

Sunday School Lesson for the Month of July, 2023

The Problem of Loneliness!

(Matthew 27:33-50)

Sunday, July 2, 2023

If you walk down the street of any major city in our nation and look in the faces of those you meet, you would see the look of loneliness that fills the eyes of multitudes of people.

Do you have periods of extreme loneliness when you feel forsaken, cut off, abandoned, isolated, and very alone? The desire for fellowship; a sense of belonging, and the assurance of acceptance are basic human needs.

I. Why do we have a problem with loneliness?

- A. We can experience loneliness in the midst of a crowd. Merely being among people does not guarantee that we won't be lonely.
- B. We can experience loneliness when we feel that we are misunderstood by family members or by the circle of people whose acceptance is important to us.
- C. We can feel lonely because of mistreatment at the hand of someone else. This is a perennial problem because we are always subject to mistreatment by others.
- D. We can experience loneliness as a result of frustration in our work or in relationships that are important to us.
- E. We can experience loneliness because of weariness of body and mind. The body and mind must rest from the burdens and stresses of life.
- F. We can experience loneliness because of a position of leadership. Bearing the weight of responsibility or standing at the top of an organization can be a very lonely position.

Sunday, July 9, 2023

- G. We can experience loneliness because of physical or emotional suffering. Pain can be so intense that it can cause us to feel we are alone in the midst of our agony.
- H. We can feel lonely because of a negative and critical attitude towards self. This is one of the major contributing factors of loneliness. Many of us develop a negative way of thinking early in life and have never been able to replace our negative thoughts with a positive mental attitude.

Many people experience loneliness because of known, unconfessed, and unforsaken sin. This is true particularly among Christians. To tolerate known sin is to create a feeling of guilt and disharmony with God. The restoration of fellowship and the joy of association comes only when the sin has been confessed and forsaken. To truly make confession is to agree with God concerning the sin.

Many people experience loneliness because of inadequate and incorrect understanding of God's nature. Many of us have accepted fragments of God's great self-revelation as being the complete revelation of His nature and purpose. To overcome the problem of loneliness, we need to have a proper understanding of God's nature and a life in harmony with His purpose.

Loneliness is often the result of our permitting ourselves to live on the level of our emotions rather than letting our intellect determine the way we are going to feel and react to the various situations of life.

Sunday, July 16, 2023

II. Jesus and the problem of loneliness!

Would you be surprised to know that Jesus suffered the agony of feeling lonely? Because He has experienced the pain of loneliness, we are assured that He is able to sympathize with us and to assist us with this painful problem (Hebrews 2:17-18).

Jesus, who suffered in all ways, can provide us with a pattern for dealing with life's painful problems. The words of our scripture are words of appalling

woe, because we hear the Savior crying out, “My God, My God, why hast thou forsaken me?” The Savior felt utterly forsaken and very lonely. It seemed as if He were completely cut off from God. On many different occasions, Jesus experienced the pain of loneliness.

- Jesus was misunderstood by the members of His own family! (Matthew 12:46-52)
- Jesus was misunderstood and rejected by the people of His own city! (Luke 4:24-35)
- Jesus was betrayed by one of His Twelve intimate friends! (Luke 22:1-6)
- In a time of great stress when Jesus needed the prayer support of His closest friends, they went to sleep, leaving Him alone in His agony. (Luke 22:45-46)
- When Jesus was seized by wicked men, all His Disciples forsook Him, though one did follow afar off.

The words of our Text come from the lips of the lonely Savior while He was impaled on a cross. In the midst of Jesus’ physical anguish, His greatest suffering was the feeling of having been forsaken by His God. The words, “My God, My God, why hast thou forsaken me,” are words of profound loneliness. The mystery behind these words and behind the event that was taking place is beyond human power to fully comprehend.

Sunday, July 23, 2023

III. Was Jesus really forsaken?

There can be absolutely no question concerning the agony of Jesus’ Loneliness as He bore the burdens of human guilt and condemnation. Jesus had taken on Himself the sin and guilt of a rebellious creation and was dying under the penalty of human sin.

Jesus felt Himself to be utterly forsaken. He felt the awful loneliness of being cut off from God and forsaken by His friends. There is no more intense agony than Jesus’ experience as He died to redeem us from the awful penalty of sin. He suffered the wrath of a Holy God against evil.

Sunday, July 30, 2023

IV. What can we do to solve the problem of loneliness?

We need to admit that we cannot make ourselves totally immune from loneliness. It is a problem with which we will have to deal with as time goes by, and Jesus provides us with a pattern to follow.

Jesus responded to the problem of loneliness by crying out to God in His time of need.

First and foremost, when we feel lonely, we should look to the Lord for grace, guidance, and help. It is not the will of God that any of us experience the painful agony of loneliness. It is His will that each of us be members of His family and that we dwell together and related to each other with warm, generous love. It is His desire that we always enjoy the delight of spiritual fellowship with other members of the family.

Let the Lord Jesus Christ become your Savior if this is the greatest need of your life. Trust in His promise to be always with you, through all circumstances. He has promised, "I will never fail you nor forsake you" (Hebrews 13:5).