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Stuck: Destructive Lies We Tell Ourselves I'm All Alone

Isaiah 41:8–13 (HCSB)

But you, Israel, My servant, Jacob, whom I have chosen, descendant of Abraham, My friend - ⁹ I brought you from the ends of the earth and called you from its farthest corners. I said to you: You are My servant; I have chosen you and not rejected you. ¹⁰ Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you; I will hold on to you with My righteous right hand. ¹¹ Be sure that all who are enraged against you will be ashamed and disgraced; those who contend with you will become as nothing and will perish. ¹² You will look for those who contend with you, but you will not find them. Those who war against you will become absolutely nothing. ¹³ For I, Yahweh your God, hold your right hand and say to you: Do not fear, I will help you.

1. WE ARE NEVER ALONE WHEN WE ARE _____ BY GOD vv 8-9

- When God chooses us, He does not _____ us.

Ephesians 1:4–6 (HCSB)

For He chose us in Him, before the foundation of the world, to be holy and blameless in His sight. In love ⁵ He predestined us to be adopted through Jesus Christ for Himself, according to His favor and will, ⁶ to the praise of His glorious grace that He favored us with in the Beloved.

- Even if all others abandon us, we have the Godhead dwelling in us.
- You are _____ alone as one of His chosen ones

2. WHEN WE FEEL _____, GOD IS WITH US vv 10-13

- Even if we are alone, we do not have to _____.

Psalms 23:4 (HCSB)

Even when I go through the darkest valley, I fear no danger, for You are with me; Your rod and Your staff - they comfort me.

- We are not holding on to God when alone, He is holding on to us.

- You plus God equals a _____.

3. THE CURE FOR LONELINESS IS _____

- God never _____ us to be alone.

Genesis 2:18–24 (HCSB)

Then the LORD God said, "It is not good for the man to be alone. I will make a helper as his complement." ¹⁹ So the LORD God formed out of the ground every wild animal and every bird of the sky, and brought each to the man to see what he would call it. And whatever the man called a living creature, that was its name. ²⁰ The man gave names to all the livestock, to the birds of the sky, and to every wild animal; but for the man no helper was found as his complement. ²¹ So the LORD God caused a deep sleep to come over the man, and he slept. God took one of his ribs and closed the flesh at that place. ²² Then the LORD God made the rib He had taken from the man into a woman and brought her to the man. ²³ And the man said: This one, at last, is bone of my bone and flesh of my flesh; this one will be called "woman," for she was taken from man. ²⁴ This is why a man leaves his father and mother and bonds with his wife, and they become one flesh.

- We were built to gather together to worship.

Hebrews 10:24–25 (HCSB)

And let us be concerned about one another in order to promote love and good works, ²⁵ not staying away from our worship meetings, as some habitually do, but encouraging each other, and all the more as you see the day drawing near.

- God shows up when we gather in community.

Matthew 18:20 (HCSB)

"For where two or three are gathered together in My name, I am there among them."

- We are _____ together.

Ecclesiastes 4:9–12 (HCSB)

Two are better than one because they have a good reward for their efforts. ¹⁰ For if either falls, his companion can lift him up; but pity the one who falls without another to lift him up. ¹¹ Also, if two lie down together, they can keep warm; but how can one person alone keep warm? ¹² And if someone overpowers one person, two can resist him. A cord of three strands is not easily broken.

The Next Step:

Fight loneliness by drawing close to the Lord and surrounding yourself with other believers.