

We Are Not Alone

Step 2 – We came to believe that a power greater than ourselves could restore us to sanity.

Step 11 – We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

The broad view

- Aliens
- Online test for loneliness
- Our struggles or addictions may be fueled by loneliness. We are lonely so we do something to cope (use, spend, eat, work, etc.), to compensate for the feeling, to satisfy with something temporary that will only cause guilt and shame and a craving for more, that always proves to be temporary, and becomes a vicious cycle that we become enslaved to. ¹

Individual view

- You can be lonely and not be alone
- You can be alone and not be lonely
- Loneliness is contagious²
- Lonely people, in talking to each other can make each other lonelier. ~ LILLIAN HELLMAN, *The Autumn Garden*
- Loneliness is usually accompanied by isolation and hopelessness; Isolation can lead to an earlier death.³
- **The Never Ending Story** – Bastian – Fantasia is a world of human fantasy, every part, and every creature is the hopes of mankind, it has no boundaries. Why is it dying? People **have begun to loose their hopes and forget their dreams so the nothing grows stronger.** The **Nothing is an emptiness that is left, like a despair destroying this world.** This beast has been trying to help the Nothing. **People who have no hope are easy to control and whoever has the control has the power.**
- **John 10:10** *The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.*
- Loneliness is rooted in self centeredness; Proverbs 18:1 He who separates himself **seeks his own desire,** He quarrels against all sound wisdom.
- Paul or John when in prison had to be feeling lonely and had to rely on faith in what Jesus had said.
- In my attempted suicide, I believed the lie that I was alone, because I rejected help and relationships from community. It drove me into isolation and near death. My healing transitioned me into being totally comfortable with who I am and enjoying having alone time, without feeling lonely.
- **Genesis 2:18** *Then the Lord God said, "It is not good for the man to be alone; I will make him a helper suitable for him."*
- **John 8:28-30** *So Jesus said, When you lift up the Son of Man, then you will know that I am He, and I do nothing on My own initiative, but I speak these things as the Father taught Me. 29 And **He who sent Me is with Me; He has not left Me alone,** for I always do the things that are pleasing to Him. 30 As He spoke these things, many came to believe in Him.*
- **John 16:32** *Behold, **an hour is coming, and has already come, for you to be scattered, each to his own home, and to leave Me alone; and yet I am not alone, because the Father is with Me.***
- Jesus at the cross feeling his father had forsaken him yet committing his spirit into his hands or Stephen seeing Jesus and the father as well at his death. (Luke 23:46)
- **Acts 7:59** *They went on stoning Stephen as he called on the Lord and said, Lord Jesus, receive my spirit!*

¹ http://www.huffingtonpost.com/carole-bennett/the-road-to-addiction---1_b_232674.html

² <http://www.time.com/time/health/article/0,8599,1943748,00.html>

³ <http://healthland.time.com/2012/06/19/how-feeling-lonely-can-shorten-your-life/>

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Freedom Points – (Freedom is not based on works. Freedom is based in truth)

- Our feelings may lie to us.
- God has not and will not abandon us. (*Deuteronomy 31:6,8*)
- **John 10:10** *The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.*
- **Psalm 68:5-6 NLT** *Father to the fatherless, defender of widows—this is God, whose dwelling is holy. 6 God places the lonely in families; he sets the prisoners free and gives them joy.*
- **Psalm 139:7** *Where can I go from Your Spirit? Or where can I flee from Your presence?*
- **Jeremiah 23:23** *Am I a God at hand, declares the Lord, and not a God far away? 24 Can a man hide himself in secret places so that I cannot see him? declares the Lord. Do I not fill heaven and earth? declares the Lord.*
- **John 14:16-20** *I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you. “I will not leave you as orphans; I will come to you. After a little while the world will no longer see Me, but you will see Me; because I live, you will live also. In that day you will know that I am in My Father, and you in Me, and I in you.*
- **Psalm 16: 7-10 NIV** *I will praise the Lord, who counsels me; even at night my heart instructs me. 8 I have set the Lord always before me. Because he is at my right hand, I will not be shaken. 9 Therefore my heart is glad and my tongue rejoices; my body also will rest secure, 10 because you will not abandon me to the grave, nor will you let your Holy One see decay.*
- Reading or hearing these words and truths will not cause you to not be lonely; believing and experiencing them will.

Walking It Out – (Our part/responsibility based on Christ in You, strengthening us as we choose to walk forward)

- Can you identify how loneliness has caused you to seek out a coping mechanism that perhaps lead to your addiction or struggle?
- When you get lonely how do you cope; chemicals, sex, food, spend, exercise, how?
- Challenge yourself to look if loneliness has been one of the sources of your addiction or struggle (and maybe still is), and if you have dealt with it vs. just dealing with your addiction or struggle on the surface.
- Has your loneliness facilitated someone else being lonely?
- Jesus wants us to come into a relationship with him where we can have that same confidence that He lived in.
- Pursue your relationship with God first, then others.
- Engage with others, without allowing it to be a dependency in itself to heal the loneliness. Engage even if you don't feel like it.
- Be willing to believe, pursue, trust, watch, and listen for God to fulfill these truths, and then you will own it.
- The next time we “feel” lonely, can we challenge ourselves to believe what Jesus says is absolutely true despite our feelings? Why or why not?
- Have a conscious awareness that “God is with us”. Whenever we feel as if everyone has forsaken us, can we say “I am not alone, because the Father is with Me.” and believe and experience it? Why or why not?
- Reading or hearing these words and truths will not cause you to not be lonely. Experiencing them, over time will.
- Talk about it. Share your struggle or experience with others.