

# “Getting over the Blues”

## (How to Deal with Loneliness)

PASTOR WILLIE BURRELL, JR. (THM)

(2 TIMOTHY 1:1-7)

APRIL 7, 2021

### **Read 2 Timothy 1:1-7 (NAS)**

<sup>1</sup> Paul, an apostle of Christ Jesus by the will of God, according to the promise of life in Christ Jesus, <sup>2</sup> to Timothy, my beloved son: Grace, mercy *and* peace from God the Father and Christ Jesus our Lord. <sup>3</sup> I thank God, whom I serve with a clear conscience the way my forefathers did, as I constantly remember you in my prayers night and day, <sup>4</sup> longing to see you, even as I recall your tears, so that I may be filled with joy. <sup>5</sup> For I am mindful of the sincere faith within you, which first dwelt in your grandmother Lois, and your mother Eunice, and I am sure that *it is* in you as well. <sup>6</sup> And for this reason I remind you to kindle afresh the gift of God which is in you through the laying on of my hands. <sup>7</sup> For God has not given us a spirit of timidity, but of power and love and discipline.

### **-Illustration – Men who sang the Blues-**

1. Think of a time you or someone you know experienced a period of loneliness. How did you know?
2. How did you or they deal with their bout with loneliness?

### **Deeper Study: Others who suffered loneliness. How did they deal with it?**

- (1) **Elijah** faced loneliness. (1 Kings 19:4, 10, 14)
- (2) **Jonah** faced loneliness. (Jonah 4:1-11)
- (3) **Naomi** faced loneliness. (Ruth 1:1-5, 20-21)
- (4) **Jesus** faced loneliness. (Mt. 26:56; Mark 14:50)
3. **Reread 2 Tim. 1:1-7:** What did you discover about the main characters? What was their relationship? Where were they? When was Paul writing? Why was Paul experiencing loneliness (vs.4)? Does it surprise you that someone like **the apostle Paul** would experience lonely feelings? Why or why not?
4. Read **2Cor. 1:5-11; 11:23-33** and consider the kind of experiences that may cause feelings of loneliness.
5. Which actions can you identify with that helped Paul in dealing with his feelings of loneliness? (vs. 1-7)
  - (1) He acknowledged a Personal Relationship w/Christ – *Draw comfort from Christ’s promises.* (v.1)
  - (2) He knew God’s Purpose – *Keep fulfilling your calling & ministry – You are important!* (v.1)
  - (3) He was confident he was in God’s will – *Accept that you are right where God wants you to be.* (v.1)
  - (4) He ministered to Timothy’s need – *Call, pray for, text, and seek to encourage others* (vs.2, 6-7)
  - (5) He prayed regularly for Timothy – *Pray more for others than yourself.* (v.3)

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- (6) He confessed his longing for Timothy – *Confess your feelings of loneliness with close friends.* (v.4)
- (7) He remembered special moments – *Share fond and significant memories with others.* (vs.4-5)
- (8) He desired Timothy’s friendship – *Lonely Christians need Companionship; it brings Joy.* (v.4)

### **Deeper Study:** (Read the following passages and answer Why is companionship so meaningful?)

- (1) **Gen. 2:18-25** – The companionship of **Adam and Eve.**
- (2) **1 Sam. 18:1-4; 19:1-7** – The companionship of **David and Jonathan.**
- (3) **Ruth 1:16-18; 4:13-17** – The companionship of **Naomi and Ruth.**
- (4) **John 15:13-15** – The companionship of the **Believer and Christ.**

When we experience the loss of a companion, what must help us is to know that ultimately our companionship is with Christ who promises never to leave nor forsake us! (1 Kings 8:57; Neh. 9:19; Psa.27:10; Heb. 13:5-8)

### **Illustration – The Lone Ranger was never really alone; he always had Tonto!**

- 6. **Review these 8 actions. How do you think each act might help you get past feelings of loneliness?**
  
- 7. **Application: Instead of “Singing the Blues,” why not practice the principles God teaches here.**
  - (1) Recognize that even though a Christian, *you are not immune from feelings of loneliness!*
  - (2) If battling your own depression or feelings of loneliness *pray that God would help you to follow Paul’s pattern* of dealing with loneliness in your personal life!
  - (3) Seek ways to allow God to *use you to be an encouragement* to someone battling loneliness today!
  - (4) Remember: regardless of your experience of loneliness, *Christ is always your greatest companion!*

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