

# How to Turn Loneliness into a Friend

*Sermon Series: Emotions*

2 Timothy 4:6-22 NLT

## **FOUR COMMON CAUSES OF LONELINESS**

*People tend to feel lonely when there is a...*

- ❶ **MAJOR TRANSITION IN LIFE.**  
(2 Timothy 4:6-8)
- ❷ **SEPARATION FROM LOVED ONES.**  
(2 Timothy 4:9,11)
- ❸ **PERSISTENT ATTACK FROM 'HATERS.'**  
(2 Timothy 4:14)
- ❹ **REJECTION FROM TRUST ONES.**  
(2 Timothy 4:10,16)

## **HOW TO TURN LONELINESS INTO A FRIEND**

*Renew - Refuse - Recognize - Reorient*

- ❶ **RENEW YOUR MIND.**  
(2 Timothy 4:12)
- ❷ **REFUSE TO BECOME RESENTFUL.**  
(2 Timothy 4:14,16)
- ❸ **RECOGNIZE GOD'S PRESENCE.**  
(2 Timothy 4:17a)
- ❹ **REORIENT YOUR FOCUS.**  
(2 Timothy 4:17b)

Current Series: Emotions

How to turn loneliness into a Friend\_Part5-by Pastor Jesse Elizondo (4/19/20).

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*People tend to feel lonely when there is a...*

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## **4 HELPFUL INSIGHTS FROM PAUL'S LIFE**

*Renew - Refuse - Recognize - Reorient*

- ❶ **RENEW YOUR \_\_\_\_\_.**  
(2 Timothy 4:12)
- ❷ **REFUSE TO BECOME \_\_\_\_\_.**  
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- ❸ **RECOGNIZE GOD'S \_\_\_\_\_.**  
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- ❹ **REORIENT YOUR \_\_\_\_\_.**  
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