



MONSTERS IN THE CLOSET

Confronting the Fears that Often
Hold Us Back in Our Spiritual Lives



THE MONSTER OF
LONELINESS

THERE ARE DIFFERENT REASONS WHY
WE MAY EXPERIENCE LONELINESS:

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- o the death of someone
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 - o transitions in life

THERE ARE DIFFERENT REASONS WHY WE MAY EXPERIENCE LONELINESS:

- o the death of someone in your life
 - o transitions in life
 - o unresolved conflicts in relationships

¹ I cry out to the Lord;
I plead for the Lord's mercy.

² I pour out my complaints before him
and tell him all my troubles.

³ When I am overwhelmed,
you alone know the way I should turn.
Wherever I go,
my enemies have set traps for me.

⁴ I look for someone to come and help me,
but no one gives me a passing thought!
No one will help me;
no one cares a bit what happens to me.

PSALM 142:1-7 NLT

⁵ Then I pray to you, O Lord.
I say, "You are my place of refuge.
You are all I really want in life.

⁶ Hear my cry,
for I am very low.
Rescue me from my persecutors,
for they are too strong for me.

⁷ Bring me out of prison
so I can thank you.
The godly will crowd around me,
for you are good to me."

PSALM 142:1-7 NLT

STEPS FOUND IN GOD'S WORD TO
HELP US MOVE OUT OF LONELINESS:

STEPS FOUND IN GOD'S WORD TO
HELP US MOVE OUT OF LONELINESS:

1

Cry out

When we experience loneliness we do cry, but instead of crying out to God, we cry about the situation we are in.



- ¹ I cry out to the Lord;
I plead for the Lord's mercy.
- ² I pour out my complaints before him
and tell him all my troubles.
- ³ When I am overwhelmed,
you alone know the way I should turn.

PSALM 142:1-3A NLT

STEPS FOUND IN GOD'S WORD TO HELP US MOVE OUT OF LONELINESS:

1 Cry out

2 Look out

⁴ I look for someone to come and help me,
but no one gives me a passing thought!
No one will help me;
no one cares a bit what happens to me.

PSALM 142:4 NLT

⁵ Then I pray to you, O Lord.
I say, "You are my place of refuge.
You are all I really want in life.

PSALM 142:5 NLT

When we focus on life's
circumstances rather
than God's character,
we get things all out
of perspective.

¹So David left Gath and escaped to the cave of Adullam. Soon his brothers and all his other relatives joined him there.

²Then others began coming—men who were in trouble or in debt or who were just discontented—until David was the captain of about 400 men.

1 SAMUEL 22:1-2 NLT

¹⁷The Lord hears his people when they call to
him for help.

He rescues them from all their troubles.

¹⁸The Lord is close to the brokenhearted;
he rescues those whose spirits are crushed.

PSALM 34:17-18 NLT

⁷I will be glad and rejoice in your unfailing love,
for you have seen my troubles,
and you care about the anguish of my soul.

PSALM 31:7 NLT

STEPS FOUND IN GOD'S WORD TO HELP US MOVE OUT OF LONELINESS:

1

Cry out

3

Reach out

2

Look out

⁶ Hear my cry,
for I am very low.
Rescue me from my persecutors,
for they are too strong for me.

PSALM 142:6 NLT

When David reached out for rescue, he was willing to grab a hold of whatever God wanted to use for that purpose.



STEPS FOUND IN GOD'S WORD TO HELP US MOVE OUT OF LONELINESS:

1

Cry out

3

Reach out

2

Look out

4

Live out

⁷ “Bring me out of prison
so I can thank you.
The godly will crowd around me,
for you are good to me.”

PSALM 142:7 NLT

The real reason for getting
out of loneliness is not so we
can be more comfortable, it is
so we can fulfill our purpose.

