**OVERCOMING THE FEAR OF LONELINESS**

**Living a Life Free from Fear -- Part 4**

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Gen 2:18 (LB) *"God said, `It isn't good for man to be alone.'"*

To Relieve Loneliness, God Gives Us...

 \* His **Plan**  to live *for*

 *"The Lord will work out his plans for my life"* Ps. 138:8 (LB)

 \* His **People**  to live *with*

 *"God sets the lonely to families."* Ps. 68:6 (NIV)

 The church is *"the family of believers."* Gal 6:10 (NCV)

 \* His **Presence** to live *in*

 *"I will never leave you or forsake you."* Heb. 13:5

**THE BENEFITS OF REALIZING GOD'S PRESENCE**

 Because God is with me...

 **1. HE Will Help Me Out**

 *"Don't worry, because I am with you. Don't be afraid, because I am your God. I will make you strong and will help you; I will support you..."* Is. 41:10 (NCV)

 *"If my father and mother leave me, the Lord will take me in."* Ps. 27:10 (NCV)

 *"God never abandons us."* 2 Cor. 4:9 (LB)

 **2. HE Will Calm Me Down**

 *"I will lie down in peace and sleep, for though I am alone, O Lord, you will keep me safe."* Ps. 4:8 (LB)

 *"You protect them by your Presence."* Ps. 31:29 (NCV)

 **3. HE Will Cheer Me Up**

 *"I keep the Lord before me always. Because he is close by my side, I will not be hurt. So I rejoice and am glad. Even my body has hope."* Ps. 16:8-9 (NCV)

 *"Your presence fills me with joy."* Ps. 16:11 (GN)

 *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."* Ps. 34:18 (NIV)

 **4. HE Will See Me Through**

 *"When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown."* Is. 43:2 (LB)

 *"The Lord... stopped my tears and kept me from defeat. So I walk in the presence of the Lord... I kept on believing, even when I felt, `I am completely crushed'..."* Ps. 116:8‑ 10 (GN)

**How To Experience God's Presence**

*"The one thing I want from God, the thing I seek most of all... is the privilege of living in his presence every day of my life..."* Ps. 27:4 (LB)

*"Friendship with God is reserved for those who reverence him. With them alone he shares the secrets of his promises."* Ps. 26:14 (LB)

* **I Must Desire It**
* **Dedicate Time To Get To Know God**
* **Develop A Special Time With God**