



Satan can gain control of our soul through our emotions. (Ephesians 4:26-27)

Today I want to talk to you about the feeling of loneliness. Satan can use feelings of loneliness to gain control of our soul.

Being alone and feeling lonely are not the same. You can be alone and feel very happy about it. For example...

- We may want to be alone to work on a project that requires focus.
- We may want to be alone to rest and recover.
- We may want to be alone to process our feelings.
- We may want to be alone in prayer.

Being alone and feeling lonely are not the same.

Loneliness is a feeling of sadness. It is a feeling of grief. It is a feeling of emptiness.

That emotions comes from...

- **Feeling alone in your pain.**
The pain can be emotions or difficult circumstances.
- **Feeling like no one understands you.**
- **Feeling like no one cares about you.**

These feelings may or may not be based on the truth.

We can feel lonely and be deeply loved by others.

Loneliness is something that you cannot avoid.

- It is natural for us to feel loneliness if we live alone.
- It is natural for us to feel loneliness when someone we want to be with leaves us out.
- It is natural for us to feel loneliness when someone rejects us.
- It is natural for us to feel loneliness when someone we love leaves us.
- It is natural for us to feel loneliness when we hear songs or stories about an intimate relationship we do not have.
- It is natural for us to feel loneliness when we travel somewhere, and we do not know anyone.
- It is natural for us to feel loneliness when we fail.

Feelings of loneliness are unavoidable. They are not dangerous feelings unless those moments of loneliness become prolonged seasons of feeling lonely.

If this occurs, loneliness becomes a powerful emotion that can become a powerful motivation for the way we behave.

Seasons of loneliness...

- Can cause us to seek an intimate relationship with someone that is not good for us.
- Can cause us to compromise what we know is right to be accepted.
- Can cause us to become depressed and even suicidal.

Loneliness is an enormous problem in our society.

Loneliness is an enormous problem in the church.

Satan targets lonely people!

God said it is not good for man to be alone. (Genesis 2:18). He knows it is not good for man to be alone. He finds lonely people and tempts them to feel that need for relationship with something that God forbids. Then he uses their lusts to make them his slave.

The pain of loneliness is one of the greatest motivations for...

- Porn addiction
- Fornication
- Adultery
- Substance abuse
- Sexual abuse
- Rape
- Domestic violence
- Racism
- Gang violence

Satan enters people's souls through loneliness and then he controls them with their lusts!

Have you ever considered who is the loneliest man in the bible?



Luke 8:26-39

26 Then they sailed to the country of the Gadarenes, which is opposite Galilee. 27 And when He stepped out on the land, there met Him a certain man from the city who had demons for a long time. And he wore no clothes, nor did he live in a house but in the tombs. 28 When he saw Jesus, he cried out, fell down before Him, and with a loud voice said, "What have I to do with You, Jesus, Son of the Most High God? I beg You, do not torment me!" 29 For He had commanded the unclean spirit to come out of the man. For it had often seized him, and he was kept under guard, bound with chains and shackles; and he broke the bonds and was driven by the demon into the wilderness. 30 Jesus asked him, saying, "What is your name?" And he said, "Legion," because many demons had entered him. 31 And they begged Him that He would not command them to go out into the abyss. 32 Now a herd of many swine was feeding there on the mountain. So they begged Him that He would permit them to enter them. And He permitted them. 33 Then the demons went out of the man and entered the swine, and the herd ran violently down the steep place into the lake and drowned. 34 When those who fed them saw what had happened, they fled and told it in the city and in the country. 35 Then they went out to see what had happened, and came to Jesus, and found the man from whom the demons had departed, sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. 36 They also who had seen it told them by what means he who had been demon-possessed was healed. 37 Then the whole multitude of the surrounding region of the Gadarenes asked Him to depart from them, for they were seized with great fear. And He got into the boat and returned. 38 Now the man from whom the demons had departed begged Him that he might be with Him. But Jesus sent him away, saying, 39 "Return to your own house, and tell what great things God has done for you." And he went his way and proclaimed throughout the whole city what great things Jesus had done for him.

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In my opinion the loneliest man in the bible is this man. We do not know all the circumstances or emotional problems that caused this man's condition. But we do know that when Jesus found him, he was lonely.

- He was strange.

He could not be tamed
He wore no cloths
He cut himself

- He was misunderstood.
- He was rejected.
- He was forsaken by family and friends.

How did Jesus solve this man's problem with loneliness?

1. **Jesus made a special trip to love this man. (verse 26)**
Jesus made this trip for this man. He was the only person that Jesus healed on this trip. After healing this man, Jesus got back in his boat and left.
2. **Jesus delivered this man from those sins that caused him to be rejected by others. (verses 27-33)**
This man's sinful behavior was so out of control, that the authorities had him bound in chains. When he broke free of the chains and ran away, no one went to search for him.
3. **Jesus gave this man a mission that would cause him to experience community. (verses 34-39)**
We do not know the rest of this man's story other than he went home and told everyone in his city what Jesus had done for him.

But we do know what Jesus taught His church about loving one another and community.

John 13:35

35 By this all will know that you are My disciples, if you have love for one another."
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Acts 4:32

32 Now the multitude of those who believed were of one heart and one soul;
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Love one another is found 13 times in the New Testament. There are 59 one another's in the New Testament that teach us specifically how to relate one another in love.

Based on the teachings of Jesus, the church should be a culture of love unlike what anyone has every experienced.

Jesus understands loneliness

- He was strange.
- He was misunderstood.
- He was rejected.
- He was forsaken by family and friends.
- He was forsaken by His heavenly Father

What Jesus did for this man, He wants to do for you!

1. **Jesus made a special trip to love you. (Luke 19:10)**
2. **Jesus died on the cross and rose from the grave to deliver you from those sins that cause you to be rejected by others. (Romans 6:1-6)**

3. Jesus has a mission for you that will cause you to experience community like you have never experienced. (Matthew 16:18; John 13:34-35)

Jesus is the solution to man's problem with loneliness.

- He knows and understands us. (John 1:47-48)
- He never leaves or forsakes us. (Hebrews 13:5-6)
- He dwells in us. (John 14:16-18)
- He wants to communicate with us constantly. (Revelation 3:20)
- He places us in community. (Matthew 16:18)

What can I personally say about Jesus?

When I was a teenager, my favorite song was, "One is the Loneliest Number" by Three Dog Night. It was written in 1968. I was 14 years old.

"One is the loneliest number that you'll ever do
Two can be as bad as one
It's the loneliest number since the number one

No is the saddest experience you'll ever know
Yes, it's the saddest experience you'll ever know

'Cause one is the loneliest number that you'll ever do
One is the loneliest number, whoa-oh, worse than two

It's just no good anymore since you went away
Now I spend my time just making rhymes of yesterday

One is the loneliest number
One is the loneliest number
One is the loneliest number that you'll ever do

One is the loneliest
One is the loneliest
One is the loneliest number that you'll ever do

It's just no good anymore since you went away

One is the loneliest (number)
One is the loneliest (number)
One is..."

Song-I Am Not Alone

"I Am Not Alone"

When I walk through deep waters
I know that You will be with me
When I'm standing in the fire
I will not be overcome
Through the valley of the shadow

I will not fear

I am not alone
I am not alone
You will go before me
You will never leave me
I am not alone
I am not alone
You will go before me
You will never leave me

In the midst of deep sorrow
I see Your light is breaking through
The dark of night will not overtake me
I am pressing into You
Lord, You fight my every battle
And I will not fear

I am not alone
I am not alone
You will go before me
You will never leave me
I am not alone
I am not alone
You will go before me
You will never leave me

You amaze me
Redeem me
You call me as Your own
You amaze me
Redeem me
You call me as Your own
You amaze me
Redeem me
You call me as Your own
You amaze me
Redeem me
You call me as Your own

You're my strength
You're my defender
You're my refuge in the storm
Through these trials
You've always been faithful
You bring healing to my soul

I am not alone
I am not alone
You will go before me

You will never leave me
I am not alone
I am not alone
You will go before me
You will never leave me
I am not alone
I am not alone
You will go before me
You will never leave me
I am not alone
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