

Surprised by Hope...

When You Find Yourself Alone



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Jack Anderson, Pastor of Care Ministry

2 Kings 2

*"The trouble with me is that for a long time I have just been an I person. All people belong to a **We** except me. Not to belong to a **We** makes you too lonesome."
– Carson McCullers, American writer (1917-1967)*

A Closer Look at Loneliness

- What does it mean to be lonely?
- How does it feel to be lonely?
- Who gets lonely?
- When do people feel lonely?
- Why do people feel lonely?
- Where do people look they feel lonely?

A Story of Loneliness

- How does Elisha first react to the news that he'll soon be alone? vv. 1-8
- How does Elisha prepare for his anticipated loneliness? vv. 9, 10
- How does Elisha feel during his crisis of loneliness? vv. 11, 12
- How does Elisha choose to respond to his loneliness? vv. 13, 14
- How do the prophets respond to their loneliness? vv. 15-18

Your Story of Loneliness

- How do you first react to the news that you'll soon be alone?
- How do you prepare for anticipated loneliness?
- How do you feel during your loneliness, and do you express those feelings to someone?
- How do you choose to respond to your loneliness?

(Be sure to maximize what you hear today by using the Learning Experience on the other side.)

by Jack Anderson, Pastor of Care Ministry

What steps can you take to handle loneliness or grief in a more effective way?

Call or get together with the people who know you.

You may have reasons that you don't feel like it. They may not always treat you as they should, but social contact is important for you, even when mixed with normal relationship hassles. Listen more than you talk of your pain. They'll be able to connect with you better if the focus is not always on your pain.

Get involved with GriefShare.

- Sign up for free daily encouragement messages from www.griefshare.org.
- Join a GriefShare group. (See the Web site above for more information, or contact me at jack@lscckc.org or x146.)
- Read books on grief. (See GriefShare's online bookstore and their Web page on "Surviving the Holidays.")
- Write a grief letter to your friends and family. (Contact me for ideas on how to do so.)

Initiate communication with friends.

- Don't just wait for them to initiate. Otherwise you'll become angry and resentful, and your natural sorrow will turn into self-pity. Self-pity will drive good friends away.
- Most friends do care, but they initiate less because they don't know what to say. Help them know what you need. They cannot read your mind or feelings.
- Take some risks in revealing your heart. Say what's on your mind without being careless or hurtful.

Discover your own way to grieve and to handle loneliness.

- Your grief or sorrow won't be the same as others. There is no "right" way to grieve. Suggestions from others often don't fit you because every person's grief experience is different.
- Don't take offense. Appreciate their desire to help, but don't feel you have to handle grief their way.
- Keep up the routines and structure you had before crisis. They will help you handle life better.



Today's message will be posted on www.lscckc.org by noon on Monday!

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