

Sermon Series on Healthy Relationships
COPING WITH LONELINESS
2 Timothy 4:6-13

Main Idea — Establishing a game plan that directs us upwards is the best way to counteract unhealthy thinking in times of loneliness.

Introduction — Loneliness can put us on the road of emotional and mental unhealthiness. It makes us turn inward and tends toward negative thinking that can spiral downward, often counterproductive in helping us establish healthy relationships with others. We must have a game plan in place to help us through the difficult times when loneliness strikes.

- I. **Keep _____ Faithfully (v.7).**

- II. **Keep Looking _____ (v.8).**

- III. **Keep a Few _____ Close By (vv.9-11)**

- IV. **Keep Physically _____ (v.13a)**

- V. **Keep Feeding Your _____ (v.13b)**

Conclusion – Healthy relationships begin with a healthy view of ourselves. When we begin to doubt ourselves and our ability to relate with others we turn inward and downward. We must turn our eyes upward and forward because God has not abandoned us. We must submit and accept His plans and purposes for our lives. We must stay faithful in our service and vigilant in guarding our hearts and minds knowing that there will be a day when stand before His presence to give an account with how we lived out our lives in honor of Him who died for us.