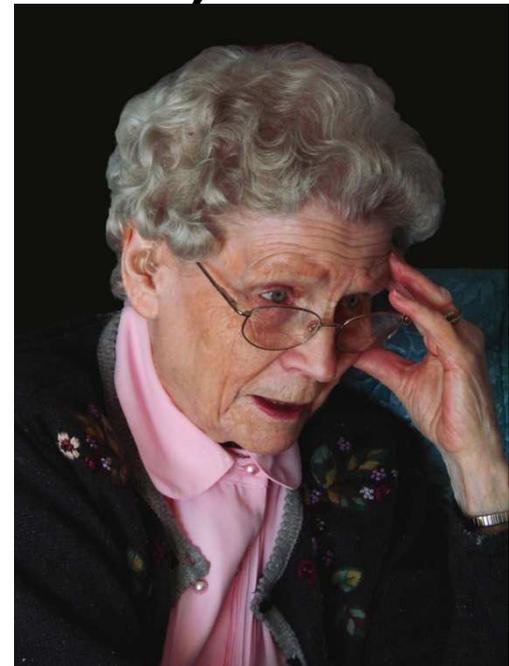


LONELINESS



Hurting inside no one to talk to,
To talk this mood through with,
I am used to this solitary introspection
But it still hurts.

After all the time of being alone;
All the months, seasons,
people behind me.
I still don't get used to the
loneliness



I tried really hard to do this,
I tried hard to make it last,
But you can't move on to the future
If you can't let go of the past.
I kept on believing it'd get better,
I tried to believe that you cared,
But the days go real cold and lonely
When you're with someone and still no one
cares.

1 Sam 1:9-16

9 Once when they had finished eating and drinking in Shiloh, Hannah stood up. Now Eli the priest was sitting on a chair by the doorpost of the LORD's temple.

10 In bitterness of soul Hannah wept much and prayed to the LORD.

11 And she made a vow, saying, "O LORD Almighty, if you will only look upon your servant's misery and remember me, and not forget your servant but give her a son, then I will give him to the LORD for all the days of his life, and no razor will ever be used on his head."

12 As she kept on praying to the LORD, Eli observed her mouth.

13 Hannah was praying in her heart, and her lips were moving but her voice was not heard. Eli thought she was drunk

14 and said to her, "How long will you keep on getting drunk? Get rid of your wine."

15 "Not so, my lord," Hannah replied, "I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the LORD.

16 Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief."



Matt 26:37-46

37 He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled.

38 Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

39 Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

40 Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter.

41 "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

42 He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done."

43 When he came back, he again found them sleeping, because their eyes were heavy.

44 So he left them and went away once more and prayed the third time, saying the same thing.

45 Then he returned to the disciples and said to them, "Are you still sleeping and resting? Look, the hour is near, and the Son of Man is betrayed into the hands of sinners.

46 Rise, let us go! Here comes my betrayer!"

The example of Jesus

- Acknowledge your loneliness to yourself and others.
- Think about how others are feeling.
- Accept the loneliness and let it motivate you to seek God more desperately.



When others are lonely

- LISTEN (to their problem/story)
- LISTEN (to their feelings)
- Respond (However God prompts)

