



**SERIES: APRIL – YES, YOU CAN! OVERCOMING YOUR STRUGGLES**

**SPEAKER: Nick Orduna**

**Friday, 4/15/22**

**Scripture: Romans 8:37-39**

**Title: How Can I Overcome Loneliness?**

Welcome to Win the Day. I'm Pastor Nick Orduna filling in for Nat Crawford and today we are going to talk about loneliness, and I hope our time together is an encouragement to you.

I've had the wonderful privilege of working with our youth most of my life as a teacher, coach and youth pastor. One of the things that students at school and in our youth group have told me they hated most about the pandemic was being quarantined and the sense of loneliness that many of them experienced. I actually thought they would like the extra time away from school to play video games, binge on some Netflix, and be at home. I'm sure they did enjoy some of that, but I was struck by how miserable that isolation was for many of them.

Now, being alone and being lonely are two different things. I can be alone without being lonely. I actually like some alone time. However, one can be lonely in a crowded room. A student can be at school with people all around them and be lonely. Loneliness is, therefore, a state of mind, an emotion brought on by feelings of separation from others.

A comforting promise in Scripture is that God will never leave those who are His. Hebrews 13:5b says, "God has said, 'I will never leave you nor forsake you.'" In a world that is constantly changing and where people are constantly leaving, whether in a family, relationship, or in death, God's promise of never leaving is encouraging.

Romans 8:37-39 says,

*No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

One of the things I learned from the students is that the sense of isolation is deeply felt by those who are lonely. There is great sadness that comes when we think we are alone in the world, that we don't have many friends, that no one cares for us, that no one is concerned about anything that might happen to us.

So how do we overcome our feelings of loneliness? Remember the Gospel. If Jesus loved us enough to leave the glory and splendor of heaven to come to earth to die in our place, isn't that proof of how far He is willing to go in His love for us? Nothing on earth—not money, sex, drugs, careers, athletics, people, or anything else—can give you peace and fill the void in you that leads to loneliness. When we draw near to Him, He draws near to us as James 4:8 says. Jesus longs to

fellowship with us. To comfort us. To strengthen us. Let Him fill that void as you move towards Him and enjoy His presence. It's the most important relationship you can have.