

Alone or Lonely (cast down)

Alone is to be physically or spiritually separated.
This is not necessarily a bad thing....

Loneliness is the emotional state of “feeling lonely”.
Loneliness comes from a consideration of yourself,
in your mind, which combined with self-pity and
insecurities results in your emotions, “being down”.
Is this the truth?

• **Joshua 1:9**

- Lamentations 3:26-28 – alone or lonely?
- Psalms 22:1-2, 6-8, 16-19 - alone or lonely?
- Mathew 27:46 - alone or lonely?
- Luke 5:16 - alone or lonely?

1Kings 19:14-18 – Elijah

Also consider:

Noah, Abraham, Issac, Jacob, Joseph, Moses, David, Daniel, Jonah, John the Baptist, Jesus, Paul, John the Apostle, etc., etc.

How to resist Loneliness (cast down):

- Be Thankful – Philippians 4:6-7
- Pray for Others – Job 42:10
- Rejoice – Philippians 4:4
- Meditate – Psalms 77:10-12
- Serve – Ephesians 4:29, Philippians 2:4
- Obedience – See the text above (1Kings 19:14-18)

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