

17 Days On  
**LONELINESS**



...for I am *lonely* and afflicted...

Psalm 25:16

**Day 1:** Using a thesaurus or dictionary, do a word study of the word *loneliness*. List synonyms / antonyms / definitions.

List some causes of loneliness.

**Day 2:** Read these passages. Do these word pictures sufficiently depict your idea of loneliness? How does intense sadness affect the physical body?

- Job 7:1-4
- Job 12:4
- Psalm 38:8-11
- Proverbs 13:12

**Day 3:** Read Psalm 42 1-11. What conclusions does the writer draw? Reword each verse in a way that applies to you.

**Day 4:** Below are some Biblical suggestions of self-motivated loneliness. Determine which are wise or unwise. List other examples that come to mind.

- Exodus 2:11-15
- 1 Samuel 1:1-17
- Proverbs 16:28; 17:9
- Luke 1:80; Matthew 3:1-4
- Galatians 1:11-20

**Day 5:** Read Mark 1:40-45 and Luke 5:12-16. What are your thoughts concerning the turn of events? What emotions, choices, responses, intentions, etc., shaped the direction the story takes?

**Day 6:** Below are some Biblical suggestions of loneliness prompted by others. Are these examples familiar to you? What are some experiences you have faced that have landed you in a type of despair?

- Jeremiah 11:17-19
- Psalm 41:7-9
- Genesis 16:1-9
- 1 Kings 19:1-5
- Jeremiah 38:1-13

**Day 7:** Reflect on Luke 8:26-39. Why was this man alone in the cemetery? What effect did Jesus' touch have on his life?

**Day 8:** Below are some scriptures suggesting sorrow-induced loneliness. What are your reflections on these verses?

- Psalm 90:10
- Psalm 116:1-16
- Ecclesiastes 1:18
- Lamentations 5:15
- Romans 9:1-3
- Isaiah 53:3
- Luke 22:54-62

**Day 9** Meditate on Psalm 6. David's prayer is laced with deep emotion. Notice how he discloses his sadness with descriptions of his broken body. Describe a lonely time in your past (or present). How physical changes occurred as a direct connection to the loneliness/despondency?

**Day 10:** Examine your Christian life for times when your loneliness turned out to be God's discipline or God's instruction. Look at these Biblical examples:

- Isaiah 54:7-8
- Mark 1:12-13
- Genesis 40:20-21; 50:15, 19-21
- 2 Corinthians 7:10
- Revelation 1:1-2, 9-12

**Day 11:** Read Lamentations 3:1-66. Compare Jeremiah's disciplinary loneliness to any experiences you have had in the past. How can his monologue prepare for future chastening?

**Day 12:** Reflect these Biblical promises. What do each mean to you? Can you relate and testify to any of the examples?

- Psalm 68:5-6
- Psalm 107:41
- Psalm 27:10
- Nehemiah 9:31
- Hebrews 13:4-6
- Psalm 66:20
- Psalm 9:12, 18
- Matthew 5:3

**Day 13:** Compare Isaiah 61:1-3 and Luke 4:16-22, 24, 28-30. Meditate on the imagery in the prophecy that Jesus read in the temple. How did the Jewish people in the synagogue treat him after his reading. What negative emotion(s) did Jesus endure? Have you ever felt this way?

**Day 14:** Read the petitions of lonely people in the Bible. Is the transparency in the prayers disturbing to you? Write a prayer (or praise) of your own.

- Ps 142:5-7
- Jeremiah 12:1-4
- Mark 14:32-40

**Day 15:** Refer to Day One's list of synonyms for loneliness. How many have you experienced? How many do you think Jesus felt while here on earth? Read and label each emotion found in these verses.

- Matthew 9:23-24; 27:31
- Matthew 27:46, Psalm 22:1
- Mark 14:18
- Mark 14:50
- Luke 13:34
- Luke 22:34
- John 2:13-16
- John 13:21

**Day 16:** Read Genesis 2:18. What was God's initial plan for Adam and Eve? How does the Bible view singleness? Paraphrase these verses.

- 1 Corinthians 7:1-9
- Isaiah 1:17
- Luke 18:1-5
- Proverbs 15:25
- 1 Timothy 5:5, 16
- Exodus 22:22

**Day 17:** Read Luke 2:36-38. Describe her adulthood. What honor did God bestow on her as a single woman? What other thoughts stand out to you?

*More Thoughts On...*  
**Loneliness**

*“The greatest disease in the West today is not TB or leprosy; it is being unwanted, unloved, and uncared for. We can cure physical diseases with medicine, but the only cure for loneliness, despair, and hopelessness is love. There are many in the world who are dying for a piece of bread but there are many more dying for a little love. The poverty in the West is a different kind of poverty -- it is not only a poverty of loneliness but also of spirituality. There's a hunger for love, as there is a hunger for God.”*  
- Mother Teresa

*“If you feel a great loneliness and a deep longing for human contact, you have to be extremely discerning...and ask yourself if this situation is truly God given. Because where God wants you to be, God holds you safe and give you peace, even when there is pain. To live a disciplined life is to live in such a way that you want only to be where God is with you. The more deeply you live your spiritual life, the easier it will be to discern the difference between living with God and living without God, and the easier it will be to move away from the places where God is no longer with you.”*  
- Henri J. M. Nouwen

*“Snuggle in God’s arms. When you are hurting, when you feel lonely, left out, let Him cradle you, comfort you, reassure you of His all-sufficient power and love.”*  
-Kay Arthur

*“Loneliness comes over us sometimes as a sudden tide. It is one of the terms of our humanness, and, in a sense, therefore, incurable. Yet I have found peace in my loneliest times not only through acceptance of the situation, but through making it an offering to God, who can transfigure it into something for the good of others.”*  
- Elisabeth Elliot

*“Loneliness is inner emptiness. Solitude is inner fulfillment.”*  
- Richard J. Foster

*“God of our life, there are days when the burdens we carry chafe our shoulders and weigh us down; when the road seems dreary and endless, when the skies grey and threatening; when our lives have no music in them, and our hearts are lonely, and our souls have lost their courage. Flood the path with light, run our eyes to where the skies are full of promise; tune our hearts to brave music; give us the sense of comradeship with heroes and saints of every age; and so quicken our spirits that we may be able to encourage the souls of all who journey with us on the road of life, to Your honor and glory.”*  
- Augustine

*“Aloneness can lead to loneliness. God’s preventative for loneliness is intimacy-meaningful, open, sharing relationships with one another. In Christ we have the capacity for the fulfilling sense of belonging which comes from intimate fellowship with God and other believers.”*  
- Neil T. Anderson

*Further Reading On...*  
***Loneliness***

*Love Me, Never Leave Me: Discovering the Inseparable Bond That Our Hearts Crave*  
by Marilyn Meberg

*Into Abba's Arms* by Sandra D. Wilson

*Connected: Curing the Pandemic of Everyone Feeling Alone Together* by Erin Davis

*When Women Walk Alone: Finding Strength and Hope Through the Seasons of Life*  
By Cindi McMenamin

*The Power of One: Theological Reflections on Loneliness* by Anette Ejsing