



### **2 Timothy 4:6-8 (NIV)**

**6** For I am already being poured out like a drink offering, and the time for my departure is near. **7** I have fought the good fight, I have finished the race, I have kept the faith. **8** Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing.

### **"LONELIEST PEOPLE" AS A GROUP:**

- **College Students**
- **Divorced People**
- **Welfare Recipients**
- **Single Mothers**
- **Students Who Live In Rural Areas**
- **Housewives**
- **The Elderly**

**"It is the most DESOLATE word in ALL of HUMAN LANGUAGE! It is CAPABLE of HURLING the HEAVIEST WEIGHTS, the heart can ENDURE! It PLAYS NO FAVORITES, IGNORES all RULES of COURTESY, and KNOWS neither BORDER nor BARRIER. It YIELDS NO MERCY, REFUSES ALL BARGAINS, and it HOLDS THE CLOCK in utter CONTEMPT. It can NOT be BRIBED, it will NOT be LEFT BEHIND.**

**CROWDS only MAKE it WORSE, and ACTIVITY DRIVES it DEEPER! As SILENT and DESTRUCTIVE as a FLOODING RIVER in the NIGHT, it LEAVES it's SLIMY BANKS, SEEPS into our DWELLING, and RISES to a CREST of DESPAIR! TEARS fall from our EYES, and GROANS from our LIPS, but LONELINESS, that UNINVITED GUEST of the SOUL, arrives at DUSK, and stays for BREAKFAST."**

## **"FOUR CAUSES" of LONELINESS:**

**2 Timothy 4:6-7,**

**“For I am ALREADY being POURED OUT like a DRINK OFFERING, and the TIME HAS COME for my DEPARTURE. I have FOUGHT the GOOD FIGHT, I have FINISHED the RACE, I have KEPT the FAITH!”**

**“FOUR CAUSES” of LONELINESS:**

**1.) “TRANSITIONS” in life.**

**“I AM ALREADY BEING  
POURED OUT AS A DRINK  
OFFERING, AND THE TIME  
OF MY DEPARTURE HAS  
FINALLY COME!”**

**“FOUR CAUSES” of LONELINESS:**

- 1.) “TRANSITIONS” in life.**
- 2.) “SEPARATION” from significant relationships.**

**2 Timothy 4:9-11,**

**“Do you BEST to COME to me QUICKLY, for DEMAS, because he LOVED THIS WORLD has DESERTED ME and has GONE to Thessalonica. CRESCENS has GONE to Galatia, and TITUS to Dalmatia. Only LUKE is WITH ME.”**

**2 Timothy 4:21:,**

**“DO your BEST to get here  
BEFORE WINTER!”**

**"FOUR CAUSES" of LONELINESS:**

- 1.) "TRANSITIONS" in life.
- 2.) "SEPARATION" from significant relationships.
- 3.) "OPPOSITION" from adversaries.

2 Timothy 4:14-15, "ALEXANDER, the METAL WORKER; the COPPER SMITH; he did me a GREAT DEAL of HARM, and The Lord WILL REPAY HIM for WHAT he has DONE! You, TOO, should be ON GUARD against him, because he STRONGLY OPPOSES our MESSAGE!"

**"FOUR CAUSES" of LONELINESS:**

- 1.) "TRANSITIONS" in life.
- 2.) "SEPARATION" from significant relationships.
- 3.) "OPPOSITION" from adversaries.
- 4.) "REJECTION" by those you are counting on.

2 Timothy 4:16,  
"At my FIRST DEFENSE,  
NO ONE CAME to my  
SUPPORT, but EVERYONE  
DESERTED ME!"

**"HOW" can we  
"COPE" with  
LONELINESS?**

2 Timothy 4:13,

"When you COME, BRING the  
CLOAK that I LEFT with CARPUS  
at Troas, and my SCROLLS,  
especially the PARCHMENTS!"

**"HOW" can we "COPE" with LONELINESS?**

- 1.) "UTILIZE TIME" in a CONSTRUCTIVE way.

**"HOW" can we "COPE" with LONELINESS?**

- 1.) "UTILIZE TIME" in a CONSTRUCTIVE way.
- 2.) "MINIMIZE" our HURT.

**2 Timothy 4:16,**

**"At my FIRST DEFENSE, no one CAME to my SUPPORT, but EVERYONE DESERTED ME! May it NOT be HELD AGAINST THEM."**

**"HOW" can we "COPE" with LONELINESS?**

- 1.) "UTILIZE TIME" in a CONSTRUCTIVE way.
- 2.) "MINIMIZE" our HURT.
- 3.) "RECOGNIZE" God's PRESENCE in our life.

**2 Timothy 4:17,**

**"But, The Lord STOOD at MY SIDE, and gave me STRENGTH, so that THROUGH ME the MESSAGE might be FULLY PROCLAIMED and all the GENTILES might HEAR it. And, I was DELIVERED from the LION'S MOUTH!"**

**Psalm 25:16,**

**"TURN to ME, and be GRACIOUS to ME, for I am LONELY and AFFLICTED."**

**"HOW" can we "COPE" with LONELINESS?**

- 1.) "UTILIZE TIME" in a CONSTRUCTIVE way.
- 2.) "MINIMIZE" our HURT.
- 3.) "RECOGNIZE" God's PRESENCE in our life.
- 4.) "EMPHASIZE" the NEEDS of OTHERS.

**2 Timothy 4:17,**

**"The Lord STOOD at my SIDE; He GAVE me STRENGTH; so that THROUGH ME The Message might be FULLY PROCLAIMED and ALL THE GENTILES might HEAR IT!"**

**Hebrews 4:15,**

**"We do NOT have a HIGH PRIEST Who CAN NOT be TOUCHED by our INFIRMITIES, but RATHER we serve ONE Who has been TEMPTED in ALL MANNER, just like WE have!"**

- LISTEN TO "PAUL'S TESTIMONY"
- "UTILIZE YOUR TIME" IN A POSITIVE WAY.
- "MINIMIZE THE HURT". DON'T DENY IT, BUT DON'T GET FOCUSED ON IT.
- "DON'T FORGET THE PROMISE" OF THE PRESENCE OF GOD IN YOUR LIFE.
- "ASK GOD TO BRING INTO YOUR LIFE ANOTHER PERSON", THAT YOU NEED TO FOCUS ON, AND HELP MEET THEIR NEEDS.