

G O D'S  
S a b b a t h

**WELCOME!**  
**HAPPY, HOLY**  
**SABBATH DAY!**

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# ALONE

FEELING FORSAKEN





# ALONE FEELING FORSAKEN



# **ALONE** *FEELING FORSAKEN*

- ▶ 1 Attitudes
- ▶ 2 Outlook on Life
- ▶ 3 Motivations
- ▶ 4 Relationships
- ▶ 5 Spirituality

Albert Einstein once said, “It is strange to be known so universally and yet to be so lonely.”

# **ALONE** FEELING FORSAKEN

Circumstances in which loneliness may be experienced. May feel lonely when:

- ❖ Guilt causes you to feel separated from God – Ps. 25:16, from other men – Gen. 27:1-29; 32:24; 33:1-17.
- ❖ You feel rejected, abandoned, deserted by others – Jn. 16:32; 2 Tim. 4:16, 17.
- ❖ You are voluntarily or forcefully removed from safe, secure environment.
- ❖ You experience the “let down” after a spiritual victory – I Kings 19:10, 14.
- ❖ Previous successes or popularity have subsided.
- ❖ You have suffered a defeat.
- ❖ You are too busy chasing “success” to relate to others.

# **ALONE** *FEELING FORSAKEN*

Circumstances in which loneliness may be experienced. May feel lonely when:

- ❖ You are “burned out” after having tried to achieve by self-effort – Jn. 8:29.
- ❖ You are separated from the group by leadership responsibilities, “lonely at the top” – Num. 11:14, 17; Deut. 1:9, 12; Matt 26:38-40.
- ❖ You have suffered the loss of a loved one by death or divorce.
- ❖ You are fearful and timid – I Jn. 4:18.
- ❖ You feel inferior, unworthy, self-condemnation, insecure.
- ❖ You are physically removed or separated from those you know and love.
- ❖ Others reject or ostracize you for being different, or for nonconformity



# ALONE FEELING FORSAKEN

Circumstances in which loneliness may be experienced. May feel lonely when:

- ❖ You fail to resolve conflict and misunderstanding; estrangement.
- ❖ You fail to communicate; avoidance; repression; stuff emotions.
- ❖ You have chosen to “stand alone” against world, sin, religion – Jer. 15:17.
- ❖ Others are not enthused about your interests or project.
- ❖ You don't take the time to enjoy others and have fun together
- ❖ You have been prejudged, stereotyped, pegged, put in a box.
- ❖ Your particular talents and abilities and personality are not appreciated.

# ALONE FEELING FORSAKEN

Circumstances in which loneliness may be experienced. May feel lonely when:

- ❖ You don't fit in – economically, intellectually, politically, religiously, etc.
- ❖ You don't feel connected, bonded, able to relate – emotionally, spiritually.
- ❖ Friends only relate on superficial level; won't get serious and real.
- ❖ You have been excluded from a particular social grouping.
- ❖ You feel like an outsider, the “odd man out.”
- ❖ Your present responsibilities (parenting, vocation, etc.) preclude or diminish the development of relationships You retire from your vocation and no longer relate to colleagues daily.



# ALONE FEELING FORSAKEN

Circumstances in which loneliness may be experienced. May feel lonely when:

- ❖ Another person is regarded as your “life,” and they can’t meet all your needs.
- ❖ You do not feel a sense of oneness, unity and intimacy with your mate.
- ❖ You have refused to receive the love and intimacy of your mate – SoS. 5:3-6.
- ❖ You have been betrayed by a mate or a friend – Gen. 3:12.
- ❖ You alienate others by your verbosity, accusations, insensitive comments.
- ❖ You alienate others by using them in competitive or economic success.

# ALONE FEELING FORSAKEN

Circumstances in which loneliness may be experienced. May feel lonely when:

- ❖ You alienate others by criticism, negativism, sarcasm, pessimism, hostility, cruelty.
- ❖ You alienate others by your selfishness, egotism, or spiritual pride.
- ❖ You make work, projects, things, possessions more important than people.
- ❖ You feel you cannot perform up to expectations.
- ❖ Others are too preoccupied with their concerns to relate with you.
- ❖ Crisis arises and no one offers to listen or assist.
- ❖ You feel left behind by a fast-paced technological society.
- ❖ Children grow up, go to school, leave home
- ❖ Isolated due to injury; secluded or ignored due to age (Ps. 71:9, 18).

# ALONE FEELING FORSAKEN

- ▶ Philippians 3:13-14 Brethren, I count not myself to have apprehended: but *this* one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.



# ALONE FEELING FORSAKEN

- ▶ 2 Corinthians 5:7 (For we walk by faith, not by sight:)
- ▶ Proverbs 14:12 There is a way which seemeth right unto a man, but the end thereof *are* the ways of death.



# ALONE FEELING FORSAKEN

## *What is loneliness?*

- ▶ Job 29:4-7 As I was in the days of my youth, when the secret of God was upon my tabernacle; When the Almighty *was* yet with me, *when* my children *were* about me; When I washed my steps with butter, and the rock poured me out rivers of oil; When I went out to the gate through the city, *when* I prepared my seat in the street!

# ALONE FEELING FORSAKEN

*What is loneliness?*

- ▶ Job 29:8-12 The young men saw me, and hid themselves: and the aged arose, *and* stood up. The princes refrained talking, and laid *their* hand on their mouth. The nobles held their peace, and their tongue cleaved to the roof of their mouth. When the ear heard *me*, then it blessed me; and when the eye saw *me*, it gave witness to me: Because I delivered the poor that cried, and the fatherless, and *him that had* none to help him.

# ALONE FEELING FORSAKEN

*What is loneliness?*

- ▶ Job 30:9-11 And now am I their song, yea, I am their byword. They abhor me, they flee far from me, and spare not to spit in my face. Because he hath loosed my cord, and afflicted me, they have also let loose the bridle before me.

# ALONE FEELING FORSAKEN

## What is loneliness?

- ▶ Job 30:26-29 When I looked for good, then evil came *unto me*: and when I waited for light, there came darkness. My bowels boiled, and rested not: the days of affliction prevented me. I went mourning without the sun: I stood up, *and* I cried in the congregation. I am a brother to dragons, and a companion to owls.



# ALONE FEELING FORSAKEN

*What is loneliness?*

1 Corinthians 12:23-26 And those *members* of the body, which we think to be less honourable, upon these we bestow more abundant honour; and our uncomely *parts* have more abundant comeliness. For our comely *parts* have no need: but God hath tempered the body together, having given more abundant honour to that *part* which lacked: That there should be no schism in the body; but *that* the members should have the same care one for another. And whether one member suffer, all the members suffer with it; or one member be honoured, all the members rejoice with it.

# ALONE FEELING FORSAKEN

*What is loneliness?*

- ▶ Hebrews 12:12 Wherefore lift up the hands which hang down, and the feeble knees;



- ▶ Even when one is rebuked by those who care there is a support for that one that allows healing.

# ALONE FEELING FORSAKEN

*What is loneliness?*

- ▶ 2 Corinthians 2:7-8 So that contrariwise ye *ought* rather to forgive *him*, and comfort *him*, lest perhaps such a one should be swallowed up with overmuch sorrow. Wherefore I beseech you that ye would confirm *your* love toward him.

# ALONE FEELING FORSAKEN

*What is loneliness?*

- ▶ (1 Corinthians 7:32-33 But I would have you without carefulness. He that is unmarried careth for the things that belong to the Lord, how he may please the Lord: But he that is married careth for the things that are of the world, how he may please *his* wife. )



# ALONE FEELING FORSAKEN

*What are the fruits of loneliness?*

- ▶ You do not feel complete and secure.
- ▶ Ecclesiastes 4:9-10 Two *are* better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him *that is* alone when he falleth; for *he hath* not another to help him up.



# ALONE FEELING FORSAKEN

*What are the symptoms of loneliness?*

- ▶ High Degree of Materialism
- ▶ Bible Study viewed as non-essential
- ▶ Consistent Activity - private or social
- ▶ Feelings turn Inward
- ▶ Pre-Occupation with Self

# ALONE *FEELING FORSAKEN*

*What are the symptoms of loneliness?*

- ▶ Sexual Fantasies
- ▶ Intimidated by Quietness
- ▶ Excessive TV Watching  
(withdrawing/living vicariously)
- ▶ Social activities viewed with  
fear\lack of interest
- ▶ Attachment to Familiarity

# ALONE FEELING FORSAKEN

*What are the fruits of loneliness?*

▶ You tend to look upon the past.



▶ Job 29:1-5 Moreover Job continued his parable, and said, Oh that I were as *in* months past, as *in* the days *when* God preserved me; When his candle shined upon my head, *and when* by his light I walked *through* darkness; As I was in the days of my youth, *when* the secret of God was upon my tabernacle; When the Almighty was yet with me, *when* my children were about me;



# ALONE FEELING FORSAKEN

*What are the fruits of loneliness?*

- ▶ Could Job return to the past? No- However Job's past could be an encouragement to his here and now!
- ▶ **Psalms 22:1-5** To the chief Musician upon Aijeleth Shahar, A Psalm of David. My God, my God, why hast thou forsaken me? *why art thou* so far from helping me, *and from* the words of my roaring? O my God, I cry in the daytime, but thou hearest not; and in the night season, and am not silent. But thou *art* holy, *O thou* that inhabitest the praises of Israel. Our fathers trusted in thee: they trusted, and thou didst deliver them. They cried unto thee, and were delivered: they trusted in thee, and were not confounded.

# ALONE FEELING FORSAKEN

*What are the fruits of loneliness?*

- ▶ You tend to focus upon yourself.
- ▶ You feel different and even unwanted.
- ▶ (remember Job 30:9-10 And now am I their song, yea, I am their byword. They abhor me, they flee far from me, and spare not to spit in my face.)

THE LAST WORD IN LONESOME IS “ME”

# ALONE FEELING FORSAKEN

*What are the fruits of loneliness?*

- ▶ It can drain your energy.
- ▶ You can second-guess yourself and even second-guess God!

ELIJAH -> 1 Kings 19:4; 14



# ALONE FEELING FORSAKEN

*What are the fruits of loneliness?*

- ▶ What I mean is when left alone our emotions can grow and eventually create their own reality.
- ▶ (ELIJAH) -> **1 Kings 19:4** But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I *am* not better than my fathers. **1 Kings 19:14** And he said, I have been very jealous for the LORD God of hosts: because the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, *even* I only, am left; and they seek my life, to take it away.

# ALONE FEELING FORSAKEN

*What are the fruits of loneliness?*

- ▶ Consider some Men of faith who were alone and in pain.



- ▶ David/Jesus - Psalms 69:20 Reproach hath broken my heart; and I am full of heaviness: and I looked *for some* to take pity, but *there was none*; and for comforters, but I found none.



# ALONE FEELING FORSAKEN

*What are the fruits of loneliness?*

- ▶ Consider some Men of faith who were alone and in pain.
- ▶ Jesus - John 16:31-33 Jesus answered them, Do ye now believe? Behold, the hour cometh, yea, is now come, that ye shall be scattered, every man to his own, and shall leave me alone: and yet I am not alone, because the Father is with me. These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

# ALONE FEELING FORSAKEN

*What are the fruits of loneliness?*

▶ **Hebrews 4:14-16** 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 infirmities; but was in all points tempted like as we *are, yet* without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

**Matthew 27:46** And about the ninth hour Jesus cried with a loud voice, saying, Eli, Eli, lama sabachthani? that is to say, **My God, my God, why hast thou forsaken me?**

# ALONE FEELING FORSAKEN

*What are the fruits of loneliness?*

- ▶ Paul - 2 Corinthians 7:4-7 Great *is* my boldness of speech toward you, great *is* my glorying of you: I am filled with comfort, I am exceeding joyful in all our tribulation. For, when we were come into Macedonia, our flesh had no rest, but we were troubled on every side; without *were* fightings, within *were* fears. Nevertheless God, that comforteth those that are cast down, comforted us by the coming of Titus; And not by his coming only, but by the consolation wherewith he was comforted in you, when he told us your earnest desire, your mourning, your fervent mind toward me; so that I rejoiced the more.

# ALONE FEELING FORSAKEN

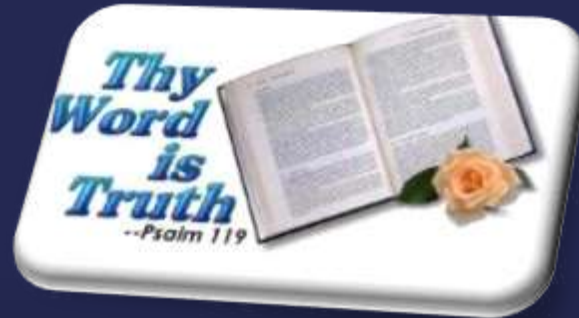
*What are the fruits of loneliness?*

- ▶ King David - Psalms 142:4-5 I looked on *my* right hand, and beheld, but *there was* no man that would know me: refuge failed me; no man cared for my soul. I cried unto thee, O LORD: I said, Thou *art* my refuge *and* my portion in the land of the living.

# ALONE FEELING FORSAKEN

*Harmonizing our emotions and our faith*

- ▶ We must choose to instill God's word as our reality.



- ▶ 1 John 5:3-4 For this is the love of God, that we keep his commandments: and his commandments are not grievous. For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, *even* our faith.



# ALONE FEELING FORSAKEN

*Harmonizing our emotions and our faith*

- ▶ We must choose to instill God's word as our reality.
- ▶ **1 Timothy 5:5** Now she that is a widow indeed, and desolate, trusteth in God, and continueth in supplications and prayers night and day.

# ALONE FEELING FORSAKEN

*Harmonizing our emotions and our faith*

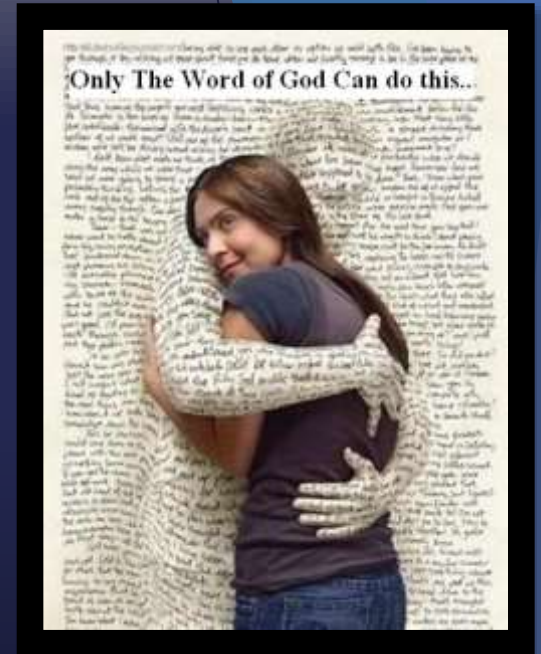
- ▶ Hebrews 13:5 *Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.*

# ALONE FEELING FORSAKEN

*Harmonizing our emotions and our faith*

► How often do you find a passage to “hold on to” during emotional times?

► **Psalms 57:1-3** To the chief Musician, Altaschith, Michtam of David, when he fled from Saul in the cave. Be merciful unto me, O God, be merciful unto me: for my soul trusteth in thee: yea, in the shadow of thy wings will I make my refuge, until *these* calamities be overpast. I will cry unto God most high; unto God that performeth *all things* for me. He shall send from heaven, and save me *from* the reproach of him that would swallow me up. Selah. God shall send forth his mercy and his truth.



# ALONE FEELING FORSAKEN

*Harmonizing our emotions and our faith*

- ▶ In our Bible study in good times we should be preparing ourselves now for the emotional times.
- ▶ Psalms 119:11 Thy word have I hid in mine heart, that I might not sin against thee.



# ALONE FEELING FORSAKEN

*Harmonizing our emotions and our faith*

- ▶ **Worship is the way we can bring the spiritual truth back into focus.**
- ▶ How often in the psalms do you see trouble mentioned and then how comfort was found in worship?





# ALONE FEELING FORSAKEN

*Harmonizing our emotions and our faith*

▶ Psalms 56:6-7 They gather themselves together, they hide themselves, they mark my steps, when they wait for my soul. Shall they escape by iniquity? in *thine* anger cast down the people, O God.

▶ Psalms 56:9-11 When I cry *unto thee*, then shall mine enemies turn back: this I know; for God *is* for me. In God will I praise *his* word: in the LORD will I praise *his* word. In God have I put my trust: I will not be afraid what man can do unto me.

# ALONE FEELING FORSAKEN

*Harmonizing our emotions and our faith*

- ▶ How did Jesus find comfort before the cross?
- ▶ Matthew 26:36-39 Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, Sit ye here, while I go and pray yonder. And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy. Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me. And he went a little further, 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.

# ALONE FEELING FORSAKEN

*Harmonizing our emotions and our faith*

- ▶ Matthew 26:40-44 And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, What, could ye not watch with me one hour? Watch and pray, that ye enter not into temptation: the spirit indeed *is* willing, but the flesh *is* weak. He went away again the second time, and prayed, saying, O my Father, if this cup may not pass away from me, except I drink it, thy will be done. And he came and found them asleep again: for their eyes were heavy. And he left them, and went away again, and prayed the third time, saying the same words.



# ALONE FEELING FORSAKEN

*Harmonizing our emotions and our faith*

- ▶ If we do not worship like this alone then we often will be overcome.
- ▶ Always seek the truth. (Phil 4:8-9)
- ▶ Do not run from what has happened, it will only compound the hurt.
- ▶ Often we will need to stop and think “what is really true and what are my emotions leading me to believe?”

**Jeremiah 17:9** The heart is deceitful above all things, and desperately wicked: who can know it?

# ALONE FEELING FORSAKEN

*Harmonizing our emotions and our faith*

- ▶ Always be thankful! (Phil 4:6-7)
- ▶ We tend to be negative and as a result miss reality.
- ▶ God wants us to be thankful -even during suffering because He will use that too for our good. (Phil 1:29-30; Rom 5:3-4)



# ALONE FEELING FORSAKEN

*Some wisdom to remember*

- ▶ Always look for God's provisions.
- ▶ How did Paul and David overcome their loneliness? (2 Tim 4:16-18; Psa 142 1-7)
- ▶ 2 Timothy 4:16 **At my first answer no man stood with me, but all *men* forsook me: I pray God** that it may not be laid to their charge.
- ▶ 2 Timothy 4:17 Notwithstanding the Lord stood with me, 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.
- ▶ 2 Timothy 4:18 And the Lord shall deliver me from every evil work, and will preserve *me* unto his heavenly kingdom: to whom *be* glory for ever and ever. Amen.



# ALONE FEELING FORSAKEN

*Some wisdom to remember*



Psalms 142:1-4 Maschil of David; A Prayer when he was in the cave. I cried unto the LORD with my voice; with my voice unto the LORD did I make my supplication. I poured out my complaint before him; I shewed before him my trouble. When my spirit was overwhelmed within me, then thou knewest my path. In the way wherein I walked have they privily laid a snare for me. I looked on *my* right hand, and beheld, **but *there was no man that would know me*: refuge failed me; no man cared for my soul.**

# ALONE FEELING FORSAKEN

*Some wisdom to remember*

Psalms 142:5-7 I cried unto thee, O LORD: I said, Thou art my refuge *and* my portion in the land of the living. Attend unto my cry; for I am brought very low: deliver me from my persecutors; for they are stronger than I. Bring my soul out of prison, that I may praise thy name: the righteous shall compass me about; for thou shalt deal bountifully with me.

# ALONE *FEELING FORSAKEN*

*Some wisdom to remember*

- ▶ You should get busy in God's work by sharing burdens with faithful Christians and by collective worship. These are just a few of the many things that can lift us up.

Deut. 4:31 We are written in God's Covenant    Deut. 31:6 God goes with us  
Deut. 33:27 God is our refuge    1 Sam. 12:22 We are God's people  
Psalm 27:10 God will keep us    Psalm 31:7 God knows our trouble  
Psalm 46:1 God is our strength    Psalm 55:22 Christ is our sustainer  
Psalm 112:4 He places His light on us    Psalm 147:3 God is our healer.  
God surely has not abandoned us!

- ▶ Remember how Paul overcame an emotional time. (2 Cor 7:4-7)



# **ALONE** FEELING FORSAKEN

- Consider Leah: Genesis 29:31-34 And when the LORD saw that Leah *was* hated, he opened her womb: but Rachel *was* barren. And Leah conceived, and bare a son, and she called his name Reuben: for she said, Surely the LORD hath looked upon my affliction; now therefore my husband will love me. And she conceived again, and bare a son; and said, Because the LORD hath heard that I *was* hated, he hath therefore given me this *son* also: and she called his name Simeon. And she conceived again, and bare a son; and said, Now this time will my husband be joined unto me, because I have born him three sons: therefore was his name called Levi.





# ALONE FEELING FORSAKEN

*Some wisdom to remember*

- ▶ Genesis 29:35 And she conceived again, and bare a son: and she said, Now will I praise the LORD: therefore she called his name Judah; and left bearing.

# ALONE FEELING FORSAKEN

*Some wisdom to remember*

- ▶ Be humble and see the needs of others.  
(Philippians 2:3-4 *Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. )*)
- ▶ In good times we can benefit and prepare for the day that we suffer.

# ALONE FEELING FORSAKEN

*Some wisdom to remember*

- ▶ There is a powerful strength that comes from sharing one another's burdens.



- ▶ (Hebrews 10:33-34 Partly, whilst ye were made a gazingstock both by reproaches and afflictions; and partly, whilst ye became companions of them that were so used. For ye had compassion of me in my bonds, and took joyfully the spoiling of your goods, knowing in yourselves that ye have in heaven a better and an enduring substance. )

# ALONE FEELING FORSAKEN

*Some wisdom to remember*

- ▶ Let us be faithful in both good and bad times!
- ▶ It is not so much as what happens to us but rather that we can overcome.
- ▶ Think of just the last book of the bible how we are told to be overcoming!
- ▶ Revelation 2:7, 11, 17, 26
- ▶ Revelation 3:5, 12, 21
- ▶ Revelation 21:7

# ALONE FEELING FORSAKEN

*Some wisdom to remember*

- ▶ Think Biblically. You cannot be truly alone unless you left Christ. No Pity parties.
- ▶ Direct your thinking outward to others rather than thinking excessively about self. [JOY Hierarchy = Jesus Others You]
- ▶ Determine that you can control your own attitudes and emotions. Ask God for His Spirit of love and joy (Galatians 5:22).
- ▶ Be friendly! Smile! Laugh! Positive actions and emotions are contagious and will encourage others to want to be around you (Proverbs 18:24).
- ▶ You are part of the church - join church activities and fellowship with others. Consider their needs and try to encourage and uplift them (Hebrews 10:24-25; 1 John 1:3).



# **ALONE** *FEELING FORSAKEN*

## **Biblical solutions**

## *Some wisdom to remember*

- 1. Regeneration, reconciliation with God. Col. 1:21,22**
- 2. Confess known sins - I John. 1:9**
- 3. Accept God's forgiveness - Eph. 1:7; Col. 1:14**
- 4. Forgive others - Eph. 4:32**
- 5. Recognize and affirm the presence of God in Christ - Josh. 1:9; Ps. 23; Isa. 41:10; 43:2; Matt. 28:20; John. 16:32; Heb. 13:5**
- 6. Accept the work of the Comforter, the Holy Spirit of Christ - John. 14:16,26; 15:26; 16:7**
- 7. Participate in the fellowship and community of the Body of Christ, the Church - Heb. 10:25**
- 8. Participate in the functional ministry of the Body of Christ in using your spiritual gifts -Rom. 12:4-6; I Cor. 12**

# ALONE FEELING FORSAKEN

*Some wisdom to remember*

- ▶ Let us rejoice in the way God has made us, where he has placed us and with wisdom let us serve Him and each other in Christ.

# ALONE FEELING FORSAKEN

God sets the lonely in families. Psalm 68:6a

**Deuteronomy 31:8** And the LORD, he *it is* that doth go before thee; **he will be with thee, he will not fail thee, neither forsake thee:** fear not, neither be dismayed.



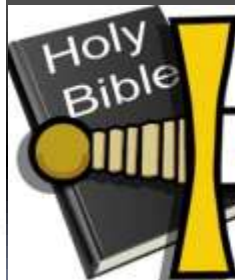
**Alone**  
FEELING FORSAKEN

You are  
not alone..



**He Will Never Leave  
You Nor Forsake You!**

SMILE- GOD LOVES YOU!



**TRUTH ON THE WEB MINISTRIES**

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EPH 6:17 AND TAKE...THE SWORD OF THE  
SPIRIT WHICH IS THE WORD OF GOD

HAPPY SABBATH!

THANK YOU!

HAPPY SABBATH!

THANK YOU!

**Psalms 139:17** How precious also are thy thoughts unto me, O God! how great is the sum of them!

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HAPPY SABBATH

THANK YOU!

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