



Bible Study

Wednesday, September 27, 2023

“HOW TO DEAL WITH HOW YOU FEEL”

Just because you are a Christian does not mean that you are exempt from uncontrolled emotions. If we do not learn how to control our emotions, our emotions will control us. In this new Bible Study series, based on the book of the same title by Dr. James Merritt, we look at topics that affect our emotions and more importantly how to control those emotions. In other words, my prayer is that these lessons will help you to “Deal with How You Feel.”

LONELINESS

Definition: The feeling of being alone or isolated from others.

I. Lonely People Are Everywhere – Even in The Bible

1. Jacob running from his brother Esau
2. Paul in prison
3. Jesus praying in the Garden of Gethsemane
4. Jesus while hanging on the cross

Genesis 32:22-24

2nd Timothy 4:16

Matthew 26:36-40, 56

Mark 15:33-34

II. The Problem of Loneliness

1. It can happen to any of us, no one is exempt.

III. The Presence of Loneliness

1. Transient loneliness – lasts anywhere from a few minutes to a few hours.
2. Situational loneliness – results from a significant event.
3. Chronic loneliness – people who feel there’s no way out.

IV. The Power to Get Out of Loneliness

1. Reach up!
2. Reach within!
3. Reach out!

Psalms 121:1-2; Hebrews 13:5

John 14:16-18; 1st John 4:4

Proverbs 27:17

Brothers and Sisters here is a Biblical fact. The moment you make up in your mind that nothing can separate you from your relationship with God through His Son Jesus Christ – you will never be alone again!!!