

# LETTING GO OF LONELINESS

## How to Handle Life's Hurts - Part 4

### I. FOUR COMMON CAUSES OF LONELINESS

1. \_\_\_\_\_

2 **Timothy 4:6-8** "... the time has come for my departure..."

2. \_\_\_\_\_

2 **Timothy 4:9,21** "Do your best to come to me quickly...do your best to get here before winter."

3. \_\_\_\_\_

2 **Timothy 4:14** "(He)...did me a great deal of harm...he strongly opposed our message."

4. \_\_\_\_\_

2 **Timothy 4:16** "...no one came to my support, but everyone deserted me."

2 **Timothy 4:10** "...Demas has deserted me. . ."

### II. WAYS TO COPE WITH LONELINESS

1. \_\_\_\_\_ **YOUR TIME.**

2 **Timothy 4:12** "...bring my coat...and bring my books..."

2. \_\_\_\_\_ **THE HURT.**

2 **Timothy 4:16** "...everyone deserted me. May it not be held against them."

3. \_\_\_\_\_ **GOD'S PRESENCE.**

2 **Timothy 4:17a** "But the Lord stood by my side and gave me strength..." Jesus said, "I will never leave you."

4. \_\_\_\_\_ **OTHERS' NEEDS.**

2 **Timothy 4:17b** "...so that through me the message might be fully proclaimed and all the Gentiles might hear it."

**Stop building** \_\_\_\_\_.

**Start building** \_\_\_\_\_.