

Faith Fight Podcast - Bible Verses to Cure Loneliness

People may be going through loneliness for many different reasons. Family could have moved away, kids off to school or a death of a loved one. One thing to remember is that God is always with you regardless of your situation.

Cast all your anxiety on him because he cares for you. - 1 Peter 5:7

Carrying your worries, stresses and daily struggles by yourself shows that you have not trusted God fully with your life. Don't submit to the circumstances, but to the Lord who controls all circumstances including the reason why you may feel lonely.

For the sake of his great name the Lord will not reject his people, because the Lord was pleased to make you his own. - 1 Samuel 12:22

God chose Israel because He wanted them to be a channel of his blessings to all people... Not because they deserved it. The same goes for you. He wants to allow his blessings to flow through you to others. He also chose you because of His great love for you.

I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. - Psalm 16:8

By saying I will not be shaken, David was talking about the unique sense of security that believers have in God. We are secure, protected, and loved by God. He can fill our hearts and cure the feeling of loneliness.

Take delight in the Lord, and he will give you the desires of your heart. - Psalm 37:4

To delight in someone means to experience great pleasure and joy in his or her presence. This happens only when we know that person well. Knowledge of God's great love for us will give us delight.

He heals the brokenhearted and binds up their wounds. - Psalm 147:3

If you are feeling lonely because you are heart broken, just know that God gives this specific promise to you. He will heal your broken heartedness.

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. - Isaiah 41:10

All believers are God's chosen people, and share the responsibility of representing him to the world. We need not to feel lonely because of three reasons.

1. God is with us
2. God has established a relationship with us through Jesus
3. God gives us assurance of his strength, help and victory over sin and death

Though my father and mother forsake me, the Lord will receive me. - Psalm 27:10

Many have had the sad experience of being forsaken by father or mother. God can take that place in your life, fill that void and heal the hurt. He can also direct us to other people who can take up the role of father or mother.

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. - Romans 8:38-39

This is the confidence we need to fill in our hearts if we are feeling lonely. We need to assure ourselves that there is nothing that can separate us from God's Love.

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." – Matthew 28:19-20

These verses are in the last chapter of Matthew and it's called the Great Commission... where Jesus is sending out his followers to introduce others to Christ. If after all of this that you still feel lonely, then go out and make disciples. If you feel lonely, then by evangelizing, you will eventually meet people who will want to have a relationship with you because you lead them to Christ. When you look at this verse like this, it's very practical and accomplishes the great Commission and cures loneliness. The other thing that cures loneliness is prayer, So let's do that now.

Weekly Prayer Plan – Bible Verses to Cure Loneliness

How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every Week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: _____

Place: _____

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.

Read through the scripture passages for today as listed below:

Meditational Verses

Monday: 1 Peter 5:7

Tuesday: Psalm 27

Wednesday: Isaiah 41

Thursday: Psalm 37

Friday: 1 Samuel 12

Saturday: Matthew 28:16-20

Sunday: Psalm 147

Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.