



# 8 Truths to Overcome Loneliness

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Scriptures to Renew  
Your Strength



North Carolina Baptist Aging Ministry

**T**he Bible has much to say about loneliness, about situations that trigger it, and most importantly, how to renew our strength and overcome feelings of loneliness. Loneliness was felt by many people in the Bible as they experienced seasons of adversity and grief. Throughout the Bible, we see that God understands all our feelings and that even when we feel alone, we never truly are.

**They that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.** Isaiah 40:31

## **1 ABANDONMENT OR ISOLATION**

**At my first answer no man stood with me, but all men forsook me . . . Notwithstanding the Lord stood with me, and strengthened me.** 2 Timothy 4:16-17

The Apostle Paul experienced much persecution as he worked to spread the Gospel. Even friends forsook him. But Paul's faith in God strengthened him. After the death of Moses, when Joshua may have also felt abandoned, God assured him, "I will not fail thee, nor forsake thee." Joshua 1:5

## **2 REJECTION**

**My friends and companions avoid me because of my wounds; my neighbors stay far away.**

Psalm 38:11 NIV

King David was rejected by family, friends, and neighbors. In the midst of rejection, David trusted the Lord to take him up. You, too, can trust the Lord to take you up when you feel rejected.

(Psalm 27:10)

## **3 CONFLICT OR ADVERSITY**

**For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.**

Romans 8:38-39

The Apostle Paul left no stone unturned to create a comprehensive list so that we could clearly understand that there is nothing that can separate us from the love of God. Consider the conflict or adversity you are experiencing and see if it is not covered in Paul's list. Then, meditate on the truth that God's steadfast love is with you and in you.

## **4 GRIEF OR LOSS**

**The LORD openeth the eyes of the blind: the LORD raiseth them that are bowed down: the LORD loveth the righteous: The LORD preserveth the strangers; he relieveth the fatherless and widow.** Psalm 146:8-9

Orphans and widows are often mentioned in the Bible as being under God's special guardianship. (Psalm 10:14, Exodus 22:22, Malachi 3:5) In any grief or loss, we can be assured that our high priest is "touched with the feeling of our infirmities." Hebrews 4:15 We can trust Him for comfort and know that He will enable us to share that comfort with others. (2 Corinthians 1:3-4)

## **5 LIFE TRANSITIONS**

**To everything there is a season, and a time for every purpose under the heaven.** Ecclesiastes 3:1

Transitions are a natural part of life, but they may cause feelings of sadness or loneliness. We can renew our strength by remembering that God is with us in every situation. "When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee . . . For I am the Lord thy God, the Holy One of Israel, thy Saviour." Isaiah 43:2-3

## 6 FEAR ABOUT THE FUTURE

**Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself.** Matthew 6:34

Worrying about the future can increase feelings of loneliness. Whether it's health, finances, or family situations, we can turn everything over to our Father and allow His peace to keep our "hearts and minds through Christ Jesus." Philippians 4:6-7

## 7 JESUS IN SOLITUDE

**Jesus often withdrew to lonely places and prayed.** Luke 5:16 NIV

Jesus was a people-person. He accepted invitations so often that critics accused him of being a glutton, winebibber, and friend of sinners. (Luke 7:34) But Jesus also withdrew from crowds to be in solitude with His Father. Allow God to take your loneliness and transform it into one-on-one experiences with Him. "I am not alone, because the Father is with me." John 16:32

# 8 COMMUNITY

**So we, being many, are one body in Christ, and every one members one of another.** Romans 12:5

God's Word is a great source of guidance and comfort. It teaches us that we were created to live in fellowship with God – and also with others. Even in your loneliness, reach out to bless and encourage others and according to God's Word, you will also be blessed and encouraged. (Galatians 6:7)

## The NCBAM Hope Line

If you are 65 or older and feel isolated or lonely, NCBAM wants to help! A friendly voice is available **daily from 9am-9pm.**

**866.578.4673**



**Christ the Cornerstone Projects** are an outreach of NCBAM to aging adults and their caregivers based on the belief that Christ is the cornerstone for living.

*Unless otherwise noted, scriptures are quoted from the King James Version (public domain).*

North Carolina Baptist Aging Ministry  
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