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What To Do When You Feel Lonely

(How to find the courage to reach up and out)

(SERIES: Mastering My Emotional Monsters: 02 of 08)
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"the Lord God said, 'It isn't good for man to be alone'" (Gen 2:18)

"For none of us lives to himself alone and none of us dies to himself alone." (Rom 14:7)

Do you feel lonely?

Do you feel **overlooked**?

"Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. But a poor widow came and put in two very small copper coins, worth only a fraction of a penny. Calling his disciples to him, Jesus said, 'I tell you the truth, this poor widow **has put more into the treasury** than all the others.'" (Mark 12:41-43 NIV)

Do you feel **undervalued**?

"But I'm not the person for a job like that!" Moses exclaimed." (Exo 3:11)

Do you feel **intimidated**?

"Keep your lives free from the love of money and be content with what you have, because God has said, '**Never will I leave you; never will I forsake you.** So we say with confidence, 'The Lord is my helper; I will not be afraid. What can man do to me?'" (Heb 13:5-6)

Maybe you lack people skills

Are you **self-absorbed**?

Are you **sour and cynical**?

"Never criticize or condemn--or it will all come back on you." (Luke 6:37)

Are you **domineering**?

"Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared." (Prov 22:24-25)

A 3-Step Cure For Loneliness

You must start **showing up**.

"Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved." (Acts 2:46-47 NIV)

You must start **inconveniencing yourself**.

"Be devoted to **one another** in brotherly love. Honor **one another** above yourselves." (Rom 12:10)

You must identify **what you want then give it away**.

"For if you give, you will get! Your gift will return to you in full and overflowing measure, pressed down, shaken together to make room for more, and running over. Whatever measure you use to give--large or small--will be used to measure what is given back to you." (Luke 6:38)

"A man that hath friends must shew himself friendly:" (Proverbs 18:24 KJV)