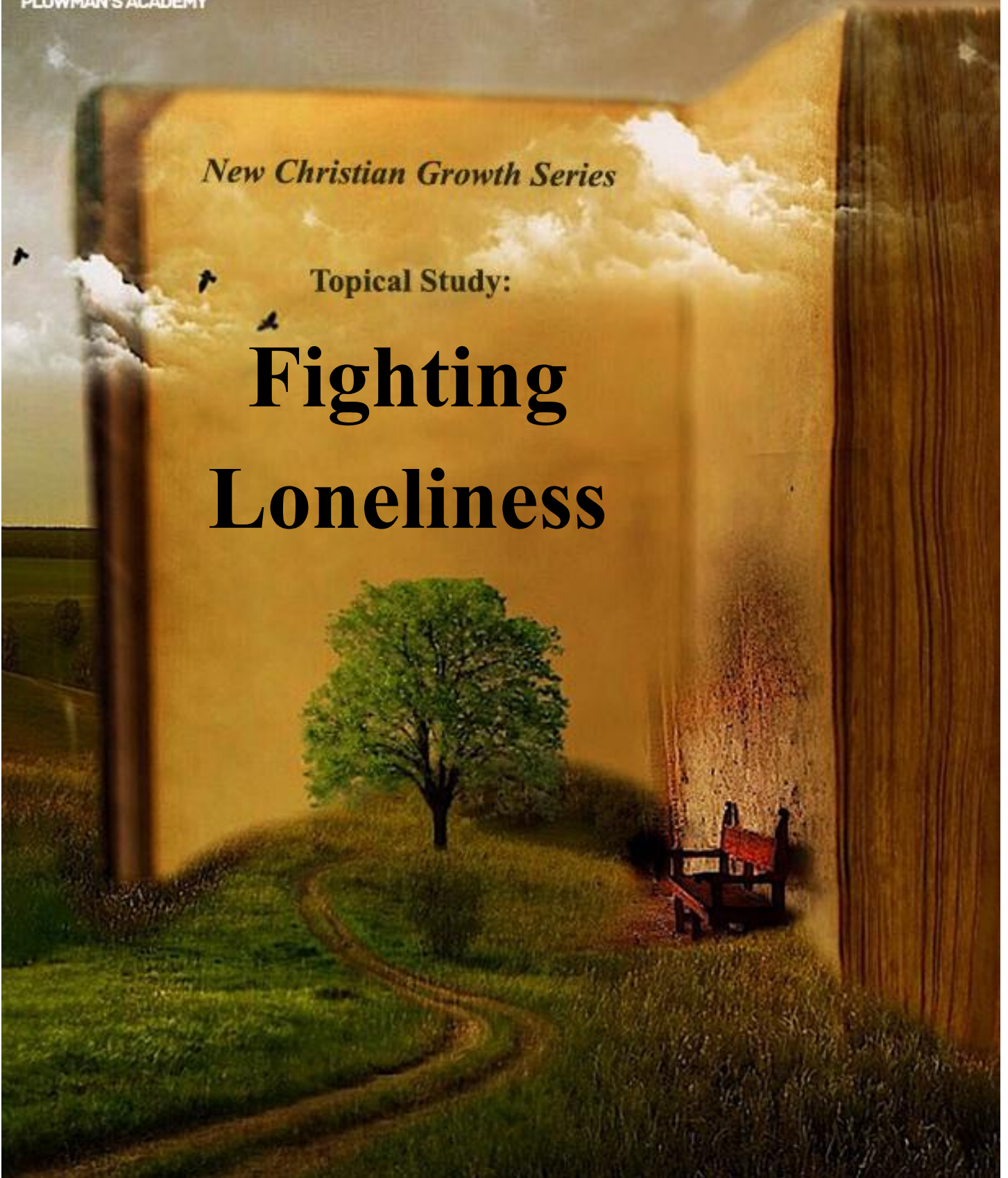


New Christian Growth Series

Topical Study:

Fighting Loneliness





Instructions:

1. Please fill in the blanks in these lessons and the review booklet, using a King James Version of the Bible.
2. When you are finished, keep this lesson book and **return the completed review booklet** by U.S. mail or e-mail to:

Plowman's Academy

575 US Highway 250

Greenwich, OH 44837

OR

plowman@mapministry.org

3. When we receive your review booklet, we will grade it, send it back to you, and send the next course in this volume.
4. When you have completed all 12 books in this course, we will send you a certificate.

Plowman's Academy was started to provide the opportunity for teens and adults to study God's Word more deeply, imitate Jesus more closely, and be more sensitive and obedient to God's Holy Spirit—all through the means of correspondence (communication by letters or mail) courses. Jesus taught us that when we set out to follow Him, we ought to do so with no regrets, no second thoughts, and no turning back. We welcome you to join us as we aim to turn from sin, surrender to God, seek Him until He rains righteousness upon us, and then follow Him faithfully and fully forever. Let us look always to Jesus and live always for eternity, for Jesus Christ is our wisdom, righteousness, sanctification, and redemption.

Thank you for joining us. An academy is a place of study or training in a specific subject or skill. At Plowman's Academy, the subject is Jesus. Put your hand to the plow and do not look back.



And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God.

~Luke 9:62

Giving Credit and Appreciation to Ray Witmer

Ray Witmer, author of this Bible study curriculum, has given us permission to use his studies taken from the Word of God.

We are very grateful and appreciate Brother Ray's heart for God and his willingness to let us use his resources to spread God's Word among this generation of people.

Sow to yourselves in righteousness, reap in mercy; break up your fallow ground: for it is time to seek the Lord, till he come and rain righteousness upon you.

~Hosea 10:12

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INSTRUCTION SHEET FOR BIBLE LESSONS

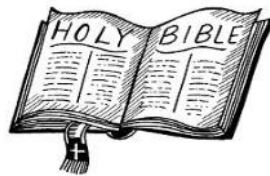
- A. The Bible verses used in this study are taken from the King James Version of the Bible, translated out of the original tongues with the former translation diligently compared and revised.
- B. Before doing each lesson, take time to ask God to open your understanding and show you the truth.
- C. For the best results, do only one lesson each day. Meditate on each day's lesson (there are four weeks of lessons per book).
- D. Keep in mind that these lessons are based on what the Bible says and not on man's opinion.
- E. These lessons are designed to help you to know the truth, to know the Lord in a personal way, and to trust what the Bible says and teaches you.
- F. Remember, it is not what you, I, or any preacher says, but what the Bible says.
- G. You must learn to stand on what the Bible says to “study to show yourself approved unto God, workman that needed not to be ashamed, rightly dividing the Word of truth.” (2 Timothy 2:15)
- H. Who wrote the Bible? (2 Peter 1:21).
- I. All Scripture is inspired by God (2 Timothy 3:16).
- J. Regardless of what man says, the believer (Christian) has direct access to the throne of God and is responsible directly to God. This access is through Jesus Christ and Him only (1 Timothy 2:5).
- K. These studies are to help you have peace of mind (Isaiah 26:3-4).
- L. These studies will help you know if you are going to heaven or hell (Romans 10:13).
- M. These lessons will help you with assurance and security; these are not the same. The securing of the believer is God's work. It is a part of God's great work of salvation depending solely upon His infinite grace. Assurance is the believer's acceptance of the security provided for him in Christ. It is the result of the human soul resting in what God has promised in His Word to accomplish. This is why it is important to know what the Bible says (1 John 5:11-13).



**TAKE TIME TO READ BELOW
BEFORE DOING THIS LESSON**

Meditate on the Scriptures of This Lesson and
Ask Yourself These Questions:

1. What do these verses teach me about God and myself?
2. Is there an example here to follow or avoid?
3. Is there a command, a promise, or a warning that I need to apply?
4. What action do I need to take to align my life with this truth?



The Bible is the Word of God

LESSON 1

WHEN WE ARE LONELY

This week's Bible verse to memorize: John 14:18

I will not leave you comfortless: I will come to you.

Nothing is too hard for God. In the Bible, God is always on the side of His people. He cares for justice and is merciful. Because He can see all things, He cares about your individual concerns. He came to earth to prove it; He came to sympathize with your weakness. He understands your feelings, for when He was human, He experienced loneliness, too.

“Let your conversation be without covetousness; and be content with such things as ye have: for He hath said, I will never _____ thee, nor _____ thee. So that we may _____ say, The Lord is my _____, and I will not fear what man shall do unto me” (Hebrews 13:5-6).

Most likely, you know exactly how it feels to be lonely; everyone does at one time or another. It may be a matter of feeling rejected. It could be the sense of loss brought on by distance between you and a loved one. It may even be that you have honestly never felt a deep, abiding intimacy with another person. Loneliness strikes in many forms.

“Remember them which have the rule over you, who have spoken unto you the word of God: whose faith follow, considering the end of their conversation. Jesus Christ the _____ yesterday, and to day, and _____ . Be not carried about with divers and strange doctrines. For it is a good thing that the heart be established with grace; not with meats, which have not profited them that have been occupied therein” (Hebrews 13:7-9).

Despite the reason, loneliness may seem to settle into your life like a thick fog—no matter where you turn, everything seems dark, gray, and terribly empty. However, although you may sense it externally, loneliness is actually an internal problem. Sometimes it seems inescapable because it is so firmly rooted in your own heart.

“By Him therefore let us offer the sacrifice of _____ to God continually, that is, the fruit of our lips giving _____ to His name. But to do _____ and to communicate forget not: for with such sacrifices God is well pleased. Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you” (Hebrews 13:15-17).

Loneliness is a serious problem. God does not want His children to be isolated and alone. In fact, the first thing in all of creation that God deemed as “not good” was Adam’s aloneness.

“And the LORD God said, It is not good that the man should be _____; I will make him an help meet for him. And out of the ground the LORD God formed every beast of the field, and every fowl of the air; and brought them unto Adam to see what he would call them: and whatsoever Adam called every living creature, that was the name thereof. And Adam gave names to all cattle, and to the fowl of the air, and to every beast of the field; but for Adam there was not found an help meet for him. And the LORD God caused a deep sleep to fall upon Adam, and he slept: and He took one of his _____, and closed up the flesh instead thereof; And the rib, which the LORD God had taken from man, made He a _____, and brought her unto the man” (Genesis 2:18-22).

Today's Bible reading is Genesis chapter 2.

LESSON 2

ARE BELIEVERS LONELY?

This week's Bible verse to memorize: John 14:18

I will not leave you comfortless: I will come to you.

Too often, believers in Christ are ashamed to admit that they struggle with loneliness. Some assume, "If people know I am lonely, they may think I'm not satisfied in my relationship with Jesus." What a tragic mistake to make! Nowhere in the Scriptures does it say that feeling lonely is a sin. The truth is, even the most committed Christians feel lonely from time to time.

"The secret of the LORD is with them that fear Him; and He will shew them His covenant. Mine eyes are ever toward the LORD; for He shall pluck my feet out of the net. _____ unto me, and have _____ upon me; for I am _____ and _____. The troubles of my heart are enlarged: O bring _____ me out of my _____" (Psalm 25:14-17).

All throughout the Bible, you can see godly men and women admitting to having feelings of loneliness. Quite often in the Psalms, you can see these feelings come out in the life of David. Some psalms show David to be "lonely and afflicted;" other psalms reveal his sleepless nights to be caused by loneliness. Keep in mind this was a man noted for his relationship with God!

"Hear my _____, O LORD, and let my _____ come unto Thee. Hide not Thy face from me in the day when I am in _____; incline Thine ear unto me: in the day when I call _____ me speedily. For my days are consumed like smoke, and my bones are burned as an hearth. My heart is smitten, and withered like grass; so that I forget to eat my bread. By reason of the voice of my groaning my bones cleave to my skin. I am like a pelican of the wilderness: I am like an owl of the desert. I watch, and am as a sparrow alone upon the house top" (Psalm 102:1-7).

Sometimes your friends or family may disappear or neglect you for a while, and you may end up feeling alone. However, there is one relationship that you can count on, above all others, as being lasting, pure, and true; this relationship is, of course, your relationship with Jesus Christ. The Bible assures you that He will never leave you, and in Him, you will never be alone.

Today's Bible reading is Psalm chapter 102.

LESSON 2

YOU ARE NOT THE ONLY ONE TO DEAL WITH LONELINESS

This week's Bible verse to memorize: John 14:18

I will not leave you comfortless: I will come to you.

Paul struggled with loneliness during his travels. Recounting a time of distress, he remarked, "All [have] deserted me."

Jesus desires to be your closest companion, and He has made it possible for your relationship with Him to last an eternity. Thank God today for His Son, your Friend forever.

"At my first answer no man stood with me, but _____ men _____ me: I pray God that it may not be laid to their charge. Notwithstanding the _____ stood _____, and strengthened me; that by me the preaching might be fully known, and that all the Gentiles might hear: and I was delivered out of the mouth of the lion. And the Lord shall _____ me from every evil work, and will _____ me unto His heavenly kingdom: to whom be _____ for ever and ever. Amen" (2 Timothy 4:16-18).

The men of the Bible who had unquestionably wonderful relationships with their heavenly Father admitted their loneliness. Even Jesus demonstrated the need for close relationships, as well as the heartache caused when they were ruptured. On the night of His arrest, the Lord took His closest friends with Him to pray, only to sorrowfully discover that they had fallen asleep and left Him alone.

"Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, _____ ye _____, while I go and _____ yonder. And He took with Him Peter and the two sons of Zebedee, and began to be _____ and very heavy" (Matthew 26:36-37).

If you are struggling with similar feelings, do not be afraid to admit it to God and to your friends. Invite someone into the pain of your loneliness; this will be the first step on your journey out of it.

"Then saith He unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and _____ . And He went a little farther, and fell on His face, and prayed, saying, O My Father, if it be possible, let this cup pass from Me: nevertheless not as I will, but as Thou wilt. And He cometh unto the disciples, and findeth them asleep, and saith unto Peter, What, could ye not _____ with Me one _____? Watch and pray, that ye enter not into temptation: the _____ indeed is willing, but the flesh is _____" (Matthew 26:38-41).

If a man ever felt total loneliness, it was the Lord Jesus. He left His beautiful heavenly home, the smile of His Father, the angels who adored Him, and the comforts of Heaven to live a humble life on earth. He was surrounded by people who didn't understand Him, and the entire time, He knew that He was one day going to have to die on a cross of shame. The reason Jesus gave up all of those things and was willing to sacrifice so much was so you would never have to feel the loneliness and emptiness of sin.

Today's Bible reading is Isaiah chapter 58.

LESSON 4

WAS JESUS LONELY?

This week's Bible verse to memorize: John 14:18

I will not leave you comfortless: I will come to you.

Does peace come naturally for you, or do you feel as if you are constantly struggling to obtain it? Sometimes it may even seem as if so many things are actively working against your peace that your spirit may never know a moment's rest. How can you quiet distractions long enough to hear God's voice and not be lonely?

“Wherefore come out from among them, and be ye _____, saith the Lord, and touch not the unclean thing; and I will receive you. And will be a _____ unto you, and ye shall be My _____ and _____, saith the Lord Almighty” (2 Corinthians 6:17-18).

Think about your prayer life. Whose voice is more prominent—yours or God's? For most people, the vast majority of prayer time is spent talking to God, thanking Him for what He has done, and asking Him for help. There is certainly nothing wrong with this pattern of prayer, but if you never give Him time to answer, how will you know what He wants you to do? Maybe this is why you feel loneliness.

“He [Jesus] is _____ and _____ of _____; a man of _____, and acquainted with grief: and we hid as it were our faces from Him; He was despised, and we _____ Him not. Surely He hath _____ our griefs, and carried our _____: yet we did esteem Him stricken, smitten of God, and afflicted” (Isaiah 53:3-4).

In order to become the person God wants you to be, it is essential that you choose the right relationships that will help you not to become lonely. They are extremely important, because without them, you will be unable to accomplish much in life. The relationships you should pursue are the ones that encourage you in Christ when you are lonely and despondent.

“But He was wounded for _____ transgressions, He was bruised for _____ iniquities: the chastisement of our peace was upon _____; and with His stripes we are _____. All we like sheep have gone _____; we have turned every one to _____ way; and the LORD hath laid on Him the _____ of us all” (Isaiah 53:5-6).

“Give me a break! Lift the pressure. Do something!” Have you ever cried out to God in this way like Jesus cried out to His Father in the garden of Gethsemane? Many people live and work in situations for which there seems to be no relief or way out of loneliness.

“He [Jesus] was _____, and He was _____, yet He opened not His mouth: He is brought as a _____ to the slaughter, and as a sheep before her shearers is dumb, so He openeth not His mouth” (Isaiah 53:7).

Jesus surely experienced loneliness!

Today's Bible reading is Isaiah chapter 53.

LESSON 5

JESUS SUFFERED LONELINESS

This week's Bible verse to memorize: John 14:18

I will not leave you comfortless: I will come to you.

When Jesus was arrested in the Garden of Gethsemane, even His disciples deserted Him and ran away.

“In that same hour said _____ to the multitudes, Are ye come out as against a thief with swords and staves for to take Me? I sat daily with you teaching in the temple, and ye laid no hold on Me. But all this was done, that the _____ of the prophets might be _____. Then all the disciples _____ Him, and _____” (Matthew 26:55-56).

The crowds, who just a short time before had shouted, “Hosanna,” were soon shouting, “Crucify Him.”

“And a very great multitude spread their garments in the way; others cut down branches from the trees, and strawed them in the way. And the multitudes that went before, and that followed, cried, saying, _____ to the son of David: _____ is He that cometh in the name of the _____; Hosanna in the highest” (Matthew 21:8-9).

The truth is that everyone has sinned; everyone has done things that are wrong and has made bad decisions. All people have hurts and concerns. There is not a person who has absolutely no regrets, and there is not one living soul that can be saved without Jesus. “Thus it is written, that the Christ would suffer and rise again from the dead the third day, and that repentance for forgiveness of sins would be proclaimed in His name to all the nations, beginning from Jerusalem” (Luke 24:46-47, NASB 1995).

“The governor [Pilate] answered and said unto them, Whether of the twain will ye that I release unto you? They said, Barabbas. Pilate saith unto them, What shall I do then with Jesus which is called _____? They all say unto him, Let Him be _____. And the governor said, Why, what _____ hath He done? But they cried out the more, saying, Let Him be crucified” (Matthew 27:21-23).

The good news is that every person can escape the consequences of sin through the blood of Christ. Christians often try to construct great arguments about why accepting Christ as Savior is profitable and good, yet the beauty of the Gospel is its simplicity. Everyone has sinned, and therefore, everyone needs forgiveness from sin. Jesus provides that forgiveness. Repent and accept Him as your Savior.

“And so Pilate, willing to content the people, released Barabbas unto them, and delivered Jesus, when he had _____ Him, to be crucified. And the soldiers led Him away into the hall, called Praetorium; and they call together the whole band. And they clothed Him with purple, and platted a crown of _____, and put it about His head, And began to salute Him, Hail, King of the Jews!” (Mark 15:15-18).

The cross of Christ spells hope for the most despairing sinner on the face of the earth. The goal of Christians is to help people find the cross of Christ, so they might repent and be healed of their sin. All people have sins and hurts with which they need help. The call to repentance is the pathway to Christ.

Today's Bible reading is Luke chapter 24.

LESSON 6

AT THE CROSS, JESUS WAS FORSAKEN BY HUMANS

This week's Bible verse to memorize: Colossians 2:10

And ye are complete in Him, which is the head of all principality and power...

On the cross, not only had Jesus been forsaken by his human companions, but because He was bearing the world's sins on His own body on the cross, He had been forsaken by God His Father, too; He was suffering hell for us.

Do you know why God wants you in heaven? Because He loves you! It doesn't matter who you are, what you look like, or where you live; God loves you. For this reason, you don't have to be lonely.

“And when the sixth hour was come, there was _____ over the whole land until the ninth hour. And at the ninth hour Jesus cried with a loud voice, saying, Eloi, Eloi, lama sabachthani? which is, being interpreted, My God, My God, _____ hast _____ Me? And some of them that stood by, when they heard it, said, Behold, He calleth Elias. And one ran and filled a sponge full of _____, and put it on a reed, and gave Him to drink, saying, Let alone; let us see whether Elias will come to take Him down. And Jesus _____ with a loud voice, and gave up the ghost” (Mark 15:33-37).

Jesus was completely alone as He endured the cross. His friends left him, and God had forsaken Him. He knew loneliness, but He also knew that His Father would never abandon Him. Christ faced loneliness without losing heart.

“For God so _____ the world, that He _____ His only begotten Son, that whosoever _____ in Him should not _____, but have _____” (John 3:16).

The most wonderful thing about heaven is this: Jesus will be there! You will no longer be lonely. You will see your Savior who died for you, so you could go to heaven. What a joy that will be!

“And when the _____ was past, Mary Magdalene, and Mary the mother of James, and Salome, had bought sweet spices, that they might come and _____ Him. And very early in the morning the first day of the week, they came unto the sepulchre at the rising of the sun. And they said among themselves, Who shall roll us away the _____ from the door of the sepulchre?” (Mark 16:1-3)

The body in which the Lord Jesus had lived for 33 years was taken down from the cross, tenderly wrapped in grave clothes, and placed in the tomb of a rich man. For three days and three nights, His body lay in the tomb. Then, something miraculous happened. Jesus was raised from the dead by the mighty power of God!

“And when they looked, they saw that the stone was _____: for it was very great. And entering into the sepulchre, they saw a young man sitting on the right side, clothed in a long white garment; and they were affrighted. And he saith unto them, Be not affrighted: Ye seek Jesus of Nazareth, which was crucified: He is _____; He is not here: behold the place where they laid Him” (Mark 16:4-6).

Today's Bible reading is Mark chapter 16.

LESSON 7

THE APOSTLE PAUL FOUGHT LONELINESS

This week's Bible verse to memorize: Colossians 2:10

And ye are complete in Him, which is the head of all principality and power...

When Paul wrote the letter to the Philippians, he was in prison waiting to see if he would live or die. Paul believed he would be able to suffer for Christ's sake because he could glorify God in the process. He believed God would give him grace when he needed it.

"For I know that this shall turn to my salvation through your prayer, and the supply of the Spirit of Jesus Christ, According to my earnest expectation and my hope, that in nothing I shall be ashamed, but that with all _____, as always, so now also Christ shall be _____ in my body, whether it be by life, or by death. For to me to live is _____, and to die is _____" (Philippians 1:19-21).

The key verse is, "For to me, to live is Christ, and to die is gain." Paul was Nero's prisoner, yet the Bible shows him shouting with triumph over loneliness. Words like "joy" and "rejoice" appear frequently.

"_____ in the Lord always: and again I say, Rejoice. Let your moderation be known unto all men. The Lord is at hand. Be careful [anxious] for nothing; but in every thing by _____ and supplication with _____ let your requests be made known unto God. And the _____ of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus" (Philippians 4:4-7).

Somewhere around four months of age, a baby begins to identify his or her parents' voices. Having heard them speak for weeks, the child is soon able to distinguish that they sound different from other people. Similarly, God supplied Paul, His child, with the capacity to recognize His voice. Over time, you, too, can learn to distinguish Him speaking to you through His Word. You, like Paul, do not have to be lonely as you walk with God. Paul's way to fight loneliness:

"Not that I speak in respect of _____: for I have learned, in whatsoever state I am, therewith to be _____" (Philippians 4:11).

When Paul was in prison in Rome, he wrote a letter to Timothy. Paul knew that his own death would be soon, but he told Timothy to keep the faith and finish well. That was one of Paul's main desires: he wanted to finish well.

"I have fought a good fight, I have finished my course, I have _____ the _____: Henceforth there is laid up for me a crown of _____, which the Lord, the righteous _____, shall give me at that day: and not to me only, but unto all them also that _____ His appearing" (2 Timothy 4:7-8).

Paul had led many people to Christ, but few supported him while he was in prison. As a human, he must have felt lonely.

Today's Bible reading is Philippians chapter 1.

LESSON 8

PAUL DEALT WITH LONELINESS BY TRUSTING IN GOD

This week's Bible verse to memorize: Colossians 2:10

And ye are complete in Him, which is the head of all principality and power...

“At my first answer _____ stood with me, but all men _____ me: I pray God that it may not be laid to their charge. Notwithstanding the _____ stood with me, and _____ me; that by me the preaching might be fully known, and that all the Gentiles might hear: and I was delivered out of the mouth of the lion. And the Lord shall deliver me from every evil work, and will _____ me unto His _____: to whom be glory for ever and ever. Amen” (2 Timothy 4:16-18).

You may feel sorry for yourself when things don't go the way you'd like. You may be easily “hurt” and think that you have a much harder time than others. Are you always wanting something you do not have? Do you complain and feel dissatisfied with what you have? This is another way self expresses itself. Is this what Paul was thinking when he was going through troubling times? He must have been lonely and afraid. The Lord spoke to Paul at night by a vision.

“Then spake the Lord to Paul in the night by a vision, Be _____, but speak, and hold not thy peace: For I am _____ thee, and no man shall set on thee to hurt thee: for I have much people in this city. And he continued there a year and six months, teaching the _____ of _____ among them” (Acts 18:9-11).

A believer can be lonely for months, asking God for release from a stressful situation. Waiting to see tangible evidence of divine action can be frustrating, but timing is important in the Christian life because God is orchestrating events to work for His children's good. In the meantime, He rewards those who remain constant in their vigil.

“If ye _____ Me, _____ My commandments. And I will pray the Father, and He shall give you another _____, that He may _____ with you for ever; Even the Spirit of truth; whom the world cannot receive, because it seeth Him not, neither knoweth Him: but ye know Him; for He _____ with you, and shall be in you. I will not leave you comfortless: I will _____ to you. Yet a little while, and the world seeth Me no more; but ye see Me: because I _____, ye shall live also” (John 14:15-19).

Periods of waiting are very often times of fear, stress, loneliness, or grief, which will weary you quickly unless you are depending on an eternal energy source. The Lord has promised protection and provision for your times of waiting. If you turn to Him in your hour of need, He will give you the tools to triumph.

“When my father and my mother _____ me, then the LORD will take me up. Teach me Thy way, O LORD, and lead me in a plain path, because of mine enemies. Deliver me not over unto the will of mine enemies: for false witnesses are risen up against me, and such as breathe out cruelty. I had fainted, unless I had believed to see the _____ of the LORD in the land of the living. Wait on the LORD: be of good _____ and He shall _____ thine heart: wait, I say, on the LORD” (Psalm 27:10-14).

Today's Bible reading is Psalm chapter 27.

LESSON 9

FIGHTING LONELINESS BY HIDING GOD'S WORD IN YOUR HEART

This week's Bible verse to memorize: Colossians 2:10

And ye are complete in Him, which is the head of all principality and power...

One way that you can fight loneliness is by taking the time to read and memorize Bible verses on a consistent basis. Then, when the lonely times inevitably come in your life, you'll have a source of comfort on hand at all times to refer to—even if you don't have a Bible on hand or nearby. Memorizing scriptures and hiding God's Word in your heart not only benefits you during times of distress and loneliness, but it also is your duty as a Christian to be familiar and confident with the Word of God.

"Who shall _____ us from the _____ of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For Thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through Him that loved us. For I am persuaded, that neither _____, nor life, nor angels, nor principalities, nor powers, nor things _____, nor things to come, Nor height, nor _____, nor any other creature, shall be able to separate us from the love of God, which is in _____ our Lord" (Romans 8:35-39).

"Casting all your care upon _____; for He _____ for you" (1 Peter 5:7).

"...and, lo, I am with you _____, even unto the end of the _____. Amen" (Matthew 28:20).

"Let not your heart be _____: ye believe in God, believe also in _____" (John 14:1).

"God is our refuge and strength, a very _____ in trouble" (Psalm 46:1).

"Behold, the hour cometh, yea, is now come, that ye shall be _____, every man to his own, and shall leave Me alone: and yet I am _____, because the Father is _____" (John 16:32).

"Neither is there any creature that is not _____ in His sight: but all things are naked and opened unto the eyes of Him with whom we have to do. Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. For we have not an high priest which cannot be touched with the feeling of our _____; but was in all points _____ like as we are, yet without _____. Let us therefore come boldly unto the throne of grace, that we may obtain _____, and find _____ to help in time of need" (Hebrews 4:13-16).

Today's Bible reading is Hebrews chapter 4.

LESSON 10

THE GRACE TO OVERCOME LONELINESS

This week's Bible verse to memorize: Colossians 2:10

And ye are complete in Him, which is the head of all principality and power...

The Lord declares that His grace is sufficient for every painful situation you will ever encounter. Because of His abundant goodness, kindness, and love for you, you do not have to succumb to discouragement, give up hope, or walk away from His plan. You will know God's grace is working in you when the following circumstances occur:

1. **You have the strength to persevere.** Through the indwelling Holy Spirit, God releases into you His supernatural power, so you may endure the hard times as well as the good times.
“And He said unto them, It is not for you to know the times or the seasons, which the Father hath put in His own power. But ye shall receive _____, after that the Holy Ghost is come upon you: and ye shall be _____ unto Me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth” (Acts 1:7-8).
2. **A spirit of confidence in Him is ignited within you.** Grace awakens your heart and mind to believe that God will turn your troubles into something beneficial.
“Likewise the Spirit also _____ our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh _____ for us with groanings which cannot be uttered. And He that searcheth the hearts knoweth what is the mind of the Spirit, because He maketh intercession for the saints according to the _____ of God. And we know that all things work together for _____ to them that love _____, to them who are the called according to His purpose” (Romans 8:26-28).
3. **You have a sense of His presence with you.** When grace is at work, you will be conscious of the Spirit's abiding support. Allow God to comfort you in your loneliness. Admit your feelings and give yourself to Him. Give up any bitterness you may be harboring inside of you.
4. **Your focus shifts from your trials to God.** Grace helps you shift your attention from your situation of loneliness and emotions to God's sufficiency.
5. **You trust that God will bring you through difficulties.** You trust that He will not just bring you through, but He will also help you develop deeper intimacy and greater faith in the end as a result of what you went through.
6. **You are assured of God's sovereignty.** He knows your frailties and has promised to limit trials to what your weaknesses, strengthened by His power, can bear.
“Wherefore let him that thinketh he standeth _____ lest he fall. There hath no temptation taken you but such as is _____ to man: but God is _____, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to _____, that ye may be able to bear it” (1 Corinthians 10:12-13).

Today's Bible reading is 1 Corinthians chapter 10.

LESSON 11

WHEN WE FEEL GUILTY, IT BRINGS LONELINESS

This week's Bible verse to memorize: Colossians 2:10

And ye are complete in Him, which is the head of all principality and power...

Talk with God, and listen to Him until His comfort takes away your loneliness. Your relationship with the Lord allows you to be alone, without being lonely.

“Ye are My _____, saith the Lord, and My servant whom I have chosen: that ye may _____ and believe Me, and understand that I am He: before me there was no God formed, neither shall there be after Me. I, even I, am the LORD; and beside Me there is no saviour” (Isaiah 43:10-11).

True or False? It is the responsibility of the Holy Spirit to convict you of sin.

True or False? All guilty feelings come because of sin.

“Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the _____ will not come unto you; but if I depart, I will send Him unto you. And when He is come, He will reprove the world of _____, and of righteousness, and of judgment: Of sin, because they believe not on Me;...” (John 16:7-9).

Guilt feelings can come for reasons other than your sin. A wrong view of God is one reason, for example. You feel guilty when you imagine God as noticing your mistakes and pointing His finger at you pronouncing judgment. Other times, you may feel guilty and lonely and not know why.

“There is therefore now _____ to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. For the law of the Spirit of life in _____ hath made me _____ from the law of sin and death” (Romans 8:1-2).

Spend this day learning to know God as He is revealed in the New Testament. Look at the love and compassion Jesus had for the people that followed Him. By taking the time to sit at Jesus' feet, you will not have time to be lonely.

“And Jesus went forth, and saw a great multitude, and was moved with _____ toward them, and He _____ their sick” (Matthew 14:14).

“Now when He came nigh to the gate of the city, behold, there was a dead man carried out, the only son of his mother, and she was a widow: and much people of the city was with her. And when the Lord saw her, He had _____ on her, and said unto her, Weep not. And He came and touched the bier: and they that bare him stood still. And He said, Young man, I say unto thee, _____. And he that was _____ sat up, and began to speak. And He delivered him to his mother” (Luke 7:12-15).

Accept the truth that God loves you, and allow any false guilt and loneliness to melt away.

Today's Bible reading is Luke chapter 7.

LESSON 12

OVERCOMING LONELINESS

This week's Bible verse to memorize: Colossians 2:10

And ye are complete in Him, which is the head of all principality and power...

Many people live lives of loneliness; this is especially true of those that go to prison, join the military, or leave home—they're suddenly separated from friends and family. Those who lose a loved one also face great loneliness. Sometimes, people experience loneliness because they are social outcasts and don't feel they fit in. Some may be from a minority social, ethnic, or religious group, while others may have a disability that makes them feel different. There are those who sense loneliness even while in the midst of a crowd. All in all, many people feel rejected, isolated, and alone. The presence and power of God in Jesus enabled Jesus to live a life of obedience to the Father.

“Then answered Jesus and said unto them, Verily, verily, I say unto you, The _____ can do nothing of Himself, but what He seeth the _____ do: for what things soever He doeth, these also doeth the Son likewise” (John 5:19).

When Jesus died on the cross, the veil which separated God from man in the man-made temple was torn from top to bottom. Man could now have access to God through Jesus. Moreover, God would have access to live and dwell within man.

“And _____ cried with a loud voice, and gave up the ghost. And the _____ of the _____ was rent in twain from the top to the bottom” (Mark 15:37-38).

How would you like for the Spirit of Almighty God to live and dwell within you? Jesus offered this reality and this experience to His disciples, and then again ultimately to all men and women on the day of His resurrection.

“Being _____, not of corruptible seed, but of incorruptible, by the Word of God, which liveth and abideth for ever” (1 Peter 1:23).

“Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews, came _____ and stood in the midst, and saith unto them, Peace be unto you. And when He had so said, He shewed unto them His hands and His side. Then were the disciples glad, when they saw the _____. Then said Jesus to them again, Peace be unto you: as My _____ hath sent Me, even so send I _____” (John 20:19-21).

How did the Father send Jesus into the world? Jesus was born of the Spirit of God! This is what happens to you when you receive Jesus into your heart. God took up residence within you when you were born again. If you are not born again and would like to be, follow the steps listed below:

1. Confess to God that you have not obeyed all the laws and are a sinner (Romans 3:10; 3:23).
2. Understand and acknowledge that the penalty for your disobedience is spiritual death (Romans 5:12; 6:23).
3. Believe Jesus came and lived a perfect life on earth, that He died for all your sins, was buried, and arose (Romans 5:8).
4. Give your life to Jesus and ask that He come and live inside you and make you a new person (Romans 10:9-10).
5. Thank the Lord for being your Savior, for living inside you, and for giving you the power to overcome loneliness.

Today's Bible reading is Romans chapter 10.

LESSON 13

HOW DOES ONE OVERCOME LONELINESS?

This week's Bible verse to memorize: Psalm 46:1

God is our refuge and strength, a very present help in trouble.

One way you can overcome loneliness is by acknowledging God's presence in your life. This sounds all too simple, but let us look at the factors involved. First, fear is usually associated with loneliness. You may have a fear of failure or the fear of being overcome by the devil. However, with the acknowledgment of the presence of God, there is no reason to have that fear. Secondly, you may sometimes just have a need to vent and unload on someone else. You may want to air problems, share successes, or just fellowship with someone. With God being there with you, you can unload on Him and fellowship with Him.

You can overcome your struggles of loneliness because the Comforter is with you.

"And I will pray the Father, and He shall give you another _____, that He may _____ with you for ever; Even the _____ of truth; whom the world cannot receive, because it seeth Him not, neither knoweth Him: but ye know Him; for He dwelleth with you, and shall be _____ you" (John 14:16-17).

You don't have to be afraid, because God is with you.

"Yea, though I walk through the valley of the shadow of death, I will fear no evil: for Thou art _____ me; Thy rod and Thy staff they _____ me" (Psalm 23:4).

You can overcome sin, because in His presence is the fear of the Lord.

"In all thy ways acknowledge Him, and He shall _____ thy paths. Be not wise in thine own eyes: fear the LORD, and _____ from evil" (Proverbs 3:6-7).

You don't have to panic, because God is in control.

"And we know that _____ work together for good to them that love God, to them who are the called according to His _____" (Romans 8:28).

You don't have to worry about what to say, because the Holy Spirit will pray through you.

"But when they shall lead you, and deliver you up, take no thought beforehand what ye shall _____, neither do ye premeditate: but whatsoever shall be given you in that hour, that speak ye: for it is not ye that speak, but the _____" (Mark 13:11).

You can gain freedom from the enemy, because the Spirit sets you free.

"Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty" (2 Corinthians 3:17).

You don't have to worry about God giving up on you, because He will continue to work in your life as you allow Him to do so.

"Being confident of this very thing, that He which hath _____ a good work in you will perform it _____ the day of _____:..." (Philippians 1:6).

Today's Bible reading is Romans chapter 8.

LESSON 14

SOME WAYS TO PRACTICE OVERCOMING LONELINESS

This week's Bible verse to memorize: Psalm 46:1

God is our refuge and strength, a very present help in trouble.

In this lesson, you will find five simple steps that you can take to practice overcoming loneliness struggles in your life.

- 1. Be still, and bathe in His presence.** In today's world, it may seem hard to find the time or place to do this; however, it is an essential part of overcoming loneliness and finding peace of mind.
"Stand in _____, and sin not: commune with your own heart upon your bed, and be still. Selah. Offer the sacrifices of righteousness, and put your _____ in the LORD" (Psalm 4:4-5).
"Be _____, and know that I am _____: I will be _____ among the heathen, I will be exalted in the _____" (Psalm 46:10).
- 2. Stop and give thanks unto the Lord.**
"Enter into His gates with _____, and into His courts with _____: be thankful unto Him, and bless His name" (Psalm 100:4).
"And let them sacrifice the sacrifices of _____, and declare His _____ with _____" (Psalm 107:22).
- 3. Take praise breaks.** You are to praise God for who He is. It is amazing how your vision of life can change when you purpose to enter His presence with praise. You will begin to see things from His perspective.
"But Thou art holy, O Thou that inhabitest the _____ of Israel. Our _____ trusted in Thee: they trusted, and Thou didst _____ them" (Psalm 22:3-4).
"Seven times a day do I _____ Thee because of Thy righteous judgments. Great _____ have they which love Thy law: and nothing shall offend them" (Psalm 119:164-165).
- 4. Sing songs unto the Lord.** While growing up, I learned many songs about the Lord. However, it was later that I learned to sing songs unto Him. Try creating your own song to sing unto Him; you will be blessed by His presence.
"Make a _____ noise unto the LORD, all ye lands. Serve the LORD with _____: come before His presence with _____. Know ye that the LORD He is God: it is He that hath made us, and not we ourselves; we are His people, and the sheep of His pasture" (Psalm 100:1-3).
"Let the Word of Christ dwell in you _____ in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, _____ with grace in your hearts to the Lord" (Colossians 3:16).
- 5. Prayer in a general sense is communication with God.** You should recognize His presence by asking for His opinion, His advice, and His direction. You are to pray with the natural mind and also in the Spirit.
"As for me, I will _____ upon God; and the LORD shall save me. Evening, and morning, and at noon, will I _____, and cry aloud: and He shall _____ my voice" (Psalm 55:16-17).
"What is it then? I will _____ with the spirit, and I will pray with the understanding also: I will _____ with the spirit, and I will sing with the understanding also" (1 Corinthians 14:15).

Today's Bible reading is Psalm chapter 55.

LESSON 15

STUDYING GOD'S WORD WILL HELP FIGHT LONELINESS

This week's Bible verse to memorize: Psalm 46:1

God is our refuge and strength, a very present help in trouble.

Continuing with the thought in yesterday's lesson, today you will be exploring even more ways to try to fight loneliness in your life. Today, however, you will focus on how studying God's Word can be a key aspect of ridding your life of loneliness.

1. **You can acknowledge His presence in studying His Word.** Participating in a Bible study is often like sitting down to eat a meal with God. The bread is the Word. If you sit and fellowship over the Word, loneliness soon goes away.

"In the day when I cried Thou _____ me, and strengthenedst me with _____ in my soul" (Psalm 138:3).

"_____ to shew thyself approved unto God, a workman that needeth not to be ashamed, _____ dividing the _____ of _____" (2 Timothy 2:15).

2. **When you acknowledge His presence, you may find that you need to repent of certain sins.** You may acknowledge His presence by inviting Him to look inside of you and to show you why you are lonely and having so much unrest and pain.

"Then said I, Woe is me! for I am _____; because I am a man of _____ lips, and I dwell in the midst of a people of unclean lips: for mine eyes have seen the _____, the LORD of hosts" (Isaiah 6:5).

"Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting" (Psalm 139:23-24).

3. **You may acknowledge His presence by making professions of faith.** Professions of faith are declarations of what God has done and is doing in your life.

"The LORD that made _____ and _____ bless thee out of Zion" (Psalm 134:3).

"Let us draw near with a true heart in full _____ of _____, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water. Let us hold fast the profession of our faith without _____; (for He is faithful that promised;) And let us consider one another to provoke unto _____ and to good works: Not forsaking the assembling of ourselves together, as the manner of some is; but _____ one another: and so much the more, as ye see the day approaching" (Hebrews 10:22-25).

4. **You may acknowledge His presence by taking time to rejoice in Him.** Rejoicing in the Lord is a matter of faith and a matter of choice; you are to rejoice in every situation and not be lonely.

"Thou wilt shew me the path of life: in Thy _____ is fulness of _____; at Thy right hand there are _____ for evermore" (Psalm 16:11).

"_____ in the Lord _____: and again I say, Rejoice" (Philippians 4:4).

Today's Bible reading is Philippians chapter 4.

LESSON 16

FELLOWSHIPING WITH OTHER BELIEVERS HELPS FIGHT LONELINESS

This week's Bible verse to memorize: Psalm 46:1

God is our refuge and strength, a very present help in trouble.

You may also practice acknowledging the presence of the Lord by fellowshiping with other believers. Sometimes, believers are lonely simply because they refuse to accept other members of the body of Christ. When you accept other believers as Christ accepted you, you are acknowledging His presence. You also have to be careful in fellowshiping with people who are not believers of God—even if they say they are. The Holy Spirit will make the true Christians known to you.

“All things were _____ by _____; and without Him was not any thing made that was made. In Him was _____; and the life was the _____ of men. And the light shineth in darkness; and the darkness comprehended it not. There was a man sent from God, whose name was John. The same came for a witness, to bear witness of the _____, that all men through Him might _____” (John 1:3-7).

“A man that hath friends must shew himself friendly: and there is a friend that sticketh _____ than a _____” (Proverbs 18:24).

“Not forsaking the _____ of ourselves together, as the manner of some is; but _____ one another: and so much the more, as ye see the day approaching” (Hebrews 10:25).

You also may acknowledge His presence by sharing your faith with others. If the presence of God is truly with you, then you should have a boldness to witness to others.

“Also I heard the _____ of the LORD, saying, _____ shall I send, and who will go for us? Then said I, Here am I; send _____” (Isaiah 6:8).

“O give _____ unto the LORD; call upon His name: _____ His _____ among the people” (Psalm 105:1).

“And now, Lord, behold their threatenings: and grant unto Thy servants, that with all _____ they may speak Thy _____...” (Acts 4:29).

“I _____ them, and _____ in Me, that they may be made perfect in one; and that the world may know that Thou hast sent Me, and hast _____ them, as Thou hast loved Me” (John 17:23).

Did you catch it? God loves you just as much as He loved His Son, Jesus! Wow! As a Christian, it is extremely important that you acknowledge and profess the truth that you are the temple of God and that God lives and dwells within you. You never, never need to be alone again!

“Go ye therefore, and _____ all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: _____ them to observe all things whatsoever I have commanded you: and, lo, I am _____, even unto the end of the world. Amen” (Matthew 28:19-20).

Today's Bible reading is Acts chapter 4.

LESSON 17

FRUSTRATION LEADS TO LONELINESS

This week's Bible verse to memorize: Psalm 46:1

God is our refuge and strength, a very present help in trouble.

At some time or another, we have all experienced feelings of frustration, ranging from mild to intense. For some people, feelings of loneliness are merely minor, while others are driven wild by them. In either case, people sense that there is a barrier between them and what they want to accomplish. It may have to do with a marriage, a business, or family, but in every case, you may feel that you are being prevented from genuine accomplishment of some kind.

“Be careful [anxious] for nothing; but in every thing by prayer and supplication with thanksgiving let your _____ be made known unto God. And the peace of God, which passeth all _____, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are _____, whatsoever things are honest, whatsoever things are just, whatsoever things are _____, whatsoever things are lovely, whatsoever things are of good report; if there be any _____, and if there be any _____, think on these things” (Philippians 4:6-8).

When beset by loneliness, you often look at your circumstances and find yourself saying, “If only...if only I had this or that, if only he or she would change, or if only this hadn't happened....” Such thinking leads to loneliness because it centers on externals that you cannot change. You need to remember that circumstances and people are not the problems; they only trigger something deep within that comes from hidden root causes. One such root could be your failure to really accept yourself the way God made you, or it could be that you are running from childhood mistakes or sins that have never been faced. Another root cause could be a failure to deal with the will of God for your life in the present.

“Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be _____. I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through _____ which _____ me” (Philippians 4:11-13).

Whatever the case, you must realize that rearranging the circumstances of your life cannot bring about internal peace; only a transformed heart will provide that. God alone can give you a quiet heart and the peace that passes all human understanding. He can take away the loneliness.

In your own words, tell us if you feel you have victory over loneliness and how you feel about this:

Today's Bible reading is Isaiah chapter 54.

LESSON 18

LONELINESS COMES WHEN YOU FEEL GUILTY

This week's Bible verse to memorize: Psalm 46:1

God is our refuge and strength, a very present help in trouble.

Guilt can be like a poison working insidiously on the inside to create havoc in your thoughts and emotions. The antidote to the poison of guilt is to understand why you feel guilty and to know what God's Word says.

“And you hath He quickened, who were dead in trespasses and _____; Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of _____: Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the _____ and of the _____; and were by nature the children of wrath, even as others” (Ephesians 2:1-3).

Missing the message of grace results in guilty feelings, which make you think that you must clean up your act yourself in order to be a “good” Christian. The message of grace is this: At the cross, Jesus paid your sin-debt in full and declared that you are righteous in His sight. You do not have to measure up; through Jesus Christ, you have been made acceptable just as you are, and you don't have to feel lonely.

“But God, who is rich in _____, for His great _____ wherewith He loved us, Even when we were _____ in _____, hath quickened us together with Christ, (by _____ ye are _____;) And hath raised us up together, and made us sit together in heavenly places in Christ Jesus: That in the ages to come He might shew the exceeding _____ of His grace in His _____ toward us through Christ Jesus” (Ephesians 2:4-7).

Confusion over confession of sin and God's forgiveness can make you feel guilty. You may be concerned about hidden sins that you have not yet identified, or you may worry about whether or not you have confessed enough to be forgiven. It is true that the Bible tells you to confess your sins (1 John 1:9), but confession is not what makes you forgiven. It is what Jesus did at Calvary that allows for forgiveness of all your sins.

“For by _____ are ye saved through _____; and that not of yourselves: it is the _____ of God: Not of _____, lest any man should _____” (Ephesians 2:8-9).

Refusing to let go of the past can also produce guilt and loneliness because you see yourself as undeserving of forgiveness. You know what sins you have committed and experience a continued sense of shame. Jesus Christ died on the cross so your sins could be forgiven—past, present, and future. This is part of the miracle of grace.

“For we are His _____, created in Christ Jesus unto _____, which God hath before ordained that we should walk in them” (Ephesians 2:10).

The truth of God's Word will free you from loneliness and the prison of “false” guilt, so you might live life His way. Are you walking in freedom yet?

Today's Bible reading is Ephesians chapter 2.

LESSON 19

LONELINESS IS FEELING CONDEMNED

This week's Bible verse to memorize: Psalm 46:1

God is our refuge and strength, a very present help in trouble.

Have you ever felt guilty and lonely for something you've done? Sure you have. The truth is, there are no perfect people in this world, and it will come as no surprise that this includes you and me. This means that every single one of us has done something of which we are not altogether proud.

“Jesus went unto the Mount of Olives. And early in the morning He came again into the _____, and all the people came unto Him; and He sat down, and _____ them. And the scribes and Pharisees brought unto Him a woman taken in _____; and when they had set her in the midst...” (John 8:1-3).

The question isn't whether or not you have ever experienced guilt, but rather, what God thinks about your feelings of self-condemnation. Does your righteousness in Christ require you to mourn continually over your sin? No! Too many Christians fall victim to the guilt mindset; this is the inclination to become almost crippled with remorse over sinful actions. Obviously, God is not pleased with your sin, but He does not want you to be mastered by guilt and loneliness!

“...They say unto him, Master, this woman was taken in adultery, in the very act. Now _____ in the law commanded us, that such should be _____: but what sayest Thou? This they said, tempting Him, that they might have to _____ Him. But Jesus stooped down, and with His finger wrote on the ground, as though He heard them not” (John 8:4-6).

This certainly does not mean that your wrongdoing is insignificant. In fact, it required the highest price imaginable to secure your freedom from sin, death, guilt, and loneliness. That price was the very life of the Son of God.

“So when they continued asking Him, He lifted up Himself, and said unto them, He that is _____ among you, let him first cast a stone at her. And again He stooped down, and wrote on the ground. And they which heard it, being convicted by their own conscience, went out one by one, beginning at the eldest, even unto the last: and Jesus was left alone, and the woman standing in the midst” (John 8:7-9).

The only reason Christians are not condemned by their sin is that Jesus already bore the punishment. Please understand what this means: Jesus died, not merely for the sin “of the world,” but for your sin. He paid the penalty; He accepted the guilt and loneliness. God will not send the punishment for your sin a second time. The debt is paid in full!

“When Jesus had lifted up Himself, and saw none but the woman, He said unto her, Woman, where are those thine accusers? hath no _____ condemned thee? She said, No man, Lord. And Jesus said unto her, Neither do I _____ thee: go, and _____ no more” (John 8:10-11).

No one can repay God for what He has done; you can only praise Him and accept the wonderful gift He has freely given. Can you say, “Neither does Jesus condemn me?” Please explain:

Today's Bible reading is John chapter 8.

LESSON 20

DEFEATING LONELINESS

This week's Bible verse to memorize: Matthew 28:20

...and, lo, I am with you always, even unto the end of the world. Amen.

Do you sometimes feel that a dark cloud of loneliness is following you no matter what you do? Have your peace and joy been replaced by feelings of hopelessness and loneliness?

“And they said unto me, The remnant that are left of the captivity there in the province are in great _____ and _____: the wall of _____ also is broken down, and the gates thereof are _____ with fire. And it came to pass, when I heard these words, that I sat down and _____, and mourned certain days, and fasted, and _____ before the God of heaven” (Nehemiah 1:3-4).

Certainly the prophet Nehemiah experienced great discouragement as he learned of the destruction in Jerusalem. Verse 4 says that in response to this news, he “wept and mourned for days...fasting and praying before the God of heaven.” The interesting part of this passage is the description of what Nehemiah did next; he offered a prayer to the Lord.

“And said, I _____ Thee, O LORD God of heaven, the great and terrible God, that keepeth covenant and mercy for them that love Him and observe His commandments: Let Thine ear now be attentive, and Thine eyes open, that Thou mayest _____ the prayer of Thy servant, which I pray before Thee now, day and night, for the children of Israel Thy servants, and confess the sins of the children of Israel, which we have _____ against Thee: both I and my father's house have sinned” (Nehemiah 1:5-6).

First, Nehemiah offered praise to God for His faithfulness and love. Next, he confessed the sins of his people. Then, he acknowledged the appropriateness of God's judgment. Finally, he asked God to show him success and compassion.

“We have dealt very corruptly against Thee, and have not kept the commandments, nor the statutes, nor the judgments, which Thou commandedst Thy servant Moses. Remember, I beseech Thee, the word that Thou commandedst Thy servant Moses, saying, If ye transgress, I will scatter you abroad among the nations: But if ye _____ unto Me, and _____ My commandments, and do them; though there were of you cast out unto the uttermost part of the heaven, yet will I _____ them from thence, and will bring them unto the place that I have chosen to set My name there” (Nehemiah 1:7-9).

Nehemiah's heartfelt petition contains valuable insight for the discouraged and lonely: no matter what happens, God is in control. He is able to work all things, including failures and loneliness, into His plan for your good.

“Now these are Thy servants and Thy people, whom Thou hast _____ by Thy great power, and by Thy strong hand. O LORD, I beseech Thee, let now Thine ear be attentive to the prayer of Thy servant, and to the prayer of Thy servants, who desire to fear Thy name: and prosper, I pray Thee, Thy servant this day, and grant him _____ in the sight of this man. For I was the king's cupbearer” (Nehemiah 1:10-11).

If you're lonely and discouraged today, use Nehemiah's words to create your own prayer to God. Give Him praise, confess any sin in your life, acknowledge the authenticity of His Word, and request His favor as you get up and try again. The Lord is faithful in all things. Don't let loneliness or discouragement block your view of His great love and power.

Today's Bible reading is Nehemiah chapter 1.

LESSON 21

WHEN LONELINESS IS AGAINST YOU

This week's Bible verse to memorize: Matthew 28:20

...and, lo, I am with you always, even unto the end of the world. Amen.

It would be a safe assumption to say that you have, at some point, felt the pressure of loneliness against you. Whatever the source of your worries, you must remember that the Lord is not daunted by your obstacles. Instead, He has the power to enable you, not only to survive, but to thrive in the face of difficulties.

“And the LORD said unto Gideon, The people that are with thee are _____ for Me to give the Midianites into their hands, lest Israel vaunt themselves against Me, saying, Mine _____ hand hath _____ me. Now therefore go to, proclaim in the ears of the people, saying, Whosoever is fearful and afraid, let him return and depart early from Mount Gilead. And there returned of the people twenty and two thousand; and there remained ten thousand” (Judges 7:2-3).

The story of Gideon in today's Scripture passage demonstrates two vital points regarding God's activity during your struggles. First, you see that God often requires you to do what seems unreasonable. What must Gideon have thought as the Lord scaled down his army from 22,000 to only 300 men? However, God knew what He was doing, and Gideon was faithful to trust the Lord's wisdom. Gideon was confident that God could achieve a mighty victory with 300 soldiers.

“And the LORD said unto Gideon, The people are yet _____; bring them down unto the water, and I will try them for thee there: and it shall be, that of whom I say unto thee, This shall go with thee, the same shall go with thee; and of whomsoever I say unto thee, This shall not go with thee, the same shall not go. So he brought down the people unto the water: and the LORD said unto Gideon, Every one that lappeth of the water with his tongue, as a dog lappeth, him shalt thou set by himself; likewise every one that boweth down upon his knees to drink. And the number of them that lapped, putting their hand to their mouth, were _____ men: but all the rest of the people bowed down upon their knees to drink water” (Judges 7:4-6).

You can see that God will lead you to do that which brings Him the most glory. Remember, God reduced the size of Israel's army so that they would not be boastful about the victory. He wanted them to know beyond a doubt that it was the Lord Himself who achieved a seemingly impossible success in the face of terrible odds.

“So Gideon, and the _____ men that were with him, came unto the outside of the camp in the beginning of the middle watch; and they had but newly set the watch: and they blew the trumpets, and brake the pitchers that were in their hands. And the three companies blew the trumpets, and brake the pitchers, and held the lamps in their left hands, and the trumpets in their right hands to blow withal: and they cried, The _____ of the _____, and of Gideon. And they stood every man in his place round about the camp; and all the host ran, and cried, and fled” (Judges 7:19-21).

Have you felt God's call into some area, only to be scared away by challenging odds? Seek His power today. He desires to wipe away the loneliness in such a way as to lead you into a greater understanding of His power and glory.

Today's Bible reading is Judges chapter 7.

LESSON 22

HOW TO HANDLE YOUR LONELINESS

This week's Bible verse to memorize: Matthew 28:20

...and, lo, I am with you always, even unto the end of the world. Amen.

Regardless of how many people surround you, there are still times when you'll feel lonely. Numerous friends and family are not always the answer to squelching those feelings of loneliness in your life. While you need to be alone from time to time, there is a difference between being alone and loneliness. Being alone is purposeful; it is a time of self-discovery, healing, and calming. Loneliness, however, causes anxiety and cannot be ignored because of its consequences.

"All the paths of the LORD are _____ and _____ unto such as keep His covenant and His testimonies. For Thy name's sake, O LORD, pardon mine _____; for it is great. What man is he that feareth the LORD? him shall He _____ in the way that he shall choose. His soul shall dwell at _____; and his seed shall inherit the earth" (Psalm 25:10-13).

Many times, in an effort to avoid feeling lonely, you may enter into relationships that are not God's best for you. Whenever you compromise your convictions, trouble and loneliness increase. Looking to anyone other than God in the midst of your loneliness can lead to disappointment and a greater sense of anxiety.

"The secret of the LORD is with them that fear Him; and He will shew them His covenant. Mine _____ are ever toward the _____; for He shall pluck my feet out of the net. Turn Thee unto me, and have mercy upon me; for I am _____ and _____" (Psalm 25:14-16).

When God's people have a desperate need, He is quick to offer true hope:

"I waited patiently for the LORD; And He inclined unto me, and _____ my _____. He brought me up also out of an horrible _____, out of the miry clay, and set my feet upon a _____, and established my goings. And He hath put a new _____ in my mouth, even _____ unto our God: many shall see it, and fear, and shall trust in the LORD" (Psalm 40:1-3).

"The troubles of my heart are enlarged: O bring _____ me out of my _____. Look upon mine affliction and my pain; and _____ all my sins. Consider mine enemies; for they are many; and they hate me with cruel hatred. O keep my soul, and deliver me: let me not be ashamed; for I put my _____ in Thee. Let integrity and uprightness preserve me; for I wait on Thee" (Psalm 25:17-21).

God desires to be your all in all, the One who fulfills your deepest needs and desires, including the desire to be loved—not lonely. Only He can love you the way you need to be loved.

What are your plans to prevent feelings of loneliness?

Today's Bible reading is Psalm chapter 25.

LESSON 23

WHEN YOU ARE LONELY

This week's Bible verse to memorize: Matthew 28:20

...and, lo, I am with you always, even unto the end of the world. Amen.

Many people spend long hours by themselves, but are never lonely. Conversely, others are constantly surrounded by people, yet are incredibly lonely. There is a distinction between loneliness and solitude. Solitude is being alone by choice; Jesus often sought solitude. Loneliness, however, is defined as separation; it is an anxiety caused by a sense of disconnection.

“Let your conversation be without covetousness; and be content with such things as ye have: for He hath said, I will never _____ thee, nor _____ thee” (Hebrews 13:5).

When you are lonely, you can respond in one of two ways: you can be driven to destructive habits, or you can be driven to God.

“So that we may boldly say, The Lord is my _____, and I will not _____ what man shall do unto me. Remember them which have the rule over you, who have spoken unto you the Word of God: whose faith follow, considering the end of their conversation. Jesus Christ the _____ yesterday, and to day, and for ever” (Hebrews 13:6-8).

It is not God's intention that you be lonely. He has desired, since creation, for you to fellowship with Him. The solution to loneliness, therefore, is first to bring it to the Lord. He understands your loneliness and sent Christ to reconnect you with Himself.

“Therefore if any man be in Christ, he is a _____ creature: old things are passed away; behold, all things are become new. And all things are of God, who hath _____ us to Himself by _____, and hath given to us the ministry of reconciliation;...” (2 Corinthians 5:17-18).

When you enter into a personal relationship with Christ, you are never alone. You may spend time alone, but you can do so in solitude with Christ—your greatest Comforter and Friend.

“To wit, that God was in Christ, _____ the world unto _____, not imputing their _____ unto them; and hath committed unto us the word of reconciliation. Now then we are _____ for Christ, as though God did beseech you by us: we pray you in Christ's stead, be ye reconciled to God. For He hath made Him to be sin for us, who knew no sin; that we might be made the _____ of God in _____” (2 Corinthians 5:19-21).

As an ambassador for Christ, think of a person that you plan to tell about Jesus and might help if they are lonely.

Today's Bible reading is 2 Corinthians chapter 5.

LESSON 24

COURAGE IN THE LONELY HOUR

This week's Bible verse to memorize: Matthew 28:20

...and, lo, I am with you always, even unto the end of the world. Amen.

Loneliness is a powerful emotion. It is also a condition you weren't ever designed for. From the beginning, God said that it was not good for the man to be alone, so He created Eve. Then came sin, the separator.

"Be strong and of a good _____, fear not, nor be afraid of them: for the LORD thy God, He it is that doth go _____ thee; He will not fail thee, nor _____ thee" (Deuteronomy 31:6).

Ever since sin came into existence, humankind has been trying to recover the intimate fellowship that was lost in Eden. Most of us start this journey to recovery by seeking healthy connections with other people. Friends and family can help enormously, but their presence is no substitute for fellowship with the Father.

"Only be thou _____ and very courageous, that thou mayest _____ to do according to all the law, which Moses My servant commanded thee: turn not from it to the right hand or to the left, that thou mayest _____ withersoever thou goest" (Joshua 1:7).

In fact, your best friends and closest family can actually impede your efforts by appearing to offer what God alone can give. Falling for such a pretense is idolatry (allowing something to take God's place), and idolatry has to be destroyed. That is why you see God's men put to the test all throughout the Bible. Whether it be Jacob wrestling alone with an angel, Elijah standing alone on Mt. Sinai, or Paul facing legal proceedings alone because his friends forsook him, the picture is the same.

"Wait on the _____: be of good courage, and He shall _____ thine heart: wait, I say, on the LORD. (Psalm 27:14).

"Unto _____ will I _____, O LORD my rock; be not silent to me: lest, if Thou be silent to me, I become like them that go down into the pit" (Psalm 28:1).

Such heart-rending experiences are all designed for one purpose: they bring you to the point where you can discover for yourself that God is real. The learning process may take a while, but it is much more likely that you will "let go and let God" if there is no one else to hang on to.

"These things I have spoken unto you, that in Me ye might have _____. In the world ye shall have _____: but be of good cheer; I _____ the world" (John 16:33).

When you experience utter loneliness, you can cleave to God's promise: "I will never leave you, nor forsake you." Fight Satan with Hebrews 13:5. This is the Word of God; there is no greater power than God's.

Today's Bible reading is Psalm chapters 27 and 28.

LESSON 25

LONELINESS CAN BE LONG

This week's Bible verse to memorize: Matthew 28:20

...and, lo, I am with you always, even unto the end of the world. Amen.

Sometimes your life may seem like a long, dark tunnel. Perhaps you are unable to discover a solution for a problem, or you cannot find relief from the pain of loneliness. Regardless of the direction you turn, you find no hope for anything better than your present circumstances.

“Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the _____ that is set before us, Looking unto Jesus the _____ and _____ of our faith; who for the _____ that was set before Him endured the _____, despising the shame, and is set down at the right hand of the throne of God” (Hebrews 12:1-2).

“For consider Him that endured such contradiction of sinners against Himself, lest ye be _____ and _____ in your minds. Ye have not yet resisted unto blood, striving against sin” (Hebrews 12:3-4).

Thankfully, you serve a God who feels your pain and knows your limitations first-hand. Jesus Christ walked through the valley of loneliness and the shadow of death and cried out, “My God, My God, why hast Thou forsaken me?” This means that when your faith is stretched to the breaking point of loneliness, your strength is exhausted, and your dreams are broken like shattered glass, Jesus understands; He asks you to hold out when everything in you screams to give up.

“And ye have forgotten the exhortation which speaketh unto you as unto children, My son, despise not thou the _____ of the Lord, nor faint when thou art rebuked of Him: For whom the Lord _____ He chasteneth, and scourgeth every son whom He _____” (Hebrews 12:5-6).

Giving up means abandoning God's help for your own puny strength in an attempt to try to manipulate a situation or simply avoid pain. In essence, you're choosing to believe that Satan, in his worldly power, is stronger than Christ within you, which is the exact opposite of what the Bible says is true. Of course, the devil is not more powerful, but you let him win a battle if you give up on the assurance that God will see you through difficulty. When you have that negative attitude, you miss the Father's blessing and limit your usefulness in His kingdom.

“If ye endure chastening, God dealeth with you as with _____; for what son is he whom the father chasteneth not? But if ye be without chastisement, whereof all are partakers, then are ye bastards, and not sons” (Hebrews 12:7-8).

“Ye are of God, little children, and have overcome them: because greater is _____ that is _____, than he that is in the _____” (1 John 4:4).

Even when His involvement is unclear, God is working on your problems constantly; you must trust His perfect timing. Your Father knows your hurt, and He'll bring you through the dark tunnel. Don't give up before reaching His blessing.

Today's Bible reading is John chapter 16.

LESSON 26

REVIEW (PART I)

This week's Bible verse to memorize: Matthew 28:20

...and, lo, I am with you always, even unto the end of the world. Amen.

Multiple Choice

Read each question carefully, then mark the correct answer. There is only one correct answer to each question. The questions are based on Scripture and the lessons in this book.

1. The dictionary defines loneliness as:
 - a) Being without companionship
 - b) Being without money
 - c) Having the whole world against you
2. What did Jesus say about loneliness?
 - a) Try to make friends with the world
 - b) He will never leave you
 - c) Surround yourself with friends and family
3. The Lord said what about Himself concerning loneliness?
 - a) I am the ruler over you
 - b) I will stop loving you
 - c) I am your helper
4. The Lord said:
 - a) Control your own self
 - b) Jesus Christ the same today, yesterday, and forever
 - c) Only call on Me if you can't help yourself
5. The Bible says
 - a) You should live for yourself
 - b) You should no longer live for yourself
 - c) You do not need other people to be happy
6. When you are lonely you should:
 - a) Seek a friend
 - b) Wait for the Lord to deliver you
 - c) Stop praying
7. Who knows best about your loneliness?
 - a) Your friend
 - b) Your mother and father
 - c) Jesus
8. When lonely, what should you do?
 - a) Get with a lot of people
 - b) Talk about it to a friend
 - c) Tell Jesus, for He knows loneliness

Today's Bible reading is Matthew chapter 26.

LESSON 27

REVIEW (PART II)

This week's Bible verse to memorize: Matthew 28:20

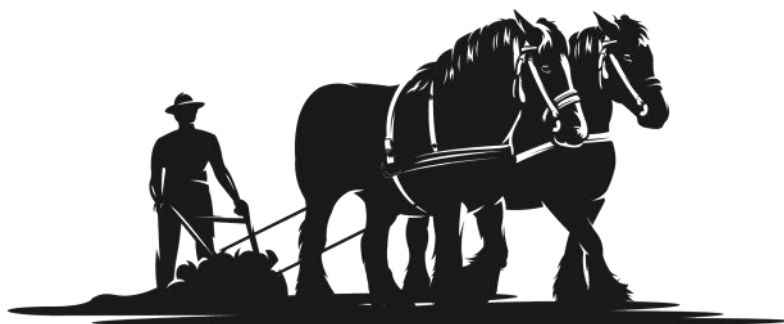
...and, lo, I am with you always, even unto the end of the world. Amen.

True or False

Read each statement below carefully, then enter "true" or "false" in the blank. The statements are based on Scripture and the lessons in this book.

1. On the cross, Jesus was forsaken by men. _____
2. God wants you to be in heaven with Him. _____
3. God chose not to give His only Son because He knew He would be lonely. _____
4. The apostle Paul faced loneliness. _____
5. Paul said, "For me to die is Christ, to live is gain." _____
6. The Bible says, "Wait, I say on the Lord." _____
7. You cannot hide God's Word in your heart. _____
8. Let not your heart be troubled, but believe in God. _____
9. You cannot obtain mercy from God if you sin. _____
10. Grace will overcome loneliness. _____
11. You must trust in yourself to bring you through loneliness. _____
12. You can be assured of God's sovereignty. _____
13. Feeling guilty brings loneliness. _____
14. A safe way to fight loneliness is to have the Spirit of God living in you. _____
15. Everyone has to struggle with loneliness at one time or another. _____
16. Bathe yourself in the Word of God to overcome loneliness. _____

Today's Bible reading is Psalm chapter 46.



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