

## LONELINESS

Loneliness had become a growing epidemic itself. For those who live alone, it is nothing short of isolating.

Poet John Milton pointed out that “**Loneliness is the first thing which God’s eye named not good.**” When God surveyed His creation at the dawn of human history, He declared,

1. “**It is not good for man to be alone.** I will make a helper suitable for him” (Gen. 2:18).
2. He knew that His crowning creation would need companionship and fellowship.

With the creation of Eve, God met that need. When the first humans sinned, however, a wedge was driven – for the first time – between them and God, and husband and wife. Sin entered the world – and with it, conflict, selfishness, and loneliness.

In order to help us with these difficulties, God has shared His desire and guidance, through His word,

3. for us to love and support one another.
4. In the New American Standard Bible translation, the phrase *one another* is listed 161 times.
  - a. John 13:35 says “Love one another”;
  - b. Hebrews 3:13 says: “encourage one another”;
  - c. Galatians 5:13: “through love serve one another”. God desires for us to be in fellowship with others to both give and receive encouragement and support.

**It is not good for us to be alone.**

5. Don’t wait for someone else to reach out to you; they may be lonely as well.

6. Think of how much of an encouragement you can be to others right now and at the same time, be encouraged by them.