

Loneliness

Physical isolation, being outside of the village or community, made one vulnerable, alone against threats. Social isolation, disconnected from others, requires one to rely on self for protection and provision. Spiritual isolation, broken relationship with God, creates eternal loneliness. Pandemic isolation ushered in widespread loneliness.

If we find ourselves with a desire that nothing in this world can satisfy, the most probable explanation is that we were made for another world. – C S Lewis

Created for Relationship

- Oneness with the Trinity
- To know and be known (love)
- To have a witness to one's life (Gen 2:18)
- Strength through complementing gifts and interests (1 Cor 12)
- To live and love in community (Acts 2:42-47)

Corrective Loneliness

- Shunning protects the members (Num 5:1-4)
- Isolation identifies the sin (1 Cor 5:11-13)
- Broken fellowship highlights differences (Matt 18:15-17)
- Ostracized so the ashamed one may repent (2 Thes 3:14-15)

Chronic Loneliness

- Solitude and isolation
 - Circumstance
 - Choice
- Relational trauma (Rejection, Abandonment, Betrayal)
- Fear of failure, fear of intimacy, codependency
- Inability to bond
- Cultural isolation, lack of peers

Able to Create Healthy Relationships

- Healing from past traumatic relationships
 - Forgiving
 - Reconciled
- Connected to God (a place of complete sufficiency)
- Understanding self (sense of belonging)
- Aware of others (interdependent connections)
- Give-Give relationships sourced by God's storehouse
- The opposite of loneliness is belonging