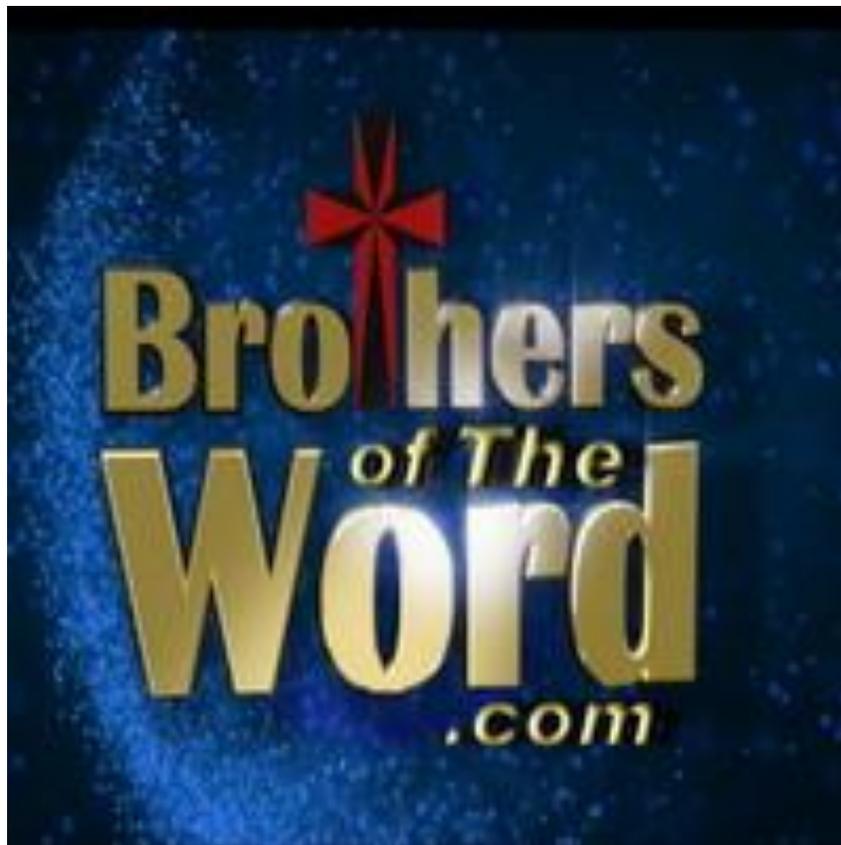


# Overcoming Loneliness Part I

Sermon Title: **Overcoming Loneliness, Part I**  
Sermon Number: **7838**  
Speaker: **C. Elijah Bronner**

Link to sermon audio - <http://www.theonlineword.com/mp3/7838.mp3>  
Link to sermon video - <http://theark.s3.amazonaws.com/vid/7838.mp4>



[BrothersofTheWord.com](http://BrothersofTheWord.com)

C. Elijah Bronner: We are to live, to laugh, to love, we are to learn together.

Female: You are listening to brothersoftheword.com. This is part one of the series titled, Overcoming Loneliness, by C. Elijah Bronner. This message is number 7838, that's 7838. Listen to over a thousand free messages on brothersoftheword.com.

(Music Playing: 00:00:23 - 00:00:51)

Female: And now for 7838, Overcoming Loneliness, Part 1.

C. Elijah Bronner: Thank you for joining brothers of the word, because brother, you need, the Word. Well, we welcome all of you joining us by television and those of you joining us online at brothersoftheword.com or Facebook Live. Delighted to have you, always a wonderful joy to have you to tune in and join us.

Well we'd like to share just a little humor. One day an angel appeared to Adam and said, "I've got some great news for you. God is going to create something wonderful for you." Adam intrigued as he said, "What is it?" The angel said, "It's not it, it's a she. God is going to make something called, a 'woman' for you." Adam even more intrigued said, "Tell me more." The angel said, "This is going to be fantastic. This woman will be a lot like you physically, only much more beautiful. She will live to serve you at all times. When you are tired, she will give you a massage, when you are hungry, she will feed you, she will come and bow down to you in the morning and when you return from working in the garden in the evening, she will live to serve your every pleasure each day." And what's more, the angel continued, she will never argue with you or complain, she won't nag you or talk back to you either, for every command you give her, she will simply reply, 'Yes, master.' She will clean your house and tend your every desire.

Adam had a sparkle in his eyes and said with excitement, "Wow! That's sounds amazing! I really like to have something like that. But what's it's going to cost me?" The angel said, "It's going to cost you a right arm and leg." Adam thought about it for a while and he said, "Why can't I get it for just a rib?" I knew the man would like that, and I knew, the women would not like that. Well, open your Bible if you will, over to the Book of Genesis Chapter 2. I only chose that joke, because, it actually deals with the message today. So, Genesis Chapter 2, Verse 18 through 25, Genesis

chapter 2 Verse 18 through 25. When you get there, say, “Amen.” “When the Lord God said, ‘it is not good that the man should be alone; I will make and help it meet for him. And out of the ground the Lord God formed every beast of the field, and every fowl of the air; and brought them unto Adam to see what he would call them: And whatsoever Adam called every living creature, that was the name thereof. And Adam gave names to all cattle, and to the fowl of the air, and to every beast of the field; but for Adam, there was not found and help meet for him. And the Lord God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof; And the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man. And Adam said, this is now bone of my bones, and flesh of my flesh: she shall be called, woman, because she was taken out of man. Therefore, shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. And they were both naked, the man and his wife, and were not ashamed.”

I want to look at one particular verse, Verse 18, it says, “And the Lord God said, ‘It is not good that the man should be alone”

00:05:05

And I just want to use this as a subject overcoming loneliness. The past few weeks, we’ve been looking in Genesis, we’ve been looking at the first families, so we studied a lot from the life of Cain, talked about his attitude and we talked about anger, and now, we’re kind of looking here at his parents and we learned here that, God saw Adam and Adam had everything, he had everything, but yet he was lonely. And so, God teaches us here something this principle that was realized here in the creation of the world from the very beginning that God knew we had a need before we had a need and God sought to meet that need even before Adam realized he had a need, and so, God solved the need.

And we learned from this that we are not made to live in isolation. No man is an island unto himself. We learned the value of having meaningful relationships with family, friends, community, et cetera. So, we learned the value of having relationships. We are interdependent people. We need each other. I need you, you need me. At least, I hope you need it. But we all need each other. We’re all connected, we’re all connected. What happens to one of us happens to all of us. We all are part of life, we all are part of

mankind, we are all connected, we are all on earth together., we are all one big family and so, we are all connected. We are interdependent, we need each other.

And so, God, teaches us here, that life is meant to be enjoyed, shared, and celebrated with each other. Relationships are the basis of life and communication, is the basis of relationships. And so, if we are to live, to laugh, to love, we are to learn together. We need people in our lives to share the joys of life with. We need people to share the sorrows of life with, we need people. We need people to share life's experiences with, we need each other.

In fact, in one of the Epistles of Peter, he speaks concerning the marriage relationship and he says, concerning the husband and the wife that, you are heirs together of the grace of life. Meaning that, together as husband and wife, you enjoy, you share, you celebrate the beauty of life, you live life together, you enjoy the grace of life. You're heirs, together you've received the grace of life. God's favor for life, you enjoy it together.

So, life is meant to be shared together, celebrated it together, lived together, and so we have to learn how to get along with somebody in life. Everybody needs somebody to love and we have to learn how to get along with somebody. Sometimes, it is not easy we have to learn relationship skills, we have to learn how to forgive, we have to learn how to compromise, we have to learn how to put others first. Not having our own way all the time, we have to learn how to be selfless. Not selfish but selfless. These are things that you have to have if you want to thrive in relationship with other people.

And so, anytime you are living with someone else, it requires relationship skills. And we have to learn how to give grace to other people and give grace to them, we have to learn how to receive grace and we have to learn how to forgive each other, and pardon one another and overlook certain things, have to be gracious with people.

And so, we enjoy life. Life is meant to be enjoyed together. When there are two people together, when you have someone to share our life's experiences with, you enjoy it so much better. You can go so much further, they've even done studies of people who put their feet in the bucket of ice and when they put their feet in the bucket of ice by themselves, they're able to keep their feet in for a

certain period of time. But when they have a friend there with them, who also has their feet on the bucket of ice, they're able to go twice as long, because they have somebody to share their experience with. You can go farther; you can do more.

00:10:00

You enjoy life better when you have somebody alongside with you. You know, they say that, "A friend is worth more than a fortune." The true riches of life, outside of God and the Holy Spirit in Christ or Jesus our Lord and the Word and all of that, outside of our spiritual treasure, the true riches in life are meaningful relationships where you love someone and someone loves you and you can share life with someone and enjoy life's experiences together. That's the true riches in life is to be rich in relationship. No one on your death bed ever says, "Bring me my trophies. Let me look at them." Or you know, they're about to die, they don't say, "Bring me all my bank balances. I can see how much I have. Bring me pictures of my cars and my houses." And nobody says, "I wish I had to work more hours." You know, what they say? "I need my family. I need those that are close to me and I wish I had spent more time enjoying those that mean something to me."

Its meaningful relationships are the basis of life. And so, life is enjoyed, it's meant to be shared and celebrated and lived with others. I'm so grateful. I am rich with relationships. I'm grateful to God to have a loving wife to enjoy life with, to travel with, to go to movies, or to go to a ballgame or to go to the mall. The other day, my wife was going to the grocery store and I just jumped in the car and rode with her. Well, I did need a few items, too, so. Thinking she was going, I might as well.

Well, life is so much fun. We have someone to share it with and know some grateful to have a life companion, so we can share our hearts with each other, we can share our dreams with each other, share our goals with each other, we can encourage one another. When she's down and I can help lift her up, and when I'm down, she can help lift me up. We can serve one another, wait on one another and maintain that preciousness and that intimacy. And you know, so, that's the joy, that's rich treasure. So, you treasure your relationships.

I'm grateful to have wonderful kids and wonderful relationships with my kids and to enjoy each of them and to adore each of them

and to celebrate them and to have moments with each of them in their own special way. And so, those are rich treasures that we sometimes overlook. That's what really makes you rich in life, is quality of your relationships, to have meaningful relationships and in your own minds, I'm sure you can picture your different people in your life, whether they're kids or grandkids or nieces and nephews or cousins. But those meaningful relationships and quality relationships that really bring joy to life.

Listen to this Psalm 68:6 says, "That God setteth the solitary in families. God setteth the solitary in families. Another translation says, "God places the lonely in families." And that's what we're talking about, we're talking about overcoming loneliness. So, God understood that it wasn't good for Adam to be alone. Everything God made, He said, "It is good except the fact that, Adam was alone. He said, "This is not good for this man to be by himself."

And so, God sets the lonely and family. So, God will place you if you don't have a natural biological family, God will place you in family. That's why our church is important, because church becomes a family to those who have no family. Statistics say that, people who attend church regularly, live six years longer than those who don't. You want to know why that is? I believe it's because, rule number one, we put our faith in God. So, our faith is strengthened and so, you have to trust and faith in God.

But number two, is the love that's shared among the members, it's the fellowship, it is a sharing of life. It's the hugs and the smiles, and the well-wishes and the prayers. It's me being interested in you and encouraging you that's why the Bible says, "Exhort one another daily, encourage one another daily. Forsake not just simply of yourselves, together we have to provoke one another onto love and good works. So when you come into church, it's my job to provoke you to love a little better. It's my job to provoke you to do a little better, to do good, to encourage you, and to lift you. And we do that for one another. So that's the responsibility we all have. So, you encourage your sister and your brother when they come to church, so it's a place of encouragement, it's a place of support.

And so, this is why, people live longer who go to church, because they connect and that connection becomes meaningful and it has physical effect. I believe, also of course that life is ministered. The church becomes a place of life. So, life I believe that as you hear the Word, those Soul wave in life of God enters into your body and into your mind, and into your spirit, and it quickens you and enlivens you, causes you to live longer because you are infected with life. Praise God. Isn't that good? That makes you want to go church then. Well, that's one of the benefits and I believe that's why I believe, that's people live longer who attend church regularly, because of the friendships, because of the fellowship, because of the family that's formed.

And so, I've read books on the happiest people on earth. I've read books on the longest living people on earth. And one thing you'll find in common between both of those groups, the longest living on Earth and the happiest on Earth, you'll find a common thread, they all have strong, social networks, they all have strong connected relationships, whether it's through, clubs or associations, or spiritual community, or their local community, or whatever. But they all have strong human relationship connections and it leads to happiness and it also leads to longer life. A longer, more fulfilled, meaningful life. And this is why God said, "It was not good for Adam to be alone." God understood the power of relationship. He understood what relationships do to our life.

I was, from thinking about overcoming loneliness, I was thinking about all of us, probably at some point in our lives, experienced loneliness and even if we don't, I still think, we all can do more to improve the quality of our relationships. So, even if you aren't lonely, you can improve the quality of your relationships and if you are lonely, and I think, all of us have moments in life where we are lonely, and it could be for a variety of reasons. Some people are lonely, because they've gone through a death, they had a death of a spouse or sometimes, through divorce. Sometimes through becoming empty nesters, sometimes through being retired.

So, there are variety of life factors or reasons that can leave people feeling lonely. Sometimes, you can be married and still feel lonely, because you may feel like the intimacy is gone, the connection is gone, the caring is gone. So, you could be married, but yet lonely. And so, that's why I said, "All of us, even if we

aren't lonely, we can only improve the quality of our relationships, we can all better our relationships." And that's what I'm dealing with in this series and this is, I'm just laying a little foundational work today, but we're going to be dealing on this in this series of overcoming loneliness. Because it was the only thing God saw in the garden that wasn't good and it was the only thing He did something about. He created Eve because he wanted a relationship. He wanted Adam to have fulfilling, meaningful relationship.

Adam had everything. He had everything, but he had no one to enjoy it with. He had everything, literally the world was his, the world was his. He could just walk to the garden, pick fruit, eat it. The whole world was his, all the silver, gold laying around, that was his. Man, the moonlight was his, the rising of the sun, setting of the sun, watching that, sitting on the dock of the bay in the evening. Man, that was all his, that was all his. He had everything, he had all the pets, he had a full zoo. He named all of them, everything. Man, he's king of the jungle, but yet, he had no one to share it with, no one to share it with. And so God is saying that, "To really get the most out of life, to really enjoy life, you need someone to share life experiences with, you need someone to celebrate life with, you need someone to have along the journey of life, all of the ups and downs of life to have someone along." So, everyone needs someone, everyone needs someone to love.

And so, we'll be uncovering and kind of going through this. Here's something, I wanted to read from the Book of Ecclesiastes Chapter 4. Listen to this, Ecclesiastes, Chapter 4 Verses 9 through 12 in the message Bible, it says, "It's better to have a partner, than to go through it alone, share the work,

00:20:01

share the wealth and if one falls down, the other helps. But if there's no one to help, tough. Two in a bed warm each other, alone, you shiver all night. By yourself you're unprotected, with a friend you can face the worst. Can you round up a third? A three-stranded rope isn't easily snapped. So even Solomon, the wisest man on Earth, he talks about the quality of relationships, the meaning of relationships, the importance of having meaningful relationships. In life, we see through the Scriptures, David, he had a close friendship and bond with Jonathan that help David through a very tough time in his life. Having a

confidant, having a counselor, having someone he would talk to, to help him navigate this particular tough time in his life.

So, we save friendships, we see Naomi when she lost her husband and Ruth lost her husband. Yet, we see Ruth cleave to be with Naomi. So, Naomi would not be alone and God honored Ruth because she decided to build relationship, so that, Naomi would not be alone in the world.

And so, relationships are honored. And there some powerful things. Let me read this article, this is the article from Time Magazine, and after I read this, then I'll just stop for this week and we will pick-up next week and we will continue the series. But this is the article from Time Magazine. It says, "When someone sets out to improve their health, they usually take a familiar path: starting a healthy diet, adopting a new workout regime, getting a better sleep, drinking more water." Each of these behaviors are important, of course. But they all focus on physical health and the growing body of research suggests that, social health is just as if not more important to overall well-being. Studies have shown that social support, whether it comes from friends, family members or a spouse, is strongly associated with better mental and physical health. A robust social life, these studies suggest, can lower stress levels; improve mood; encourage positive health behaviors, and discourage damaging ones. Boost cardiovascular health, improve illness recovery rates and aid virtually, everything in between.

Research has even shown that a socio component can boost the effects of already healthy behaviors, such as exercise. Social isolation meanwhile, is linked to a higher rate of chronic diseases and mental health conditions and may even catalyze cellular level changes that promote chronic inflammation and suppress immunity. The detrimental health effects of loneliness have been likened to smoking fifteen cigarettes a day. It's a significant problem especially since loneliness is emerging as a public health epidemic in the U.S. According to recent surveys, almost half of Americans including large numbers of the country's youngest and oldest adults are lonely. A recent study conducted by health insurer CIGNA and published in the American Journal of Health promotion set out to determine what's driving those high rates of loneliness. Unsurprisingly, it found that social media, when used so much that it infringes on face-to-face quality time, was tied to a greater loneliness, while having meaningful in person

interactions reporting high levels of social support and being in a committed relationship were associated with less loneliness.

This particular research, it says, “The report underscores the importance of carving out time for family and friends, especially since loneliness was inversely related to self-reported health and well-being. Reviving a dormant social life may be best and most easily done by finding partners for enjoyable activities: like exercising, volunteering, or sharing a meal. he says. Real face-to-face time with people is important. And the activity part of it makes it fun and enjoyable and gives people an excuse to get together.

00:25:03

Finally, these research stresses that, even small social changes can have a large impact striking up post-meeting conversations with coworkers, or even engaging in micro interactions with strangers, can make your social life feel more rewarding. There’s an opportunity to grow those kinds of quick exchanges into conversations and into a more meaningful friendship over time. People should take those opportunities wherever they possibly can because all of us innately are wired from birth to connect and because doing so, may pay dividends for your health.

And that’s just one article, I wanted to share. I have some other articles and I’m going to share in coming weeks. But loneliness is epidemic in America. People are lonely in all walks of life. And this is because, like I said, because of various ages, stages or circumstances, we all can become lonely. And so, there are some things that I’ll share from God’s Word and I’ll also share some practical things to help overcome loneliness. Praise God, praise God. Amen.

C. Elijah Bronner: Those of you watching via television and wants to go to a [brothersoftheword.com](http://brothersoftheword.com), you can listen to this message and its entirety absolutely free of charge, and you can also email it to a friend. Thank you so much for joining us today at Brothers of the Word, because brother, you need, the Word.

Female: You are listening to [brothersoftheword.com](http://brothersoftheword.com). This was Part 1 of the series titled, Overcoming Loneliness by C. Elijah Bronner. This message is number 7838, that’s 7838. To listen to over a

[www.TheOnLineWord.com/mp3/7838.mp3](http://www.TheOnLineWord.com/mp3/7838.mp3)

thousand free messages, or to send this message number, 7838 to a friend, go to [brothersoftheword.com](http://brothersoftheword.com).

Nathaniel Bronner: If this message has been a blessing to you, and you would like to help support this ministry, go to [iwanttogive.com](http://iwanttogive.com), that's [iwanttogive.com](http://iwanttogive.com).

Female: Listen to [brothersoftheword.com](http://brothersoftheword.com) often, because brother, you'll need the Word.

(Music Playing: 00:27:13 - 00:27:19)

00:27:20