



New Life Christian Growth Series

“Fighting Loneliness”

Booklet #23

Mountain State Ministries
P.O. Box 217
Springfield, WV 26763
www.mountainstateministries.org

Today's Date: _____

Your Name: _____

Your Address: _____

General Instructions:

1. Please fill in the blanks on the following pages using a King James Version of the Bible. Please read the detailed instructions for the individual lessons on page 6 before you begin to put pen to paper. NOTE: The individual lessons are designed to be completed daily so you can meditate on the material.
2. When you are done, return the **Review Section (Pages 33-36) of this booklet** to the address provided below. Keep the rest of this Booklet (Pages 1-32) for your own use. Review Sections returned less than 30 days from the time it was mailed, will not be accepted. Please spend time with the Lord in prayer and ask Him to help you learn the material.
3. As soon as we receive your completed review pages, we will grade it (Pass or Fail) and send a letter confirming your status, along with Booklet #24.
4. You will also receive a Certificate of Completion for this Booklet.

Please mail the completed Review Section to:

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Mountain State Ministries was started in January of 2017 to continue the legacy of Country Wide Prison Ministry. CWPM's purpose was to proclaim the Gospel of the Lord Jesus Christ to prison inmates and their families, and to edify them through the teaching of the Word of God through Bible correspondence courses. MSM will continue this legacy and expand the Bible correspondence courses to anyone in world via the internet. This will provide anyone the opportunity to study God's word, become more closely imitate with Jesus, and be more sensitive and obedient to God's Holy Spirit. Our goal is to Exalt the King and to Expand the Kingdom!

Ray Witmer Jr., author of this Bible study curriculum, founded Country Wide Prison Ministry in 2003. His New Life Christian Growth Series has been administered to thousands of prison inmates throughout ever state in the Union. Mr. Witmer retired due to heath issues on 1 January 2017 and has provided Mountain State Ministries all rights to continue his legacy.

We are very grateful and appreciate Brother Ray's heart for God and his willingness to let us use this resource to spread God's Word among this generation of people.

“Verily, Verily, I say to you, Except a corn of wheat fall into the ground and die, it abideth alone; but if it die, it bringeth forth much fruit.” John 12:24

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******* INSTRUCTION SHEET FOR BIBLE LESSONS *******

- A. The Bible verses used in this study are taken from the King James Version of the Bible.
- B. Before doing each lesson, take time to ask God to open your understanding and show you the truth.
- C. For the best results, do only one lesson each day. Meditate on each day's lesson (there are four weeks of lessons per book).
- D. Keep in mind that these lessons are based on what the Bible says, and not on man's opinion.
- E. These lessons are designed to help you to know the truth, to know the Lord in a personal way, and to trust what the Bible says and teaches you.
- F. Remember, it is not what you, I, or any preacher says, but what the Bible says.
- G. You must learn to stand on what the Bible says to "study to show yourself approved unto God, workman that needed not to be ashamed, rightly dividing the word of truth" (II Timothy 2:15).
- H. Who wrote the Bible? (II Peter 1:21).
- I. All Scripture is inspired by God (II Timothy 3:16).
- J. Regardless of what man says, the believer (Christian) has direct access to the throne of God and is responsible directly to God. This access is through Jesus Christ and Him only (I Timothy 2:5).
- K. These studies are to help you have peace of mind (Isaiah 26:3-4).
- L. These studies will help you know if you are going to Heaven or Hell (Romans 10:13).
- M. These lessons will help you with assurance and security; these are not the same. The securing of the believer is God's work. It is a part of God's great work of salvation depending solely upon His infinite grace. Assurance is the believer's acceptance of the security provided for him in Christ. It is the result of the human soul resting in what God has promised in His Word to accomplish. This is why it is important to know what the Bible says (I John 5:11-13).



TAKE TIME TO READ BELOW BEFORE
DOING THIS LESSON

Meditate on the Scriptures of this Lesson and Ask Yourself These Questions:

1. What do these verses teach me about God and myself?
2. Is there an example here to follow or avoid?
3. Is there a command, a promise, or a warning that I need to apply?
4. What action do I need to take to align my life with this truth?



The Bible is the Word of God

WHEN WE ARE LONELY
New Life Christian Growth Series - Fighting Loneliness
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Lesson #1

This week's verse to memorize: John 14:18

I will not leave you comfortless: I will come to you.

Nothing is too hard for God. In the Bible, God is always on the side of His people. He cares for justice and is merciful. Because he can see all things, He cares about your individual concerns. He came to earth to prove it; He came to sympathize with your weakness. He understands your feelings, for when he was human, He experienced loneliness, too.

Let your conversation be without _____; and be _____ with such things as ye have: for he hath said, I will never _____ nor forsake thee. So that we may boldly say, _____, and I will not fear what man shall do unto me (Hebrews 13:5-6).

Most likely, you know exactly how it feels to be lonely; everyone does at one time or another. It may be a matter of feeling rejected. It could be the sense of loss brought on by distance between you and a loved one. It may even be that you have honestly never felt a deep, abiding intimacy with another person. Loneliness strikes in many forms.

Remember them which have rule _____, who have spoken unto you the _____: whose faith follow, considering the end of their conversation.

Jesus Christ is the same _____. Be not carried about with diverse (various) and strange doctrines (teachings), for it is a good thing that the heart be established _____; not with meats (foods), which have not profited them that have been occupied therein (Hebrews 13:7-9).

Despite the reason, loneliness seems to settle into your life and others like a thick fog; no matter where you turn, everything seems dark, gray, and terribly empty; and yet, although you may sense it externally, loneliness is actually an internal problem. Sometimes, it seems inescapable because it is so firmly rooted in your own heart.

By him therefore let us offer the sacrifice of praise to God _____, that is, the fruit of our lips giving _____. But to do good and to communicate forget not: for with such sacrifices God is well pleased. Obey them that have rule over you, and submit yourselves: for they watch for your souls, as they that must _____, that they may do it with joy, and not with grief: for that is unprofitable for you (Hebrews 13:15-17).

Loneliness is a serious problem. God does not want His children to be isolated and alone. In fact, the first thing in all of creation that God deemed as "not good" was Adam's aloneness.

And the Lord God said, it is not good that the man _____; I will make him an help meet for him. And out of the ground, the Lord God formed every beast of the field, and every fowl of the air; and brought them unto Adam to see what he would call them: and whatsoever Adam called every living creature, that was the name thereof. And Adam _____ cattle, and to the fowl of the air, and to every beast of the field; but for Adam there was _____ and help meet for him. And the Lord God caused a deep sleep to fall upon Adam, and he slept: and he took one of his _____, and closed up the flesh instead thereof; And the rib, which the Lord God had taken from man, _____, and brought her unto the man (Genesis 2:18-22).

Today's Bible reading is Genesis chapter 2.

ARE BELIEVERS LONELY?
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Lesson #2

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This week's verse to memorize: John 14:18
I will not leave you comfortless: I will come to you.

Too often, believers in Christ are ashamed to admit that they struggle with loneliness. Some assume, "If people know I am lonely, they may think I'm not satisfied in my relationship with Jesus." What a tragic mistake to make! Nowhere in Scriptures does it say that feeling lonely is a sin. The truth is, even the most committed Christians feel lonely from time to time.

The secret of the Lord is _____;
and he will shew them _____. Mine eyes are ever toward the
Lord; for he shall pluck my feet out of the net. Turn thee unto me, and have _____
_____ ; for I am _____ (lonely) and afflicted.
The troubles _____ :
O bring thou me out of my distresses (Psalm 25:14-17).

All throughout the Bible, you can see Godly men and women admitting to having feelings of loneliness. Quite often in the Psalms, you can see these feelings come out in the life of David. Some Psalms show David to be "lonely and afflicted;" other Psalms continue with this thought and reveal his sleepless nights to be due to loneliness. Keep in mind this was a man noted for his relationship with God!

Hear my prayer, O Lord, and let my _____.
Hide not _____
when I am in trouble; _____ unto me:
in the day when I _____.
For my days are consumed like smoke, and my bones are burned as an hearth. My _____
_____, and withered like grass; so that I forget to eat my bread. By reason of the
_____ of my groaning my bones cleave to my skin. I am like a pelican of the
wilderness: I am _____
_____. I watch, and am _____
_____ upon the house top (Psalm 102:1-7).

Sometimes your friends or family may disappear or neglect you for a while, and you may end up feeling alone. However, there is one relationship that you can count on, above all others, as being lasting, pure, and true; this relationship is, of course, your relationship with Jesus Christ. The Bible assures you that He will never leave you, and in Him, you will never be alone.

Today's Bible reading is Psalm chapter 102.

YOU ARE NOT THE ONLY ONE TO DEAL WITH LONELINESS

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Lesson #3

This week's verse to memorize: John 14:18

I will not leave you comfortless: I will come to you.

Paul struggled with loneliness during his travels. Recounting a time of distress, he remarked, "All [have] deserted me."

Jesus desires to be your closest companion, and He has made it possible for your relationship with Him to last an eternity. Thank God today for His Son, your Friend forever.

At my first answer no man _____, but all men forsook me: I pray God that it may not be laid to their charge. Notwithstanding the Lord _____, and strengthened me, that by me the preaching might be fully known, and that all the Gentiles might hear: and I was delivered out of the mouth of the lion. And the Lord shall _____ from every evil work, and will preserve me unto his heavenly kingdom: to whom be glory for ever and ever (II Timothy 4:16-18).

The men of the Bible who had unquestionably wonderful relationships with their heavenly Father admitted their loneliness. Even Jesus demonstrated the need for close relationships, as well as the heartache caused when they were ruptured. On the night of His arrest, the Lord took His closest friends with Him to pray, only to sorrowfully discover that they had fallen asleep and left Him alone.

Then cometh Jesus with them unto a place called Gethsemane, and saith unto his disciples, Sit ye here, while I go and pray yonder. And he _____ Peter and the two sons of Zebedee, and began to be _____ (Matthew 26:36-37).

If you are struggling with similar feelings, do not be afraid to admit it to God and to your friends. Invite someone into the pain of your loneliness; this will be the first step on your journey out of it.

Then saith He (Jesus) unto them, My soul is _____, even unto death: _____, and watch with me. And he went a little farther, and _____, saying, O my Father, if it be possible, let this cup pass from me: nevertheless _____, but as thou wilt. And He (Jesus) cometh unto the disciples, and findeth _____, and saith unto Peter, What, could ye not _____ one hour? Watch and pray that ye enter not into temptation: the spirit indeed is willing, _____ (Matthew 26:38-41).

If a man ever felt total loneliness, it was the Lord Jesus. He left His beautiful heavenly home, the smile of His Father, the angels who adored Him, and the comforts of Heaven to live a humble life on earth. He was surrounded by people who didn't understand Him, and the entire time, He knew that He was one day going to have to die on a cross of shame. The reason Jesus gave up all of those things and was willing to sacrifice so much was so you would never have to feel the loneliness and emptiness of sin.

Today's Bible reading is Isaiah chapter 58.

WAS JESUS LONELY?
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Lesson #4

This week's verse to memorize: John 14:18
I will not leave you comfortless: I will come to you.

Does peace come naturally for you, or do you feel as if you are constantly struggling to obtain it? Sometimes it may even seem as if so many things are actively working against your peace that your spirit may never know a moment's rest. How can you quiet distractions long enough to hear God's voice and not be lonely?

Wherefore come out from _____, and be ye separate, saith the Lord, and touch not the _____; and I will receive you, and will be a Father unto you, and ye shall be my _____ and _____, saith the Lord Almighty (II Corinthians 6:17-18).

Think about your prayer life. Whose voice is more prominent — yours or God's? For most people, the vast majority of prayer time is spent talking to God, thanking Him for what He's done, and asking Him for help. There is certainly nothing wrong with this pattern of prayer, but if you never give Him time to answer, how will you know what He wants you to do? Maybe this is why you feel loneliness.

He (Jesus) is despised and rejected _____; a man of sorrows, and acquainted with grief; and we _____ as it were our faces from him; he was despised, and we _____. Surely he hath borne our _____, and carried our sorrows: yet we did esteem him stricken, _____, and afflicted (Isaiah 53:3-4).

In order to become the person God wants you to be, it is essential that you choose the right relationships that will help you not to become lonely. They are extremely important, because without them, you will be unable to accomplish much in life. The relationships you should pursue are the ones that encourage you in Christ when you are lonely and despondent.

But he was wounded for _____, he was bruised for our iniquities; the chastisement of our peace was upon him; and with his stripes we are _____. All we like sheep have _____; we have turned every one to _____; and the Lord hath laid on him the iniquity of us _____ (Isaiah 53:5-6).

“Give me a break! Lift the pressure. Do something!” Have you ever cried out to God in this way like Jesus cried out to His Father in the garden of Gethsemane? Many people live and work in situations for which there seems to be no relief or way out of loneliness.

He (Jesus) was _____, and he was afflicted, yet he _____; he is brought as a lamb to the _____, and as a sheep before her _____ is dumb, so he opened not his mouth (Isaiah 53:7).

JESUS SURELY EXPERIENCED LONELINESS!

Today's Bible reading is Isaiah chapter 53.

JESUS SUFFERED LONELINESS
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Lesson #5

This week's verse to memorize: John 14:18
I will not leave you comfortless: I will come to you.

When Jesus was arrested in the Garden of Gethsemane, even His disciples deserted him and ran away.

In that same hour said Jesus to the multitudes, Are ye come out as against _____ with swords and staves for to take me? I sat _____ in the temple, and ye laid no hold on me. But all this was done, that the scriptures of the prophets might be fulfilled. Then all his disciples _____ (Matthew 26:55-56).

The crowds, who just a short time before had shouted, "Hosanna," were soon shouting, "Crucify Him."

And a very great multitude spread their garments in the way; others cut down branches from the tree, and strawed (spread) them in the way. And the multitudes that went before, and that followed, cried, saying, _____: Blessed is he that cometh in the name of _____; Hosanna _____ (Matthew 21:8-9).

The truth is that everyone has sinned; everyone has done things that are wrong and has made bad decisions. All people have hurts and concerns. There is not a person who has absolutely no regrets, and there is not one living soul that can be saved without Jesus. "Thus it is written, that the Christ would suffer and rise again from the dead the third day, and that repentance for forgiveness of sins would be proclaimed in His name to all the nations, beginning from Jerusalem."

The governor (Pilate) answered and said unto them. Whether of the twain will ye that I _____? They said, Barabbas. Pilate saith unto them, What shall I do them with Jesus which is called Christ? They all say unto him, let _____. And the governor said, Why, what _____? But they cried out the _____, saying, Let him be crucified (Matthew 27:21-23).

The good news is that every person can escape the consequences of sin through the blood of Christ. Christians often try to construct great arguments about why accepting Christ as Savior is profitable and good, yet the beauty of the Gospel is its simplicity. Everyone has sinned, and therefore, everyone needs forgiveness from sin. Jesus provides that forgiveness. Repent and accept Him as your Savior.

And so Pilate, willing to _____, released Barabbas unto them, and delivered Jesus, when he had scourged him, _____, And the soldiers led him away into the hall, called Praetorium; and they call together the whole band. And they clothed him with purple, and patted a crown _____, and put it about his head, And began to salute him, Hail, _____ (Mark 15:15-18).

The cross of Christ spells hope for the most despairing sinner on the face of the earth. The goal of Christians is to help people find the cross of Christ, so they might repent and be healed of their sin. All people have sins and hurts with which they need help. The call to repentance is the pathway to Christ.

Today's Bible reading is Luke chapter 24.

AT THE CROSS, JESUS WAS FORSAKEN BY HUMANS
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Lesson #6

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This week's verse to memorize: Colossians 2:10

And ye are complete in him, which is the head of all principality and power.

On the cross, not only had Jesus been forsaken by his human companions, but because He was bearing the world's sins on His own body on the cross, He had been forsaken by God His Father, too; He was suffering Hell for us.

Do you know why God wants you in Heaven? Because He loves you! It doesn't matter who you are, what you look like, or where you live; God loves you. For this reason, you don't have to be lonely.

And when the sixth hour was come, there was _____
_____ until the ninth hour. And at the ninth hour Jesus cried with a _____,
saying, *Eloi, Eloi, Lama Sabachthani*, which is, being interpreted, My God, My God, why _____
_____? And some of them that stood by, when they heard it, said, Behold, he called
Elias. And one ran and filled a sponge full of vinegar, and put it on a reed, and gave him to drink, saying _____
_____; let us see whether Elias will come to take him down. And Jesus cried with a loud voice, and
_____ (Mark 15:33-37).

Jesus was completely alone as He endured the cross. His friends left him, and God had forsaken Him. He knew loneliness, but He also knew that His Father would never abandon Him. Christ faced loneliness without losing heart.

For God so loved the world, that he _____ begotten son, that whosoever
believeth in Him _____, but have everlasting life (John 3:16).

The most wonderful thing about Heaven is this: Jesus will be there! You will no longer be lonely. You will see your Saviour Who died for you, so you could go to Heaven. What a joy that will be!

And when the Sabbath was _____, Mary Magdalene, and Mary the mother of James, and Salome,
had bought sweet spices, that they might come and _____ (Jesus). And very
early in the morning on the first day of the week, they came unto the sepulcher at the _____
_____. And they said among themselves, _____
_____ the stone from the door of the sepulcher? (Mark 16:1-3)

The body in which the Lord Jesus had lived for thirty-three years was taken down from the cross, tenderly wrapped in grave clothes, and placed in the tomb of a rich man. For three days and three nights, His body lay in the tomb. Then, something miraculous happened. Jesus was raised from the dead by the mighty power of God!

And when they looked, they saw that the stone was _____: for it was
very great. And entering into the sepulcher, they saw a young man sitting at the right side, clothed in a long white garment;
and they were affrighted. And he saith unto them, Be _____: Ye seek
Jesus of Nazareth, which was _____: he is _____; he is not
here: behold the place where _____ (Mark 16:4-6).

Today's Bible reading is Mark chapter 16.

THE APOSTLE PAUL FOUGHT LONELINESS
New Life Christian Growth Series - Fighting Loneliness
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Lesson #7

This week's verse to memorize: Colossians 2:10

And ye are complete in him, which is the head of all principality and power.

When Paul wrote the letter to the Philippians, he was in prison waiting to see if he would live or die. Paul believed he would be able to suffer for Christ's sake because he could glorify God in the process. He believed God would give him grace when he needed it.

For I know that this shall _____ through
your prayer, and the supply of the Spirit of Jesus Christ, According to my earnest _____
and my hope, that in _____,
but that with all boldness, as always, so now also _____
_____, whether it be by life, or by death.
For to me to _____, and to die is gain (Philippians 1:19-21).

The key verse is, "For to me, to live is Christ, and to die is gain." Paul was Nero's prisoner, yet the Bible shows him shouting with triumph over loneliness. Words like "joy" and "rejoice" appear frequently.

Rejoice in the Lord _____: and again I say, Rejoice. Let your moderation be known unto
_____. The Lord is at hand. Be careful for _____:
but in every thing by _____ with
thanksgiving let your requests be made _____. And the
peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus (Philippians 4:4-7).

Somewhere around four months of age, a baby begins to identify his or her parents' voices. Having heard them speak for weeks, the child is soon able to distinguish that they sound different from other people. Similarly, God supplied Paul, His child, with the capacity to recognize His voice. Over time, you, too, can learn to distinguish Him speaking to you through His Word. You, like Paul, do not have to be lonely as you walk with God.

Paul's way to fight loneliness: Not that I speak in respect of want: for I have _____ in
whatsoever state I am, therewith _____ (Philippians 4:11).

When Paul was in prison in Rome, he wrote a letter to Timothy. Paul knew that his own death would be soon, but he told Timothy to keep the faith and finish well. That was one of Paul's main desires: he wanted to finish well.

I have _____, I have finished my course,
I have _____: Henceforth there is laid up for me a crown
of righteousness, which the Lord, the righteous judge, shall _____ at that day; and
not to me only, but unto _____ that love his appearing (II Timothy 4:7-8).

Paul had led many people to Christ, but few supported him while he was in prison. As a human, he must have felt lonely.

Today's Bible reading is Philippians chapter 1.

PAUL DEALT WITH LONELINESS BY TRUSTING IN HIS GOD

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Lesson #8

This week's verse to memorize: Colossians 2:10

And ye are complete in him, which is the head of all principality and power.

At my first answer no man _____, but all men forsook me: I pray God that it may not be laid to their charge. Not withstanding the Lord _____, and strengthened me; that _____ the preaching might be fully known, and that all the Gentiles might hear: and I was delivered out of the mouth of the lion. And the Lord shall _____ from every evil work, and will _____ unto his heavenly kingdom: to whom _____ for ever and ever. Amen (II Timothy 4:16-18).

You may feel sorry for yourself when things don't go the way you'd like. You may be easily "hurt" and think that you have a much harder time than others. Are you always wanting something you do not have? Do you complain and are dissatisfied with what you have? This is another way self expresses itself. Is this what Paul was thinking when he was going through troubling times? He must have been lonely and afraid. The Lord spoke to Paul at night by a vision.

Then spake the Lord to Paul in the night _____, Be not afraid, but speak, and hold not _____: For I am _____, and _____ shall set (attack) on thee to hurt thee: for I have much people in this city. And he continued there a year and six months, _____ the word of God among them (Acts 18:9-11).

A believer can be lonely for months, asking God for release from a stressful situation. Waiting to see tangible evidence of divine action can be frustrating, but timing is important in the Christian life because God is orchestrating events to work for His children's good. In the meantime, He rewards those who remain constant in their vigil.

If ye love me, _____. And I will pray the Father, and he shall give you another Comforter (helper), that he may _____; Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth _____, and shall be. I will not leave you comfortless; I will come _____. Yet a little while, and the world seeth me no more; but ye _____: because I live, ye shall live also (John 14:15-19).

Periods of waiting are very often times of fear, stress, loneliness, or grief, which will weary you quickly unless you are depending on an eternal energy source. The Lord has promised protection and provision for your times of waiting. If you turn to Him in your hour of need, He will give you the tools to triumph.

When my father and my mother _____, then the Lord will take me up. Teach me _____, O Lord, and lead in a plain path, because of mine enemies. Deliver me not over unto the will of mine enemies: for false witnesses are risen up _____, and such as breathe out cruelty. I had fainted, unless I had believed to see the goodness of the Lord in the land of the living. _____: be of good courage, and he shall _____: wait, I say, on the Lord (Psalm 27:10-14).

Today's Bible reading is Psalm chapter 27.

FIGHTING LONELINESS BY HIDING GOD'S WORD IN YOUR HEART

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Lesson #9

This week's verse to memorize: Colossians 2:10

And ye are complete in him, which is the head of all principality and power.

One way that you can fight loneliness is by taking the time to read and memorize scriptures on a consistent basis. Then, when the lonely times inevitably come in your life, you'll have a source of comfort on hand at all times to refer to — even if you don't necessarily have a Bible on hand or nearby. Memorizing scriptures and hiding God's Word in your heart not only benefits you during times of distress and loneliness, but it also is your duty as a Christian to be familiar and confident with the Word of God.

Who shall separate us _____?
Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for _____.
Nay, in all these things we are more than _____
that loved us. For I am persuaded, that _____, nor life, nor angels,
nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth nor any creature, shall be able to separate us from the _____, which is in Christ Jesus our Lord (Romans 8:35-39).

Casting all _____ upon him; for he careth for you (I Peter 5:7).

And, lo, I am _____, even unto the end of the world (Matthew 28:20).

Let not your hearts _____; ye believe in God, believe also in me (John 14:1).

God is our _____, a very present help in trouble (Psalm 46:1).

Behold, the hour cometh, yea, is now come, that ye shall be scattered, every man to his own, and shall leave me alone; and yet _____, because the _____
_____ (John 16:32).

Neither is there any creature that is not manifest _____; but all things are naked and opened unto the eyes of him with whom we have to do. Seeing then that we have a great _____, that is passed into the heavens, Jesus the Son of God, let us _____
_____. For we have not an high priest that cannot be _____
with the _____; but was in all points tempted like _____, yet without sin. Let us therefore come _____, that we may obtain mercy, and find grace to _____ of need (Hebrews 4:13-16).

Today's Bible reading is Hebrews chapter 4.

THE GRACE TO OVERCOME LONELINESS
New Life Christian Growth Series - Fighting Loneliness
Booklet #23

Lesson #10

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This week's verse to memorize: Colossians 2:10

And ye are complete in him, which is the head of all principality and power.

The Lord declares that His grace is sufficient for every painful situation you will ever encounter. Because of His abundant goodness, kindness, and love for you, you do not have to succumb to discouragement, give up hope, or walk away from His plan. You will know God's grace is working in you when the following circumstances occur:

1. You have the strength to persevere. Through the indwelling Holy Spirit, God releases into you His supernatural power, so you might endure the hard times as well as the good times.

And he said unto them, It is not for you to _____ the times or the seasons, which the Father hath put in his own power. But ye shall _____, after that the Holy Ghost is come upon you: and ye shall be _____ both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth (Acts 1:7-8).

2. A spirit of confidence in Him is ignited within you. Grace awakens your heart and mind to believe that God will turn your troubles into something beneficial.

Likewise the Spirit also helpeth our _____: for we know not what we _____ for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. And he that searcheth the hearts knoweth what is _____ of the Spirit, Because he maketh intercession for the saints according to the _____. And we know that all things work together _____ to them that love God, to them who are _____ according to his purpose (Romans 8:26-28).

3. You have a sense of His presence with you. When grace is at work, you will be conscious of the Spirit's abiding support. Allow God to comfort you in your loneliness. Admit your feelings and give yourself to Him. Give up any bitterness you may be harboring inside of you.

4. Your focus shifts from your trials to God. Grace helps you shift your attention from your situation of loneliness and emotions to God's sufficiency.

5. You trust that God will bring you through difficulties. You trust that He will not just bring you through, but He will also help you develop deeper intimacy and greater faith in the end as a result of what you went through.

6. You are assured of God's sovereignty. He knows your frailties and has promised to limit trials to what your weaknesses, strengthened by His power, can bear.

Wherefore let him that thinketh he standeth take heed _____. There hath no temptation taken you but such as is common to man: but God is _____, who will not suffer you to be tempted above that _____; but will with the temptation also make a way to escape, that ye may be able to _____ (I Corinthians 10:12-13).

Today's Bible reading is I Corinthians chapter 10.

WHEN WE FEEL GUILTY, IT BRINGS LONELINESS

New Life Christian Growth Series - Fighting Loneliness Booklet #23

Lesson #11

This week's verse to memorize: Colossians 2:10

And ye are complete in him, which is the head of all principality and power.

Talk with God, and listen to Him until His comfort takes away your loneliness. Your relationship with the Lord allows you to be alone, but not to be lonely.

Ye are _____, saith the Lord, and my servant whom I _____
_____: that ye may know and believe me, and understand that I am he: before me there was no
_____, neither shall there be _____. I, even I, am the Lord; and beside me there _____ Saviour (Isaiah 43:10-11).

True or False? It is the responsibility of the Holy Spirit to convict you of sin. _____

True or False? All guilty feelings come because of sin. _____

Nevertheless I tell you the truth; it is expedient for you that I (Jesus) go away: for if I _____
_____, the Comforter (Holy Spirit) will not _____;
but if I depart, I will _____ unto you. And when He is come, he will reprove (convict)
the world of _____, and of righteousness, and of judgment: Of sin, because they believe not on me (John 16:7-9).

Guilty feelings can come for reasons other than your sin. A wrong view of God is one reason, for example. You feel guilty when you imagine God as noticing your mistakes and pointing His finger at you pronouncing judgment. Other times, you may feel guilty and lonely and do not know why.

There is therefore now no condemnation to them which are _____, who walk
not after the flesh, but after _____. For the law of the Spirit of life in Christ
Jesus hath made me _____ of sin and death (Romans 8:1-2).

Spend this day learning to know God as He is revealed in the New Testament. Look at the love and compassion Jesus had for the people that followed Him. By taking the time to sit at Jesus' feet, you will not have time to be lonely.

And Jesus went forth, and saw a great multitude, and was _____
_____, and he healed their sick (Matthew 14:14).

Now when he (Jesus) came nigh to the gate of the city, behold, there was a _____
carried out, the only son of this mother, and she was a widow: and much people of the city was with her. And when the
Lord saw her, he _____, and said unto her,
_____. And he came and touched the bier (coffin): and they that bare him
stood still. And he said, Young man, I say unto thee, Arise. And he that was dead _____, and
began to speak. And he _____ mother (Luke 7:12-15).

Accept the truth that God loves you, and allow any false guilt and loneliness to melt away.

Today's Bible reading is Luke chapter 7.

OVERCOMING LONELINESS
New Life Christian Growth Series - Fighting Loneliness
Booklet #23

Lesson #12

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This week's verse to memorize: Colossians 2:10

And ye are complete in him, which is the head of all principality and power.

Many people live lives of loneliness; this is especially true of those that go to prison, join the military, or leave home; they're suddenly separated from friends and family. Those who lose a loved one also face great loneliness. Sometimes, people experience loneliness because they are social outcasts and don't feel they fit in. Some may be from a minority social, ethnic, or religious group, while others may have a handicap that makes them feel different. There are those who sense loneliness even while in the midst of a crowd. All in all, many people feel rejected, isolated, and alone.

The presence and power of God in Jesus enabled Jesus to live a life of obedience to the Father.

Then answered Jesus and said unto them, Verily, verily, I say unto you, the Son of God can do _____, but what he seeth the Father do: for _____, these also doeth the Son likewise (John 5:19).

When Jesus died on the cross, the veil which separated God from man in the man-made temple was torn from top to bottom. Man could now have access to God through Jesus. Moreover, God would have access to live and dwell within man.

And Jesus _____ with a loud voice, and gave up the _____. And the veil of the temple was rent (torn) in twain from the _____ to _____ (Mark 15:37-38).

How would you like for the Spirit of Almighty God to live and dwell within you? Jesus offered this reality and this experience to his disciples, and then again ultimately to all men and women on the day of His resurrection.

Being born again, not of corruptible seed, but of incorruptible seed, by the _____, which _____ and abideth for _____ (I Peter 1:23).

Then the same day at evening, being the _____ day of the week, when the doors were shut where the disciples were assembled for _____ of the Jews, came Jesus and _____ and saith unto them, Peace be unto you. And when he had so said, he shewed unto them _____. Then were the disciples _____, when they saw the Lord. Then said Jesus to them again, Peace be unto you: as my Father hath sent me, even so _____ (John 20:19-21).

How did the Father send Jesus into the world? Jesus was born of the Spirit of God! This is what happens to you when you receive Jesus into your heart. God took up residence within you when you were born again.

If you are not born again and would like to be, follow the steps listed below:

1. Confess to God that you have not obeyed all the laws and are a sinner (Romans 3:10, 3:23).
2. Understand and acknowledge that the penalty for your disobedience is spiritual death (Romans 5:12, 6:23).
3. Believe Jesus came and lived a perfect life on earth, that He died for all your sins, was buried, and arose (Romans 5:8).
4. Give your life to Jesus and ask that He come and live inside you and make you a new person (Romans 10:9-10).
5. Thank the Lord for being your Savior, for living inside you, and for giving you the power to overcome loneliness.

Today's Bible reading is Romans chapter 10.

HOW DOES ONE OVERCOME LONELINESS?
New Life Christian Growth Series - Fighting Loneliness
Booklet #23

Lesson #13

This week's verse to memorize: Psalm 46:1

God is our refuge and strength, a very present help in trouble.

One way you can overcome loneliness is by acknowledging God's presence in your life. This sounds all too simple, but let us look at the factors involved. First, fear is usually associated with loneliness. You may have a fear of failure or the fear of being overcome by the devil. However, with the acknowledgment of the presence of God, there is no reason to have that fear. Secondly, you may sometimes just have a need to vent and unload upon someone else. You may want to air problems, share successes, or just fellowship with someone. With God being there with you, you can unload upon Him and fellowship with Him.

You can overcome your struggles of loneliness because the Comforter is with you. And I will pray the Father, and he shall give you _____; even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he _____, and shall be _____ (John 14:16-17).

You don't have to be afraid, because God is with you. Yea, though I _____ of the shadow of death, I will fear no evil: for _____; thy rod and thy staff they comfort me (Psalm 23:4).

You can overcome sin, because in His presence is the fear of the Lord. In _____ acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: _____, and depart from _____ (Proverbs 3:6-7),

You don't have to panic, because God is in control. For we know that all things work _____, to them who are the called according to his purpose (Romans 8:28).

You don't have to worry about what to say, because the Holy Spirit will pray through you. But when they shall lead you, and deliver you up, take _____ what ye shall speak, neither do ye premeditate: but whatsoever shall be given you in that hour, that speak ye: for it is _____ (Mark 13:11).

You can gain freedom from the enemy, because the Spirit sets you free. Now the Lord is that Spirit: and _____ (II Corinthians 3:17).

You don't have to worry about God giving up on you, because He will continue to work in your life as you allow Him to do so. Being _____ of this very thing, that he which hath begun a good work in you _____ (Philippians 1:6).

Today's Bible reading is Romans chapter 8.

SOME WAYS TO PRACTICE OVERCOMING LONELINESS

New Life Christian Growth Series - Fighting Loneliness

Booklet #23

Lesson #14

This week's verse to memorize: Psalm 46:1

God is our refuge and strength, a very present help in trouble.

In this lesson, you will find five simple steps that you can take to practice overcoming loneliness struggles in your life.

1. Be still, and bathe in His presence. *In today's world, it may seem hard to find the time or place to do this; however, it is an essential part in overcoming loneliness and finding peace of mind.*

Stand in awe, and sin not: commune with your own heart upon your bed, and _____ . Offer the sacrifices of righteousness, and _____ in the Lord (Psalm 4:4-5).

Be still, and _____ : I will be exalted among the heathen; I will be exalted in the earth (Psalm 46:10).

2. Stop and give thanks unto the Lord.

Enter into his gates with thanksgiving, and into his courts with praise: _____ , and bless his name (Psalm 100:4).

And let them sacrifice the sacrifices of thanksgiving, and _____ his works with rejoicing (Psalm 107:22).

3. Take praise breaks. *You are to praise God for who He is. It is amazing how your vision of life can change when you purpose to enter His presence with praise. You will begin to see things from His perspective.*

But thou art holy, O thou that inhabitest the praises of Israel. Our fathers _____ : they trusted, and thou didst _____ (Psalm 22:3-4).

Seven times a day do _____ because of thy righteous judgments. Great peace have they which _____ thy law: and nothing shall offend them (Psalm 119:164-165).

4. Sing songs unto the Lord. *While growing up, I learned many songs about the Lord. However, it was later that I learned to sing songs unto Him. Try creating your own song to sing unto Him; you will be blessed by His presence.*

Make a _____, all ye lands. Serve the Lord with gladness: come before his presence with singing. Know ye that the Lord _____ : it is he that hath made us, and not we ourselves; We are _____, and the sheep of his pasture (Psalm 100:1-3).

Let the word of Christ dwell in you _____ ; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in _____ to the Lord (Colossians 3:16).

5. Prayer in a general sense is communication with God. *You should recognize His presence by asking for His opinion, His advice, and His direction. You are to pray with the natural mind and also in the Spirit.*

As for me, I will call upon God; and the Lord _____ . Evening, and morning, and at noon, will I pray, and cry aloud: and he shall _____ my voice (Psalm 55:16-17).

What is it then? I will _____ with the spirit, and I will pray with the understanding also: I will _____ with the spirit, and I will sing with the _____ also (I Corinthians 14:15).

Today's Bible reading is Psalm chapter 55.

STUDYING GOD'S WORD WILL HELP FIGHT LONELINESS
New Life Christian Growth Series - Fighting Loneliness
Booklet #23

Lesson #15

This week's verse to memorize: Psalm 46:1

God is our refuge and strength, a very present help in trouble.

Continuing with the thought in yesterday's lesson, today you will be exploring even more ways to try to fight loneliness in your life. Today, however, you will focus on how studying God's word can be a key aspect of ridding your life of loneliness.

1. You can acknowledge His presence in studying His Word. Participating in a Bible study is often like sitting down to eat a meal with God. The bread is the Word. If you sit and fellowship over the Word, loneliness soon goes away.

In the day when I cried thou _____, and strengthened me with _____ (Psalms 138:3).

Study to shew thyself _____ unto God, a workman that needeth not to be ashamed, rightly dividing _____ (II Timothy 2:15).

2. When you acknowledge His presence, you may find that you need to repent of certain sins. You may acknowledge His presence by inviting Him to look inside of you and to show you why you are lonely and having so much unrest and pain.

Then said I, _____! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips: for _____ the King, the _____ (Isaiah 6:5).

Search me, O God, and _____, and know my thoughts: And see if there be any wicked way in me, and _____ in the way everlasting (Psalm 139:23-24).

3. You may acknowledge His presence by making professions of faith. Professions of faith are declarations of what God has done and is doing in your life.

The Lord that _____ and earth bless thee out of Zion (Psalm 134:3).

Let us _____ with a true heart in full assurance of faith, having our heart sprinkled from an evil _____, and our bodies washed with pure water. Let us hold fast the profession of our faith _____; for he is _____ that promised; And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together, as the manner of some is; but _____ one another: and so much the more, as ye _____ (Hebrews 10:22-25).

4. You may acknowledge His presence by taking time to rejoice in Him. Rejoicing in the Lord is a matter of faith and a matter of choice; you are to rejoice in every situation and not be lonely.

Thou wilt shew me the _____: in thy presence is _____; at thy right hand there are _____ for evermore (Psalm 16:11).

Rejoice in the _____: and again I say, Rejoice (Philippians 4:4).

Today's Bible reading is Philippians chapter 4.

FELLOWSHIPING WITH OTHER BELIEVERS HELPS FIGHT LONELINESS

New Life Christian Growth Series - Fighting Loneliness Booklet #23

Lesson #16

This week's verse to memorize: Psalm 46:1

God is our refuge and strength, a very present help in trouble.

You may also practice acknowledging the presence of the Lord by fellowshiping with other believers. Sometimes, believers are lonely simply because they refuse to accept other members of the Body of Christ. When you accept other believers as Christ accepted you, you are acknowledging His presence. You also have to be careful in fellowshiping with people who are not believers of God—even if they say they are. The Holy Spirit will make the true Christians known to you.

All things were made _____; and without him was not _____ that was made. In Him was _____; and the life was the light of men. And the light shineth in darkness; and the darkness comprehended it not. There was a man sent from God, whose name was John. The same came for a witness, to bear witness of the Light, that _____ through him might believe (John 1:3-7).

A man that hath friends must _____; and there is a friend that sticketh closer _____ (Proverbs 18:24).

Not forsaking the _____, as the manner of some is; but _____ one another: and so much the more, as ye see the day approaching (Hebrews 10:25).

*You also may acknowledge His presence by sharing your faith with others. If the presence of God is truly with you, then you should have a **boldness** to witness to others.*

Also I heard the voice of the Lord, saying, whom _____, and who will go for us? Then said I, Here am I; _____ (Isaiah 6:8).

O give thanks unto the Lord; _____: make known _____ among the people (Psalm 105:1).

And now, Lord, behold their threatenings: and grant _____, that with all boldness they may _____ (Acts 4:29).

I in them, and _____, that they may be made _____ (complete) in one; and that the world may know that thou hast _____, and hast loved them, as thou _____ (John 17:23).

Did you catch it? God loves you just as much as He loved His Son, Jesus! Wow! As a Christian, it is extremely important that you acknowledge and profess the truth that you are the temple of God and that God lives and dwells within you. You never, never need to be alone again!

Go ye therefore, and _____, baptizing them in the name of the _____, and of the _____, and of the _____: Teaching them to _____ all things whatsoever I have commanded you: and, lo, I am _____, even unto the end of the world (Matthew 28:19-20).

Today's Bible reading is Acts chapter 4.

FRUSTRATION LEADS TO LONELINESS
New Life Christian Growth Series - Fighting Loneliness
Booklet #23

Lesson #17

This week's verse to memorize: Psalm 46:1

God is our refuge and strength, a very present help in trouble.

At some time or other, you have all experienced feelings of frustration, ranging from mild to intense. For some people, these feelings of loneliness are merely minor, while others are driven wild by them. In either case, people sense that there is a barrier between them and what they want to accomplish. It may have to do with a marriage, a business, or family, but in every case, you may feel that you are being prevented from genuine accomplishment of some kind.

Be careful for _____; but in every thing by prayer and supplication with thanksgiving let your requests be _____ unto God. And the peace of God, which passeth all understanding, shall keep your _____ through Christ Jesus. Finally, brethren, whatsoever things are _____, whatsoever things are _____, whatsoever things are _____, whatsoever things are _____, whatsoever things are of good report; if there be any virtue, and if there be any praise, _____ on these things (Philippians 4:6-8).

When beset by loneliness, you often look at your circumstances and find yourself saying, "If only...if only I had this or that, if only he or she would change, or if only this hadn't happened..." Such thinking leads to loneliness because it centers on externals that you cannot change. You need to remember that circumstances and people are not the problems; they only trigger something deep within that comes from hidden root causes. One such root could be your failure to really accept yourself the way God made you, or it could be that you are running from childhood mistakes or sin that have never been faced. Another root cause could be a failure to deal with the will of God for your life in the present.

Not that I speak in respect of want: for I have _____, in whatsoever state I am, therewith to _____. I know both how to be _____, and I know how to abound: every where and in _____. I am instructed both to be full and to be hungry, both to abound and to suffer need. _____ through Christ which strengtheneth me (Philippians 4:11-13).

Whatever the case, you must realize that rearranging the circumstances of your life cannot bring about internal peace; only a transformed heart will provide that. God alone can give you a quiet heart and the peace that passes all human understanding; He can take away the loneliness.

In your own words, tell us if you feel you have victory over loneliness and how you feel about this: _____

Today's Bible reading is Isaiah chapter 54.

LONELINESS COMES WHEN YOU FEEL GUILTY
New Life Christian Growth Series - Fighting Loneliness
Booklet #23

Lesson #18

This week's verse to memorize: Psalm 46:1

God is our refuge and strength, a very present help in trouble.

Guilt can be like a poison working insidiously on the inside to create havoc in your thoughts and emotions. The antidote to the poison of guilt is to understand why you feel guilty and to know what God's Word says.

And you hath he quickened, who were _____ in trespasses and _____; wherein in time past ye walked according to the course of _____, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience: Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the _____; and were by nature the children of wrath, even as others (Ephesians 2:1-3).

Missing the message of grace results in guilty feelings, which make you think that you must clean up your act yourself in order to be a "good" Christian. The message of grace is this: At the cross, Jesus paid your sin-debt in full and declared that you are righteous in His sight. You do not have to measure up; through Jesus Christ, you have been made acceptable just as you are, and you don't have to feel lonely.

But God, who is _____, for his great love wherewith he _____, Even when we were dead in sins, hath quickened us together with Christ, (by _____ are ye saved;) And hath raised us up together, and made us sit together in heavenly places in Christ Jesus: That in the ages to come he might shew the exceeding riches of his grace _____ through Christ Jesus (Ephesians 2:4-7).

Confusion over confession of sin and God's forgiveness can make you feel guilty. You may be concerned about hidden sins that you have not yet identified, or you may worry about whether or not you have confessed enough to be forgiven. It is true that the Bible tells you to confess your sins (I John 1:9), but confession is not what makes you forgiven. It is what Jesus did at Calvary that allows for forgiveness of all your sins.

For by _____ are ye saved through _____: and that not of yourselves: it is the gift of _____: Not of _____, lest any man should boast (Ephesians 2:8-9).

Refusing to let go of the past can also produce guilt and loneliness because you see yourself as undeserving of forgiveness. You know what sins you have committed and experience a continued sense of shame. Jesus Christ died on the cross so your sins could be forgiven—past, present, and future. This is part of the miracle of grace.

For we are his _____, created in Christ Jesus unto good works, which God hath before ordained that we should _____ (Ephesians 2:10).

The truth of God's Word will free you from loneliness and the prison of "false" guilt, so you might live life His way. Are you walking in freedom yet?

Today's Bible reading is Ephesians chapter 2.

LONELINESS IS FEELING CONDEMNED
New Life Christian Growth Series - Fighting Loneliness
Booklet #23

Lesson #19

This week's verse to memorize: Psalm 46:1

God is our refuge and strength, a very present help in trouble.

Have you ever felt guilty and lonely for something you've done? Sure you have. The truth is, there are no perfect people in this world, and it will come as no surprise, that this includes you and me. This means that every single one of us has done something of which we are not altogether proud.

Jesus went unto the mount of olives. And _____ in the morning he came again into the temple, and all the people came unto him; and he sat down, and _____. And the scribes and Pharisees brought unto him a woman taken in _____; and when they had set her in the midst (John 8:1-3).

The question isn't whether or not you ever experienced guilt, but rather, what God thinks about your feelings of self-condemnation. Does your righteousness in Christ require you to mourn continually over your sin? No! Too many Christians fall victim to the guilt mindset; this is the inclination to become almost crippled with remorse over sinful actions. Obviously, God is not pleased with your sin, but He does not want you to be mastered by guilt and loneliness!

They say unto him, Master, this woman was taken in _____, in the very act. How Moses in the law commanded us, that such should _____: but what sayest thou? This they said, _____, that they might have to accuse him. But Jesus stooped down, and with his finger wrote _____, as though he heard them not (John 8:4-6).

This certainly does not mean that your wrongdoing is insignificant. In fact, it required the highest price imaginable to secure your freedom from sin, death, guilt, and loneliness. That price was the very life of the Son of God.

So when they continued asking him, he lifted up himself, and said unto them, He that is _____ sin among you, let him first _____ at her. And again he stooped down, and wrote on the ground. And they which heard it, _____ by their own conscience, went out one by one, beginning at the eldest, even unto the _____: and Jesus was left _____, and the woman standing in the midst (John 8:7-9).

*The only reason Christians are not condemned by their sin is that Jesus already bore the punishment. Please understand what this means: Jesus died, not merely for the sin "of the world," but for your sin. He paid the penalty; He accepted the guilt and loneliness. God will not send the punishment for your sin a second time. **THE DEBT IS PAID IN FULL!***

When Jesus had lifted up himself, and _____ but the woman, he said unto her, Woman, where are those thine accusers? Hath no man condemned thee? She said, No man, Lord. And Jesus said unto her, neither do I _____: go, and _____ no more (John 8:10-11).

No one can repay God for what He has done; you can only praise Him and accept the wonderful gift He has freely given.

Can you say," Neither does Jesus condemn me?" "Please explain: _____"

Today's Bible reading is John chapter 8.

DEFEATING LONELINESS
New Life Christian Growth Series - Fighting Loneliness
Booklet #23

Lesson #20

This week's verse to memorize: Matthew 28:20

And, lo, I am with you always, even unto the end of the world.

Do you sometimes feel that a dark cloud of loneliness is following you no matter what you do? Have your peace and joy been replaced by feelings of hopelessness and loneliness?

And they said unto me (Nehemiah), the remnant that are left of the captivity there in the province are in great _____: the wall of Jerusalem also is broken down, and the gates thereof are burned with fire. And it came to pass, when I heard these words, that I sat down, and _____, and _____, and fasted, and _____ before the God of heaven (Nehemiah 1:3-4).

Certainly the prophet Nehemiah experienced great discouragement as he learned of the destruction in Jerusalem. Verse 4 says that in response to this news, he “wept and mourned for days... fasting and praying before the God of heaven.” The interesting part of this passage is the description of what Nehemiah did next; he offered a prayer to the Lord.

And said, I beseech thee, O Lord God of heaven, the great and terrible (awesome) God, that keepeth covenant and mercy for them that _____ and observe his commandments: Let thine ear not be _____, and thine eyes _____, that thou mayest hear the prayer of thy servant, which I pray before thee now, _____, for the children of Israel thy servants, and confess the sins of the children of Israel, which we have _____: both I and my father's house have sinned (Nehemiah 1:5-6).

First, Nehemiah offered praise to God for His faithfulness and love. Next, he confessed the sins of his people. Then, he acknowledged the appropriateness of God's judgment. Finally, he asked God to show him success and compassion.

We have dealt very corruptly against thee, and have not kept the _____, nor the statutes, nor the judgments, which thou commandedst thy servant Moses. Remember, I beseech thee, the word that thou commandedst thy servant Moses, saying, If ye transgress, I will scatter you abroad among the nations: But if ye _____, and keep my commandments, and _____; though there were of you cast out unto the uttermost part of the heaven, yet will I gather them from thence, and will bring them unto the place that I have chosen to _____ there (Nehemiah 1:7-9).

Nehemiah's heartfelt petition contains valuable insight for the discouraged and lonely: no matter what happens, God is in control. He is able to work all things, including failures and loneliness, into His plan for your good.

Now these are thy servants and thy people, whom thou hast redeemed by thy _____, and be thy strong hand. O Lord, I beseech thee, let now thine ear be _____ of thy servant, and to the prayer of the servants, who desire to fear thy name: and prosper, I pray thee, thy servant this day, and grant him _____. For I was the king's cupbearer (Nehemiah 1:10-11).

If you're lonely and discouraged today, use Nehemiah's words to create your own prayer to God. Give Him praise, confess any sin in your life, acknowledge the authenticity of His Word, and request His favor as you get up and try again. The Lord is faithful in all things. Don't let loneliness or discouragement block your view of His great love and power.

Today's Bible reading is Nehemiah chapter 1.

WHEN LONELINESS IS AGAINST YOU
New Life Christian Growth Series - Fighting Loneliness
Booklet #23

Lesson #21

This week's verse to memorize: Matthew 28:20

And, lo, I am with you always, even unto the end of the world.

It would be a safe assumption to say that you have, at some point, felt the pressure of loneliness against you. Whatever the source of your worries, you must remember that the Lord is not daunted by your obstacles. Instead, He has the power to enable you, not only to survive, but to thrive in the face of difficulties.

And the Lord said unto Gideon, The people that are with thee are _____ for me to give the Midianites into their hands, lest Israel vaunt themselves against me, saying, mine own _____. Now therefore go to, proclaim in the ears of the people, saying, Whosoever is _____, let him return and depart early from mount Gilead. And there returned of the people _____; and there remained ten thousand (Judges 7:2-3).

The story of Gideon in today's Scripture passage demonstrates two vital points regarding God's activity during your struggles. First, you see that God often requires you to do what seems unreasonable. What must Gideon have thought as the Lord scaled down his army from 22,000 to only 300 men? However, God knew what He was doing, and Gideon was faithful to trust the Lord's wisdom. Gideon was confident that God could achieve a mighty victory with 300 soldiers.

And the Lord said unto Gideon, The people are yet _____; bring them down unto the water, and I will try them for thee: and it shall be, that of whom I say unto thee, This shall go with thee, the same shall go with thee; and of whomsoever I say unto thee, This shall not go with thee, the same shall not go. So he brought down the people unto the water: and the Lord said unto Gideon, Every one that lapped of the water with his tongue, _____, him shalt thou set by himself; likewise every one that boweth down upon his _____. And the number of them that lapped, putting their hands to their mouth, were _____: but all the rest of the people bowed down upon their knees to drink water (Judges 7:4-6).

You can see that God will lead you to do that which brings Him the most glory. Remember, God reduced the size of Israel's army so that they would not be boastful about the victory. He wanted them to know beyond a doubt that it was the Lord Himself who achieved a seemingly impossible success in the face of terrible odds.

So Gideon, and the _____ that were with him, came unto the outside with him, came unto the outside of the camp in the beginning of the middle watch; and they had newly set the watch: and they blew the _____, and brake the pitchers that were in their hands. And the three companies blew the trumpets, and brake the pitchers, and held the lamps in their left hands, and the trumpets in their right hands to _____. The sword of the Lord, and of Gideon. And they stood every man in his _____ round about the camp: and _____ (Judges 7:19-21).

Have you felt God's call into some area, only to be scared away by challenging odds? Seek His power today; He desires to wipe away the loneliness in such a way as to lead you into a greater understanding of His power and glory.

Today's Bible reading is Judges chapter 7.

HOW TO HANDLE YOUR LONELINESS
New Life Christian Growth Series - Fighting Loneliness
Booklet #23

Lesson #22

This week's verse to memorize: Matthew 28:20

And, lo, I am with you always, even unto the end of the world.

Regardless of how many people surround you, there are still times when you'll feel lonely. Numerous friends and family are not always the answer to squelching those feelings of loneliness in your life. While you need to be alone from time to time, there is a difference between being alone and loneliness. Being alone is purposeful; it is a time of self-discovery, healing, and calming. Loneliness, however, causes anxiety and cannot be ignored because of its consequences.

All the paths of the Lord are _____ unto such as keep his covenant and his testimonies. For thy _____, O Lord, pardon mine iniquity; for it is great. What man is he that _____? Him shall he teach in the way that he shall choose. His soul shall dwell at _____; and his seed shall inherit the earth (Psalm 25:10-13).

Many times, in an effort to avoid feeling lonely, you may enter into relationships that are not God's best for you. Whenever you compromise your convictions, trouble and loneliness increase. Looking to anyone other than God in the midst of your loneliness can lead to disappointment and a greater sense of anxiety.

The secret of the Lord is with them _____; and he will shew them his covenant. Mine eyes are ever toward the _____: for he shall pluck my feet out of the net. Turn thee unto me, and have _____ upon me; for I am desolate and afflicted (Psalm 25:14-16).

When God's people have a desperate need, He is quick to offer true hope: "I wait patiently for the Lord; and He inclined to me and heard my cry. He brought me up out of the pit of destruction, out of the miry clay, and He set my feet upon a rock making my footsteps firm. He put a new song in my mouth, a song of praise to our God..." (Psalm 40:1-3).

The troubles of my heart are _____: O bring thou me out of my _____. Look upon mine affliction and my pain; and forgive _____. Consider mine enemies; for they are _____; and they hate me with cruel hatred. O keep my soul, and deliver me: let me not be ashamed; for I _____, Let integrity and uprightness preserve me; for I _____ (Psalm 25:17-21).

God desires to be your all in all, the One Who fulfills your deepest needs and desires, including the desire to be loved—not lonely. Only He can love you the way you need to be loved.

What are your plans to prevent from getting lonely? _____

Today's Bible reading is Psalm chapter 25.

WHEN YOU ARE LONELY
New Life Christian Growth Series - Fighting Loneliness
Booklet #23

Lesson #23

This week's verse to memorize: Matthew 28:20

And, lo, I am with you always, even unto the end of the world.

Many people spend long hours by themselves, but are never lonely. Conversely, others are constantly surrounded by people, yet are incredibly lonely. There is a distinction between loneliness and solitude. Solitude is being alone by choice; Jesus often sought solitude. Loneliness, however, is defined as separation; it is an anxiety caused by a sense of disconnection.

Let your conversation be without _____; and be _____
with such things as ye have: for he hath said, I will _____ leave thee, nor forsake thee (Hebrews 13:5).

When you are lonely, you can respond in one of two ways: you can be driven to destructive habits, or you can be driven to God.

So that we may boldly say, The Lord is _____, and I will not fear what man shall do unto me. Remember them which have the rule over you, who have spoken unto you the _____: whose faith follow, considering the end of their conversation. Jesus Christ is the _____ (Hebrews 13:6-8).

It is not God's intention that you be lonely. He has desired, since creation, for you to fellowship with Him. The solution to loneliness, therefore, is first to bring it to the Lord. He understands your loneliness and sent Christ to reconnect you with Himself.

Therefore if any man be _____, he is a new creature: old things are passed away; behold all things are _____. And all things are _____, who hath reconciled us to himself _____, and hath given to us the _____ (II Corinthians 5:17-18).

When you enter into a personal relationship with Christ, you are never alone. You may spend time alone, but you can do so in solitude with Christ—your greatest Comforter and Friend.

To wit, that God was in Christ, reconciling the world _____, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation. Now then we are ambassadors for Christ, as though God did _____ by us: we pray you in Christ's stead, be ye reconciled to God. For he hath made him to be _____, who knew _____; that we might be made the righteousness of God in him (II Corinthians 5:19-21).

As an ambassador for Christ, think of a person that you plan to tell about Jesus and might help if they are lonely.

Name: _____

Today's Bible reading is II Corinthians chapter 5.

COURAGE IN THE LONELY HOUR
New Life Christian Growth Series - Fighting Loneliness
Booklet #23

Lesson #24

This week's verse to memorize: Matthew 28:20

And, lo, I am with you always, even unto the end of the world.

Loneliness is a powerful emotion. It is also a condition you weren't ever designed for. From the beginning, God said that it was not good for the man to be alone, so He created Eve. Then came sin, the separator.

Be strong and of a _____, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go _____; he will _____, nor forsake thee (Deuteronomy 31:6).

Ever since sin came into existence, humankind has been trying to recover the intimate fellowship that was lost in Eden. Most of us start this journey to recovery by seeking healthy connections with other people. Friends and family can help enormously, but their presence is no substitute for fellowship with the Father.

Only be thou _____, that thou mayest observe to do according to all the law, which Moses my servant commanded thee: turn not from it to the right hand or to the left, that thou mayest _____ whithersoever thou _____ (Joshua 1:7).

In fact, your best friends and closest family can actually impede your efforts by appearing to offer what God alone can give. Falling for such a pretense is idolatry (allowing something to take God's place), and idolatry has to be destroyed. That is why you see God's men put to the test all throughout the Bible. Whether it be Jacob wrestling alone with an angel, Elijah standing alone on Mt. Sinai, or Paul facing legal proceedings alone because his friends forsook him, the picture is the same.

Wait _____: be of good courage, and he shall _____: wait, I say, on the Lord (Psalm 27:14).

Unto thee will I cry, O Lord _____; be not silent to me: lest, if thou be silent to me, I become like them that go down _____ (Psalm 28:1).

Such heart-rending experiences are all designed for one purpose: they bring you to the point where you can discover for yourself that God is real. The learning process may take a while, but it is much more likely that you will "let go and let God" if there is no one else to hang on to.

These things I have spoken unto you, that in me ye might _____ . In the world ye shall have _____: but be of _____; I have _____ the world (John 16:33).

When you experience utter loneliness, you can cleave to God's promise: "I will never leave you, nor forsake you."

FIGHT Satan with Hebrews 13:5. This is the Word of God; there is NO greater power than God's.

Today's Bible reading is Psalm chapters 27 and 28.

LONELINESS CAN BE LONG
New Life Christian Growth Series - Fighting Loneliness
Booklet #23

Lesson #25

This week's verse to memorize: Matthew 28:20

And, lo, I am with you always, even unto the end of the world.

Sometimes your life may seem like a long, dark tunnel. Perhaps you are unable to discover a solution for a problem, or you cannot find relief from the pain of loneliness. Regardless of the direction you turn, you find no hope for anything better than your present circumstances.

Wherefore seeing also we are compassed about with so great a cloud of witnesses, let us lay _____, and the sin which doeth so easily beset us, and let us run with patience the race _____. Looking unto _____ the author and finisher of our faith; who for the joy that was set before him endured the _____, despising the shame, and is set down at the right hand of the throne of God (Hebrews 12:1-2).

For consider him that endured such contradiction of _____, lest ye be wearied and _____. Ye have not yet resisted unto blood, striving against _____ (Hebrews 12:3-4).

Thankfully, you serve a God who feels your pain and knows your limitations first-hand. Jesus Christ walked through the valley of loneliness and the shadow of death and cried out, "My God, My God, why hast Thou forsaken me?" This means that when your faith is stretched to the breaking point of loneliness, your strength is exhausted, and your dreams are broken like shattered glass, Jesus understands; He asks you to hold out when everything in you screams to give up.

And ye have forgotten the exhortation which speaketh unto you as unto _____, My son, despise not thou the _____, nor faint when thou art rebuked of Him: For whom the _____ he chasteneth, and scourgeth every son whom _____ (Hebrews 12:5-6).

Giving up means abandoning God's help for your own puny strength in an attempt to try to manipulate a situation or simply avoid pain. In essence, you're choosing to believe that Satan, in his worldly power, is stronger than Christ within you, which is the exact opposite of what the Bible says is true. Of course, the devil is not more powerful, but you let him win a battle if you give up on the assurance that God will see you through difficulty. When you have that negative attitude, you miss the Father's blessing and limit your usefulness in His kingdom.

If ye endure chastening, God dealeth _____; for what son is he whom the father chasteneth not? But if ye be without chastisement, _____, then are ye bastards, and not sons (Hebrews 12:7-8).

Ye are of God, little children, and have overcome them: because _____, than he that is in the world (I John 4:4).

Even when His involvement is unclear, God is working on your problems constantly; you must trust His perfect timing. Your Father knows your hurt, and He'll bring you through the dark tunnel. Don't give up before reaching His blessing.

Today's Bible reading is John chapter 16.

New Life Christian Growth Series—Fighting Loneliness

*****Booklet #23 Test & Review (Pages 33-36)*****

Instructions: After you complete pages 7-32 of this Booklet, please answer the following questions to share what you have learned. When you are all done, please mail pages 33-36 ONLY, back to: Mountain State Ministries, P.O. Box 217, Springfield, WV 26763. When we receive it, we will review your answers and grade it (Pass or Fail).

Today's Date: ____/____/_____

My Full Name: _____

My Address: _____

This week's verse to memorize: Matthew 28:20

And, lo, I am with you always, even unto the end of the world.

Section #1: Multiple Choice

Each question below is followed by three answers: (A), (B), and (C). Only one of the answers is correct. Read each question carefully; then, select the correct answer and circle it. Each of these questions are taken from Scripture and the lessons in this book.

- 1. The dictionary defines loneliness as:
 - (A) Being without companionship
 - (B) Being without money
 - (C) Having the whole world against you
- 2. What did Jesus say about loneliness?
 - (A) Try to make friends with the world
 - (B) He will never leave you
 - (C) Surround yourself with friends and family
- 3. The Lord said what about himself concerning loneliness?
 - (A) I am the ruler over you
 - (B) I will stop loving you
 - (C) I am your helper
- 4. The Lord said:
 - (A) Control your own self
 - (B) Jesus Christ the same today, yesterday, and forever
 - (C) Only call on me if you can't help yourself
- 5. The Bible says:
 - (A) You should live for yourself
 - (B) You should no longer live for yourself
 - (C) You do not need other people to be happy
- 6. When you are lonely you should:
 - (A) Seek a friend
 - (B) Wait for the Lord to deliver you
 - (C) Stop praying
- 7. Who knows best about your loneliness?
 - (A) Your friend
 - (B) Your mother and father
 - (C) Jesus
- 8. When lonely, what should you do?
 - (A) Get with a lot of people
 - (B) Talk about it to a friend
 - (C) Tell Jesus, for He knows loneliness

Please tell us what you have learned about how to fight loneliness and how you will apply it to your life:

*****Booklet #23 Test & Review (Pages 33-36)*****

This week's verse to memorize: Matthew 28:20

And, lo, I am with you always, even unto the end of the world.

Section #2: True or False

Each question below is followed by a blank. Read each question carefully. If the statement is true, write the word, "true" in the blank. If the statement is false, write the word "false" in the blank. Each of these questions is taken from Scripture and the lessons in this book.

1. On the cross, Jesus was forsaken by men. _____
2. God wants you to be in Heaven with Him. _____
3. God chose not to give His only son because He knew He would be lonely. _____
4. The Apostle Paul faced loneliness. _____
5. Paul said, "For me to die is Christ, to live is gain." _____
6. The Bible says, "Wait, I say on the Lord." _____
7. You cannot hide God's Word in your heart. _____
8. Let not your heart be troubled, but believe in God. _____
9. You cannot obtain mercy from God if you sin. _____
10. Grace will overcome loneliness. _____
11. You must trust in yourself to bring you through loneliness. _____
12. You can be assured of God's sovereignty. _____
13. Feeling guilty brings loneliness. _____
14. A safe way to fight loneliness is to have the Spirit of God living in you. _____
15. Everyone has to struggle with loneliness at one time or another. _____
16. Bathe yourself in the Word of God to overcome loneliness. _____

Today's Bible reading is Psalm chapter 46.

*******Booklet #23 Test & Review (Pages 33-36)*******

People sometimes can be mean and can hurt us, just as we can do to others; however, we can always depend upon God's love and faithfulness to us. Even when it seems like we are all alone in life, we can always talk with God, knowing that He cares and understands. Do you know God—or are you a stranger to Him? _____

While we each have a natural need and desire for friends and to be accepted, often people turn away from God in order to have friends in this life—friends who do not follow God. That must hurt God when we reject Him and His love in order to do our own thing or to try to be more popular in this world. Often, those who follow God the most closely seem to be rejected the most by those of the world. Is it more important to you to be accepted by God or to be accepted by people? _____

There are many Biblical examples of people who were rejected by many people and who seemed all alone: yet they found comfort in God: Moses, Daniel, Jeremiah, Elijah, the apostle Paul—and even Jesus Himself. Does it comfort you to know that no matter how alone you feel—that Jesus is there to listen and help you and be your friend? _____

Sometimes people who are Christians but have stopped looking to God and try to fill their loneliness on their own, and end up in wrong or harmful relationships—either with friends, with dating, or even in marriage. How important is it to be content to wait upon God's time and to be certain that our relationships please Him? _____

There are times when we need to and want to be alone, but no one likes to be lonely. Do you make sure that you take time to be alone with God—free from distractions, and seeking Him? _____

New Life Christian Growth Series—Fighting Loneliness

*****Booklet #23 Test & Review (Pages 33-36)*****

Write out your favorite verse or verses from this lesson that bring you comfort about how much God cares and how we need to never be lonely when we have Him. _____

Do you have any comments or questions about what you have studied in this lesson or anything else? Is there any way that we can pray for you? _____

If it is your desire to have this Bible lesson series sent to a family member and/or friend, please fill out the following:

Name: _____ Phone: _____
Address: _____ City: _____
State: _____ Zip Code: _____ Relation to you: _____

Name: _____ Phone: _____
Address: _____ City: _____
State: _____ Zip Code: _____ Relation to you: _____