

Series: Spring Cleaning
Title: Getting Rid of Loneliness



Pastor/ Teacher: Dr. James H. Mason, III

“Then a woman who had suffered from a **hemorrhage for twelve years** came up behind Him and touched the [tassel] fringe of His outer robe; for she had been saying to herself, **“If I only touch His outer robe, I will be healed.”** But Jesus turning and seeing her said, “Take courage, daughter; your [personal trust and confident] faith [in Me] has made you well.” And at once the woman was [completely] healed.”

(Matthew 9:20-22 AMP)

<https://bible.com/bible/1588/mat.9.20-22.AMP>

“A woman [in the crowd] had [suffered from] a **hemorrhage for twelve years, and had endured much [suffering] at the hands of many physicians.** She had spent all that she had and was not helped at all, but instead had become worse. **She had heard [reports] about Jesus, and she came up behind Him in the crowd and touched His outer robe. For she thought, “If I just touch His clothing, I will get well.”** Immediately her flow of blood was dried up; and she felt in her body [and

knew without any doubt] that she was healed of her suffering. Immediately Jesus, recognizing in Himself that power had gone out from Him, turned around in the crowd and asked, “Who touched My clothes?” His disciples said to Him, “You see the crowd pressing in around You [from all sides], and You ask, ‘Who touched Me?’ ” Still He kept looking around to see the woman who had done it. **And the woman, though she was afraid and trembling, aware of what had happened to her, came and fell down before Him and told Him the whole truth. Then He said to her, “Daughter, your faith [your personal trust and confidence in Me] has restored you to health; go in peace and be [permanently] healed from your suffering.”** (Mark 5:25-34 AMP)

<https://bible.com/bible/1588/mrk.5.25-34.AMP>

“And a woman who had [suffered from] a hemorrhage for twelve years [and had spent all her money on physicians], and could not be healed by anyone, came up behind Him and touched the fringe of His outer robe, and immediately her bleeding stopped. Jesus said, “Who touched Me?” While they all were denying it, Peter [and those who were with him] said, “Master, the people are crowding and pushing against You!” But Jesus said, “Someone did touch Me, because I was aware that power [to heal] had gone out of Me.” When the woman saw that she had not escaped notice, she came up

trembling and fell down before Him. She declared in the presence of all the people the reason why she had touched Him, and how she had been immediately healed. He said to her, “Daughter, your faith [your personal trust and confidence in Me] has made you well. Go in peace (untroubled, undisturbed well-being).”

(Luke 8:43-48 AMP)

<https://bible.com/bible/1588/luk.8.43-48.AMP>

Many people in the Bible dealt with loneliness.

David

“I am like an owl in the desert, like a little owl in a far-off wilderness. I lie awake, lonely as a solitary bird on the roof.”

(Psalms 102:6-7 NLT)

<https://bible.com/bible/116/psa.102.6-7.NLT>

“I look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one cares a bit what happens to me.”

(Psalms 142:4 NLT)

<https://bible.com/bible/116/psa.142.4.NLT>

Jeremiah the prophet

He was the winning and weeping prophet. He was always lamenting.

“Oh, that I could go away and forget my people and live in a travelers’ shack in the desert. For they are all adulterers— a pack of treacherous liars.”

(Jeremiah 9:2 NLT)

<https://bible.com/bible/116/jer.9.2.NLT>

Paul the apostle

“For that [gospel] I am suffering even to [the point of] wearing chains like a criminal; but the word of God is not chained or imprisoned! For this reason I [am ready to] patiently endure all things for the sake of those who are the elect (God’s chosen ones), so that they too may obtain the salvation which is in Christ Jesus and with it the reward of eternal glory.”

(2 Timothy 2:9-10 AMP)

<https://bible.com/bible/1588/2ti.2.9-10.AMP>

Hagar

“So Abraham got up early in the morning and took bread and a skin of water and gave them to Hagar, putting them on her shoulder, and gave her the boy, and sent her away. And she left [but lost her way] and wandered [aimlessly] in the Wilderness of Beersheba. When the water in the skin was all gone, Hagar abandoned the boy under one of

the bushes. Then she went and sat down opposite him, about a bowshot away, for she said, “Do not let me see the boy die.” And as she sat down opposite him, she raised her voice and wept. God heard the voice of the boy, and the angel of God called to Hagar from heaven and said to her, “What troubles you, Hagar? Do not be afraid, for God has heard the voice of the boy from where he is [resting].”

(Genesis 21:14-17 AMP)

<https://bible.com/bible/1588/gen.21.14-17.AMP>

Job

“He has put my brothers far from me, And my acquaintances are completely estranged from me. My relatives have failed [me], And my intimate friends have forgotten me. Those who live [temporarily] in my house and my maids consider me a stranger; I am a foreigner in their sight. I call to my servant, but he does not answer; I have to implore him with words. My breath is repulsive to my wife, And I am loathsome to my own brothers.”

(Job 19:13-17 AMP)

<https://bible.com/bible/1588/job.19.13-17.AMP>

Jesus

“About the ninth hour Jesus cried out with a loud [agonized] voice, “Eli, Eli, lama sabachthani?” that is, “My God, My God, why have You forsaken Me?”

(Matthew 27:46 AMP)

<https://bible.com/bible/1588/mat.27.46.AMP>

I. _____

“A woman [in the crowd] had [suffered from] a hemorrhage for twelve years, and had endured much [suffering] at the hands of many physicians. She had spent all that she had and was not helped at all, but instead had become worse.”

(Mark 5:25-26 AMP)

“She declared in the presence of all the people the reason why she had touched Him, and how she had been immediately healed. He said to her, “Daughter, your faith [your personal trust and confidence in Me] has made you well. Go in peace (untroubled, undisturbed well-being).”

(Luke 8:47-48 AMP)

What’s your condition that’s led to loneliness?

II. _____

“She had heard [reports] about Jesus, and she came up behind Him in the crowd and touched His outer robe. For she thought, “If I just touch His clothing, I will get well.”

(Mark 5:27-28 AMP)

“So faith comes from hearing [what is told], and what is heard comes by the [preaching of the] message concerning Christ.”

(Romans 10:17 AMP)

<https://bible.com/bible/1588/rom.10.17.AMP>

“Now faith is the assurance (title deed, confirmation) of things hoped for (divinely guaranteed), and the evidence of things not seen [the conviction of their reality—faith comprehends as fact what cannot be experienced by the physical senses]. For by this [kind of] faith the men of old gained [divine] approval.”

(Hebrews 11:1-2 AMP)

<https://bible.com/bible/1588/heb.11.1-2.AMP>

We must believe what we hear about Jesus.

III. _____

“And a woman who had [suffered from] a hemorrhage for twelve years [and had spent all her money on physicians], and could not be healed by anyone, came up behind Him and touched the fringe of His outer robe, and immediately her bleeding stopped. Jesus said, “Who touched Me?”

(Luke 8:43-45 AMP)

“Now faith is the assurance (title deed, confirmation) of things hoped for (divinely guaranteed), and the evidence of things not seen [the conviction of their reality—faith comprehends as fact what cannot be experienced by the physical senses]. For by this [kind of] faith the men of old gained [divine] approval.” (Hebrews 11:1-2 AMP)

<https://bible.com/bible/1588/heb.11.1-2.AMP>

Ways to get rid of loneliness:

- Get out and be with other positive people (she pressed her way through the crowd.)
- Join a small group
- Become active in your church
- Maintain reciprocal relationships
- Listen to biblical worship songs
- Pour into someone
- **Married:** Talk to your spouse, meet each other’s needs, listen to each other, pray together, spend quality time together, become active in your church
- **Singles:**
 - Spend time with other “safe” singles
 - Play worship music
 - Focus on other things

- Focus on the positive
- Become active in your church

Stay with the flock

- The sheep who goes off on his or her own can be harmed or even killed.
- You need to be around people. You were made for community.

Loneliness is bad for your health.

The 59 “One Another's” of the New Testament*

1. “...*Be at peace with each other.*” (Mark 9:50)
2. “...*Wash one another’s feet.*” (John 13:14)
3. “...*Love one another...*” (John 13:34)
4. “...*Love one another...*” (John 13:34)
5. “...*Love one another...*” (John 13:35)
6. “...*Love one another...*” (John 15:12)
7. “...*Love one another*” (John 15:17)
8. “*Be devoted to one another in brotherly love...*” (Romans 12:10)
9. “...*Honor one another above yourselves.*” (Romans 12:10)

10. *“Live in harmony with one another...”* (Romans 12:16)
11. *“...Love one another...”* (Romans 13:8)
12. *“...Stop passing judgment on one another.”* (Romans 14:13)
13. *“Accept one another, then, just as Christ accepted you...”* (Romans 15:7)
14. *“...Instruct one another.”* (Romans 15:14)
15. *“Greet one another with a holy kiss...”* (Romans 16:16)
16. *“...When you come together to eat, wait for each other.”* (I Cor. 11:33)
17. *“...Have equal concern for each other.”* (I Corinthians 12:25)
18. *“...Greet one another with a holy kiss.”* (I Corinthians 16:20)
19. *“Greet one another with a holy kiss.”* (II Corinthians 13:12)
20. *“...Serve one another in love.”* (Galatians 5:13)
21. *“If you keep on biting and devouring each other...you will be destroyed by each other.”*
(Galatians 5:15)
22. *“Let us not become conceited, provoking and envying each other.”* (Galatians 5:26)

23. *“Carry each other’s burdens...”* (Galatians 6:2)
24. *“...Be patient, bearing with one another in love.”*
(Ephesians 4:2)
25. *“Be kind and compassionate to one another...”*
(Ephesians 4:32)
26. *“...Forgiving each other...”* (Ephesians 4:32)
27. *“Speak to one another with psalms, hymns and spiritual songs.”* (Ephesians 5:19)
28. *“Submit to one another out of reverence for Christ.”*
(Ephesians 5:21)
29. *“...In humility consider others better than yourselves.”* (Philippians 2:3)
30. *“Do not lie to each other...”* (Colossians 3:9)
31. *“Bear with each other...”* (Colossians 3:13)
32. *“...Forgive whatever grievances you may have against one another.”* (Colossians 3:13)
33. *“Teach...[one another]”* (Colossians 3:16)
34. *“...Admonish one another* (Colossians 3:16)
35. *“...Make your love increase and overflow for each other.”* (I Thessalonians 3:12)
36. *“...Love each other.”* (I Thessalonians 4:9)
37. *“...Encourage each other...”* (I Thessalonians 4:18)
38. *“...Encourage each other...”* I Thessalonians 5:11)

39. “...Build each other up...” (I Thessalonians 5:11)
40. “Encourage one another daily...” (Hebrews 3:13)
41. “...Spur one another on toward love and good deeds.” (Hebrews 10:24)
42. “...Encourage one another.” (Hebrews 10:25)
43. “...Do not slander one another.” (James 4:11)
44. “Don’t grumble against each other...” (James 5:9)
45. “Confess your sins to each other...” (James 5:16)
46. “...Pray for each other.” (James 5:16)
47. “...Love one another deeply, from the heart.” (I Peter 3:8)
48. “...Live in harmony with one another...” (I Peter 3:8)
49. “...Love each other deeply...” (I Peter 4:8)
50. “Offer hospitality to one another without grumbling.” (I Peter 4:9)
51. “Each one should use whatever gift he has received to serve others...” (I Peter 4:10)
52. “...Clothe yourselves with humility toward one another...” (I Peter 5:5)
53. “Greet one another with a kiss of love.” (I Peter 5:14)
54. “...Love one another.” (I John 3:11)
55. “...Love one another.” (I John 3:23)

56. “...Love one another.” (I John 4:7)
57. “...Love one another.” (I John 4:11)
58. “...Love one another.” (I John 4:12)
59. “...Love one another.” (II John 5)

Answer Key

I. We must be honest about the cause of our loneliness.

II. We must keep our ears open to the truth about the one who can help us in our loneliness.

III. We must be courageous in doing something about our loneliness.

What is the Holy Spirit saying to me through this message?
