

# Living with Loneliness

*Stuart Briscoe*

## I. Introduction.

A. Text: Philippians 4:10-13.

## II. The problem of loneliness.

A. Alienation breeds loneliness.

B. Paul felt lonely because he did not hear from dear friends for ten years.

C. The cause of loneliness is the design of God to move us back to him (Lamentations 3:27), the demands of leadership, the death of a loved one (Luke 2:35) and the desertion of friends (2 Timothy 4).

D. The curse of loneliness: it can breed selfishness and bitterness. (Luke 10:14, Psalm 2)

## III. The process of contentment.

A. The contentment of loneliness: we always have the Lord. (Hebrews 13:5)

B. Contentment has to be learned.

## IV. The principle of living: we can do all things through Christ who strengthens us.

A. This is based on convictions that all things are possible, Christ is all powerful and that we can be content.

B. This intellectual conviction must be put into practice. We can through Christ cope.

### **Application questions:**

1. Have you ever gone through loneliness? What did you learn?

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2. Why can loneliness be a dangerous place?

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3. What is the key to finding contentment in loneliness?

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