Persisting under pressure – Ps. 25:16 -22

Persisting in loneliness

Ps. 25:16 – 18,20

Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart are enlarged, bring me out of my distresses. Look upon my affliction and my trouble, and forgive all my sins…. Guard my soul and deliver me, do not let me be ashamed, for I take refuge in you. NASB

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. Protect me! Rescue my life from them! Do not let me be disgraced, for in you I take refuge NLT

**Hear God’s Word**

1. **Loneliness is a stressful experience for everyone**
2. The young can feel lonely
3. The old can feel lonely
4. Loneliness is a condition of the mind caused by the absence of friends & loved ones
5. **Loneliness troubles the mind with thoughts of fear, loss & despair**
6. Extended times of loneliness raise our anxiousness
7. Times of loneliness brings fearful thoughts of being unloved & unappreciated
8. Loneliness causes the mind to believe that no one cares about us
9. **Loneliness comes many times because of sinfulness – there is a separation between us & God**
10. Sometime sinful actions cause people to separate from us
11. Sinful actions in the believer always cause a relational separation between ourself and God – the Holy Spirit is grieved we lose our fellowship with God
12. The unforgiven sinner lives in a world separated alone without God

**Believe God’s Word**

1. **In your loneliness recognize that God is present – 25:16 - 18**
2. Turn to me and be gracious
3. Bring me out of my distresses
4. Look upon my affliction and trouble
5. Forgive all my sins
6. Guard my soul & deliver me
7. **In your loneliness tell God how you feel – 25:16 -18**
8. I am lonely & afflicted
9. The troubles of my heart are enlarged
10. I am distressed, I have sinned
11. **Trust God presence as your place of comfort – 25:20**
12. For I take refuge in you

Taking refuge in God is drawing near by faith to God

Taking refuge in God is trusting that God is with you in your loneliness & you are not alone

Taking refuge in God is resting in God’s presence regardless of your feelings of loneliness

**Live God’s Word**

1. Today remember that God is with you – you are not alone – He knows your condition
2. Today tell him about your feelings of loneliness
3. Today trust God through Jesus Christ to be your place of refuge & comfort