

WALKING TOWARD ETERNITY  
ENGAGING THE STRUGGLES OF YOUR HEART  
**BIBLE REFERENCES**  
**SESSION 7 - ENGAGING YOUR LONELINESS**

**SESSION 7 - DAY 1 - The Problem of Loneliness**

**Question 2**

**2a) Genesis 2:18**

The LORD God said: It is not good for the man to be alone. I will make a helper suited to him.

**2b) 1 Corinthians 12:24-27**

24 whereas our more presentable parts do not need this. But God has so constructed the body as to give greater honor to a part that is without it, 25 so that there may be no division in the body, but that the parts may have the same concern for one another. 26 If [one] part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy. 27 Now you are Christ's body, and individually parts of it.

**2c) Psalms 142:4**

When my spirit is faint within me, you know my path. As I go along this path, they have hidden a trap for me.

**2d) Ecclesiastes 4:7-12**

7 Again I saw this vanity under the sun: 8 those all alone with no companion, with neither child nor sibling—with no end to all their toil, and no satisfaction from riches. For whom do I toil and deprive myself of good things? This also is vanity and a bad business. 9 Two are better than one: They get a good wage for their toil. 10 If the one falls, the other will help the fallen one. But woe to the solitary person! If that one should fall, there is no other to help. 11 So also, if two sleep together, they keep each other warm. How can one alone keep warm? 12 Where one alone may be overcome, two together can resist. A three-ply cord<sup>+</sup> is not easily broken.

**Optional Further Reading**

**a) Psalms 102:7-10**

7 I am like a desert owl, like an owl among the ruins. 8 I lie awake and moan, like a lone sparrow on the roof. 9 All day long my enemies taunt me; in their rage, they make my name a curse. 10 I eat ashes like bread, mingle my drink with tears.

**b) Psalms 38:11**

My heart shudders, my strength forsakes me; the very light of my eyes has failed.

**c) 2 Timothy 4:16**

At my first defense no one appeared on my behalf, but everyone deserted me. May it not be held against them!

**d) Psalms 25:16**

Look upon me, have pity on me, for I am alone and afflicted.

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ENGAGING THE STRUGGLES OF YOUR HEART - BIBLE REFERENCES  
SESSION 7 - Engaging Your Loneliness**

**SESSION 7 - DAY 2 - God's Answer to Loneliness**

**Question 2**

**2a) Genesis 2:18**

The LORD God said: It is not good for the man to be alone. I will make a helper suited to him.

**2b) Exodus 25:8**

They are to make a sanctuary for me, that I may dwell in their midst.

**2c) Psalms 68:5-6**

5Sing to God, praise his name; exalt the rider of the clouds. Rejoice before him whose name is the LORD.  
6 Father of the fatherless, defender of widows - God in his holy abode,

**2d) Matthew 1:23**

“Behold, the virgin shall be with child and bear a son, and they shall name him Emmanuel,” which means “God is with us.”

**2e) Matthew 28:20**

teaching them to observe all that I have commanded you.\* And behold, I am with you always, until the end of the age.

**2f) Matthew 19:29**

And everyone who has given up houses or brothers or sisters or father or mother or children or lands for the sake of my name will receive a hundred times more, and will inherit eternal life.

**Optional Further Reading**

**a) Genesis 28:15**

I am with you and will protect you wherever you go, and bring you back to this land. I will never leave you until I have done what I promised you.

**b) Deuteronomy 31:8**

It is the LORD who goes before you; he will be with you and will never fail you or forsake you. So do not fear or be dismayed.”

**c) Isaiah 43:2**

When you pass through waters, I will be with you; through rivers, you shall not be swept away. When you walk through fire, you shall not be burned, nor will flames consume you.

**d) Hebrews 13:5**

Let your life be free from love of money but be content with what you have, for he has said, “I will never forsake you or abandon you.”

**e) Isaiah 41:10**

Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand.

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SESSION 7 - Engaging Your Loneliness**

**SESSION 7 - DAY 3 - Engaging Your Loneliness**

**Question 1**

**1a) James 4:8**

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you of two minds.

**1b) Romans 12:9**

Let love be sincere; hate what is evil, hold on to what is good;

**1c) Hebrews 10:24-25**

24 We must consider how to rouse one another to love and good works. 25 We should not stay away from our assembly,\* as is the custom of some, but encourage one another, and this all the more as you see the day drawing near.

**1d) 1 Timothy 5:5**

The real widow, who is all alone, has set her hope on God and continues in supplications and prayers night and day.

**1e) Psalms 25:16**

Look upon me, have pity on me, for I am alone and afflicted

**Optional Further Reading**

**a) Mark 15:33-34**

33 At noon darkness came over the whole land until three in the afternoon. 34 And at three o'clock Jesus cried out in a loud voice, "*Eloi, Eloi, lema sabachthani?*"\* which is translated, "My God, my God, why have you forsaken me?"

**b) Psalms 73:25-26**

25 Whom else have I in the heavens? None beside you delights me on earth. 26 Though my flesh and my heart fail, God is the rock of my heart, my portion forever.

**c) 1 Corinthians 12:24-27**

24 whereas our more presentable parts do not need this. But God has so constructed the body as to give greater honor to a part that is without it, 25 so that there may be no division in the body, but that the parts may have the same concern for one another. 26 If [one] part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy. 27 Now you are Christ's body, and individually parts of it.

**d) Proverbs 18:24**

There are friends who bring ruin, but there are true friends more loyal than a brother.