


Feeling Alone





We live in a world
where we can have
hundreds of "friends"
and thousands of
followers.

So why are we the
loneliest generation
in history?

Why do we still feel
alone?

Loneliness is something
we all struggle with.

Why do people not want to
be around me?

Why is it so hard to make
friends?

Why aren't my relationships
fulfilling?

Why do I feel so alone?

Is my life always going to
be like this?

The Bible tells us we crave human connection because we were made for community—first with God and then with one another.

God experienced loneliness, too, so He knows what you're feeling.

Even Jesus, who was God in human form, was abandoned by His friends—and by His Father!

And He did all this so we could have our deep desire for community and friendship satisfied in Him and with His people.

What you are about to read is a short summary of how God wants to meet you in your loneliness—by telling you He knows how lonely you can feel.

And He will never abandon you.

He wants to set the lonely into families—and then to have these families go out and help others who are struggling with loneliness.

NOTE: tap on the Bible references to read the verses in context using the NewLife app or online at www.newlife.bible

A person wearing a dark hoodie and jeans stands with their back to the camera on a train platform. A high-speed train is blurred in motion, passing behind them. The scene is captured in a cool, blue-toned aesthetic. The text "OUR LONELINESS" is overlaid in white, bold, sans-serif capital letters.

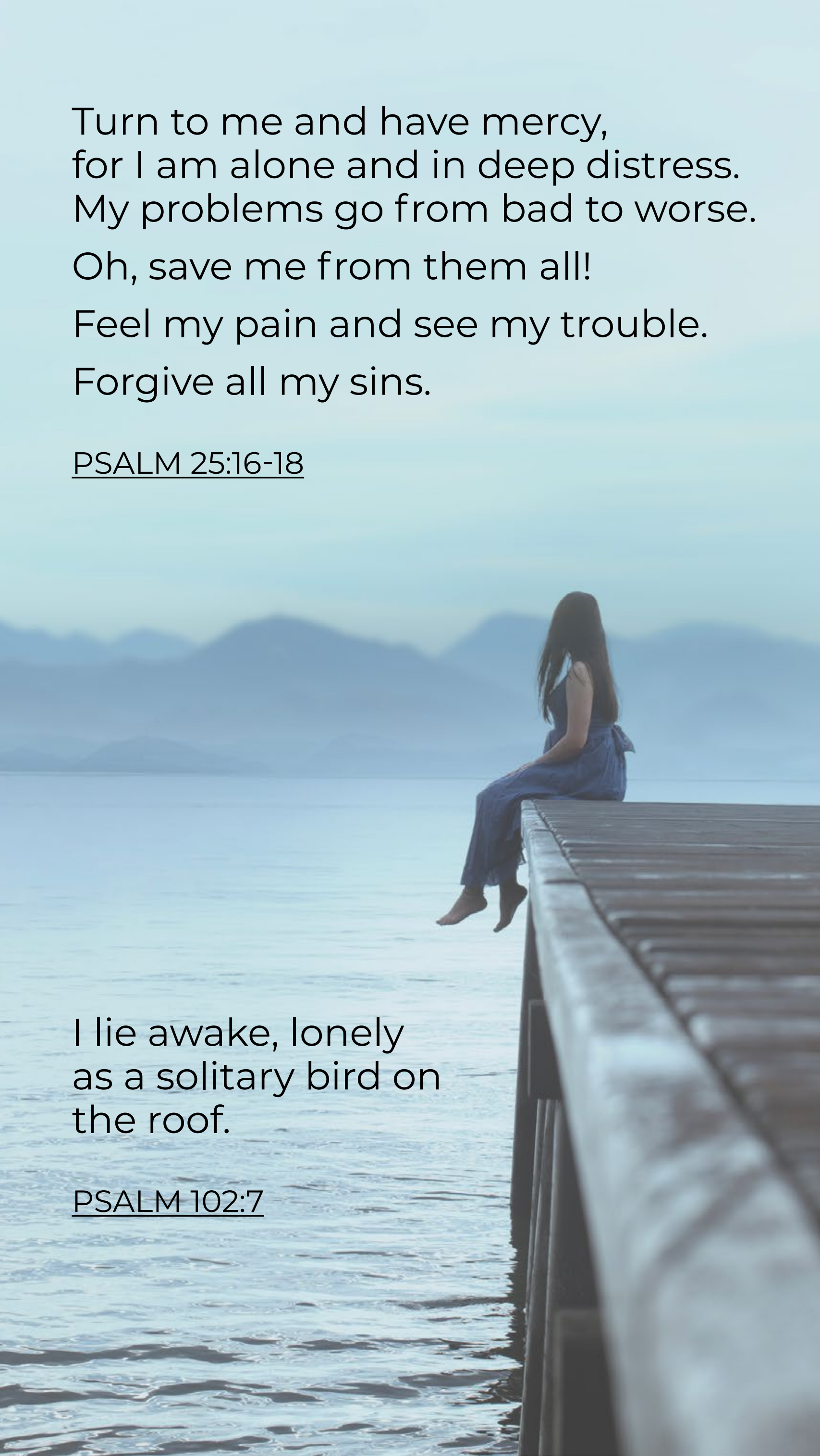
OUR LONELINESS


Turn to me and have mercy,
for I am alone and in deep distress.
My problems go from bad to worse.
Oh, save me from them all!
Feel my pain and see my trouble.
Forgive all my sins.

PSALM 25:16-18

I lie awake, lonely
as a solitary bird on
the roof.

PSALM 102:7



The background of the image is a full-page photograph of a mountainous landscape. In the foreground, there are dark, rugged, and rocky mountain ridges. In the background, there are more distant, green-covered mountain ranges. The sky is filled with large, billowing clouds, and the sun is low on the horizon, creating a warm, golden-orange glow that permeates the entire scene. The text is centered in the middle of the image, overlaid on the sky and the distant mountains.

JESUS' **LONELINESS**

"But the time is coming—indeed it's here now—when you will be scattered, each one going his own way, leaving me alone. Yet I am not alone because the Father is with me."

JOHN 16:32

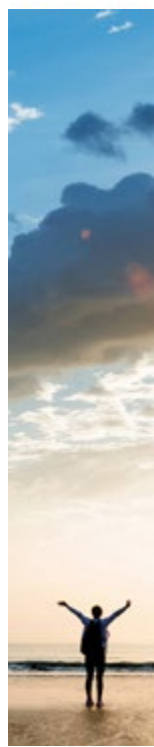
At that point, all the disciples deserted him and fled.

MATTHEW 26:56b




Jesus called out with a loud voice, "Eli, Eli, lema sabachthani?" which means **"My God, my God, why have you abandoned me?"**

MATTHEW 27:46



EXPERIENCING
COMMUNITY



“Come to me, all of you
who are weary and
carry heavy burdens,
and I will give you rest.”

MATTHEW 11:28

Come close to God,
and God will come
close to you.

JAMES 4:8

“No, I will not
abandon you
as orphans –
I will come to you.”

JOHN 14:18

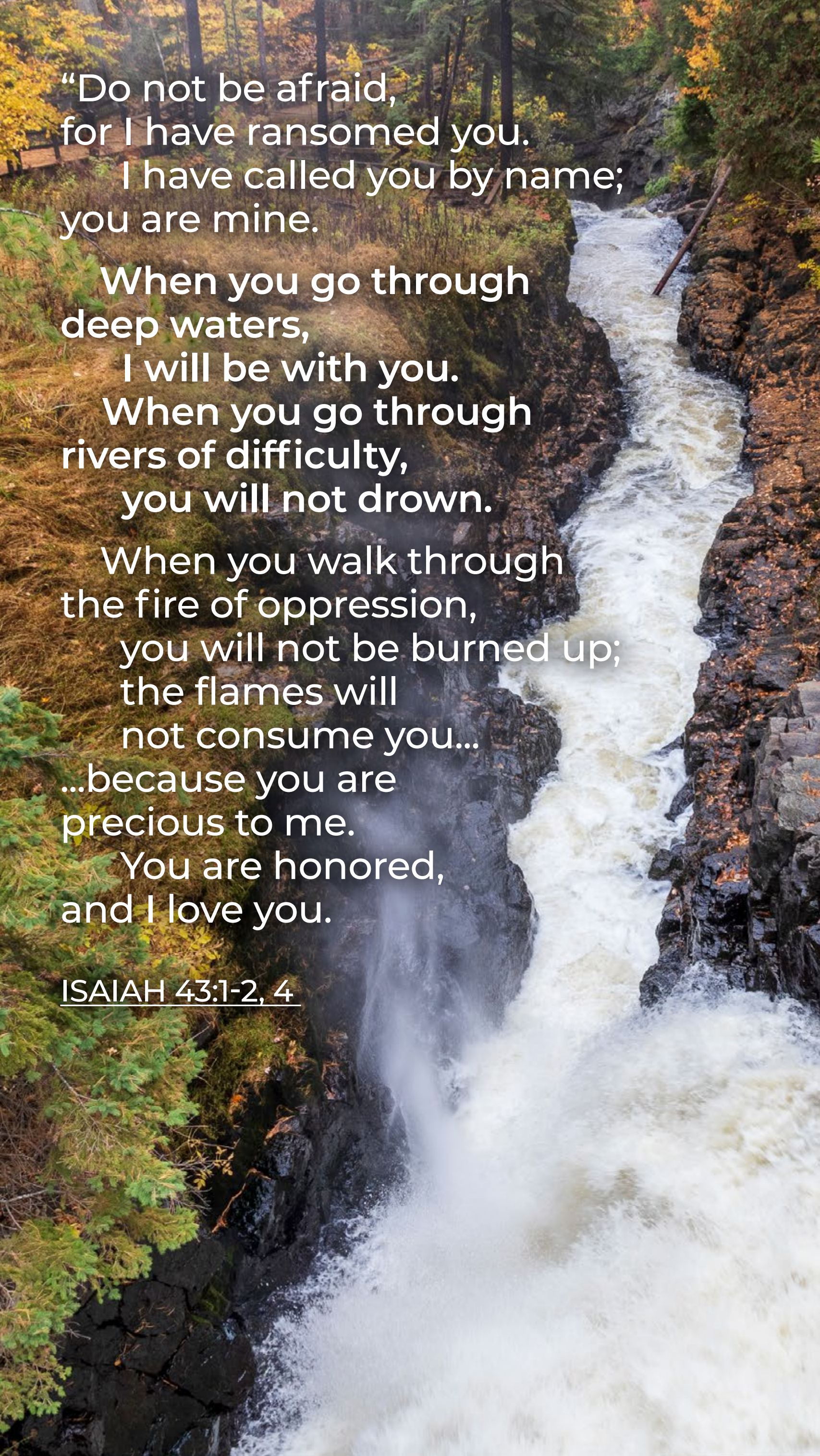
The faithful love of the Lord never ends!

His mercies never cease.
Great is his faithfulness;
his mercies begin afresh
each morning.

I say to myself, "The Lord is my inheritance;
therefore, I will hope in him!"

LAMENTATIONS 3:22–24



A vertical photograph of a waterfall. The water is white and turbulent as it falls over dark, layered rock formations. The surrounding forest has trees with yellow and orange autumn leaves. The text is overlaid on the left side of the image.

“Do not be afraid,
for I have ransomed you.
I have called you by name;
you are mine.

When you go through
deep waters,
I will be with you.

When you go through
rivers of difficulty,
you will not drown.

When you walk through
the fire of oppression,
you will not be burned up;
the flames will
not consume you...
...because you are
precious to me.

You are honored,
and I love you.

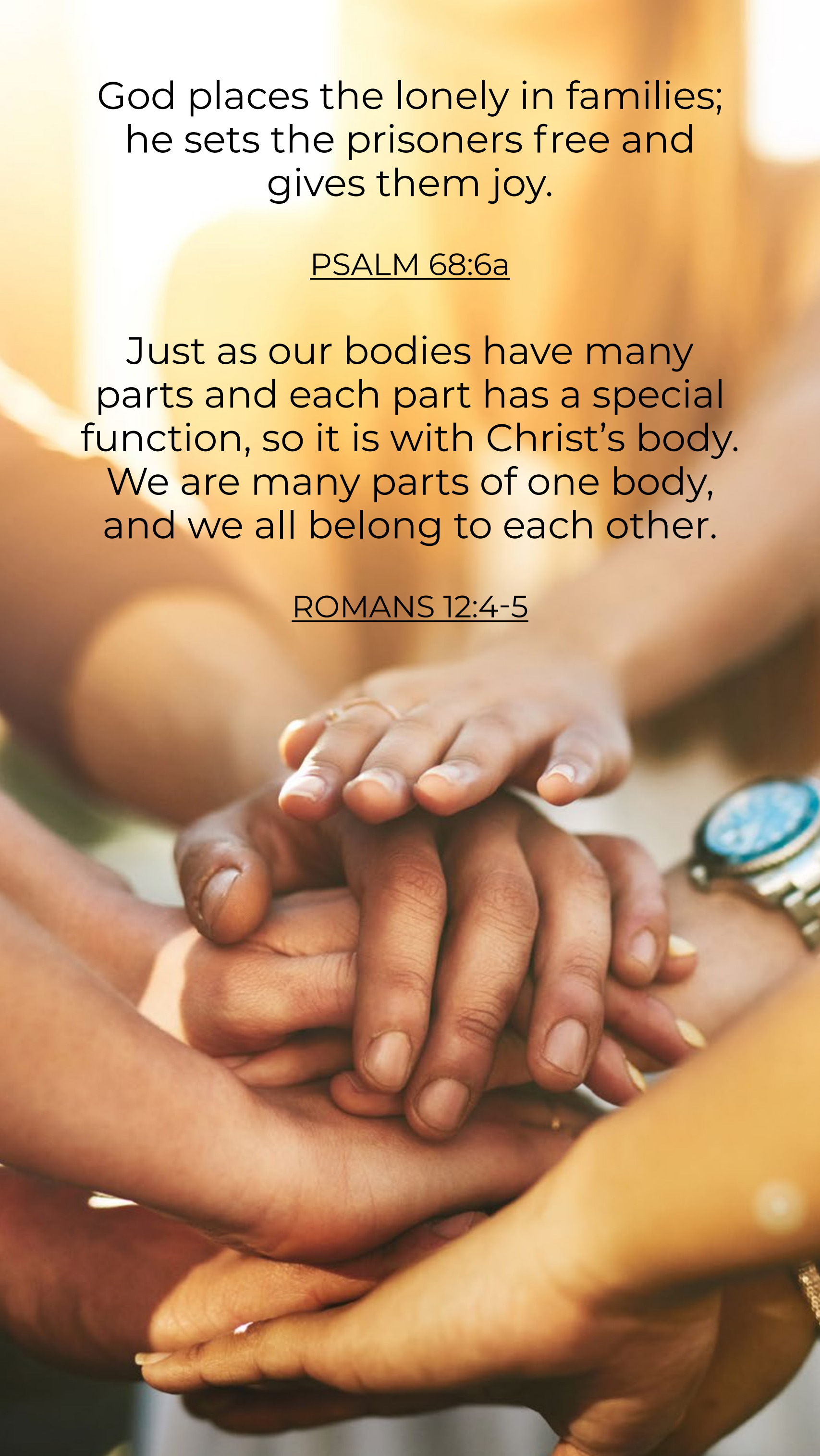
ISAIAH 43:1-2, 4


God places the lonely in families;
he sets the prisoners free and
gives them joy.

PSALM 68:6a

Just as our bodies have many
parts and each part has a special
function, so it is with Christ's body.
We are many parts of one body,
and we all belong to each other.

ROMANS 12:4-5





"I am leaving you
with a gift—peace
of mind and heart.
And the peace I
give is a gift the
world cannot
give. So don't be
troubled or afraid."

JOHN 14:27

Now may the Lord
of peace himself
give you his peace
at all times and in
every situation. The
Lord be with you all.

2 THESSALONIANS 3:16

"And be sure of
this: I am with you
always, even to the
end of the age."

MATTHEW 28:20

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