



# *Women Devoted to God*

Lesson 10

## *Loneliness and Isolation*

*And let us consider how to stimulate [provoke]  
one another to love and good deeds.*

Hebrews 10:24

*Alone is not the same thing as lonely*

Matthew 14:23 *After He had sent the crowds away, He went up on the mountain by Himself to pray; and when it was evening, He was there alone.*

**Some *pitfalls* of too much alone time**

**Some *positives* of more alone time**

*True friends are there for you when  
you need them*

Proverbs 17:17 *A friend loves at all times, and a brother is born for adversity.*

*Exercise wisdom in relationships*

“Friends rely upon one another. For this reason, it is wise to make friends with those who have a wholesome influence.”<sup>1</sup>

Proverbs 22:3 *The prudent sees the evil and hides himself, but the naive go on, and are punished for it.*

We need to be careful not to get ourselves entangled in relationships that masquerade as friendship but are, in fact, unhealthy and even ungodly.

---

<sup>1</sup> Steveson, Peter A., *A Commentary on Proverbs*, Greenville, SC: Bob Jones University Press, 2001, p. 235.

## **Characteristics of a healthy, godly friendship:**

It is inclusive.

It is balanced.

It is edifying.



Nancy Leigh DeMoss (Wolgemuth), author of the book *Lies Women Believe*, coauthored another book, *Lies Young Women Believe*. An article on the *Lies Young Women Believe* website,<sup>1</sup> offers some “practical suggestions for keeping girl friendships healthy, pure, and Christ-centered.”

1. **Avoid emotional dependence.** “. . . Girls are prone to spend hours of each week ‘processing’ their emotions, thoughts, feelings, and dreams with each other. . . . too much opening up too often . . . will quickly lead to an unhealthy pattern of emotional dependence . . . Human relationships must never take the place of true intimacy with Jesus Christ. God’s presence should be the first place we run when we feel fear, joy, hope, or distress. . . . Psalm 62:8 says that we are to trust Him at all times and *pour out our hearts* before Him. . . .”
2. **Be guarded with physical affection.** “. . . It is perfectly appropriate to give a friendly hug to another girl or put your arm around her shoulder to comfort her while she is crying. Caution should be taken, however, in extended caressing or cuddling, even when the motivation is pure.” “. . . sensual touch, even if you don’t mean it to be sensual, can awaken physical desires both in you and in others who are observing your behavior. Romans 14:13 says we are to be resolved not to be a stumbling block in another’s way. One of the best ways to obey this exhortation is to be guarded and above reproach in all your physical interaction with others—both guys *and* girls.
3. **Put boundaries around time spent with friends.** “. . . Christ desires to give you a confidence and contentment that flows from your relationships with Him. Psalm 16:11 says that in *His* presence is fullness of joy. . . .” “. . . Often, girlfriends that spend too much time with each other get to the point where they cannot function as individuals or make decisions outside of the other person’s influence and opinion.”

## *Are Facebook friends real?*

“A man of (many) friends (is a friend only) for chattering together.”<sup>2</sup>

Does technology help us avoid isolation, or is technology, as some would argue, “spreading isolation”?

Ask yourself, “Why do I post, and why do I post what I post?”

Philippians 4:8 . . . *whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.*

---

<sup>2</sup> S. R. Driver, quoted in *A Commentary on Proverbs*, p. 249, footnote 15.

## **Some helpful boundaries:**

Filters

Accountability

Settings

Apps

The size of your data plan

Time

Content



# *Face the Future Trusting God's Faithfulness*

Psalm 23:1 *The Lord is my shepherd, I shall not want.*

Trusting God's providence is the key to living by faith and not fear.

He is the Good Shepherd, and we are His sheep.

When you are without resources,  
it is an opportunity to prove  
the reality of the promises of God.

## *Other sources:*

Chery, Fritz. "Isolation." [www.Biblereasons.com](http://www.Biblereasons.com).

"Lesson: Coping with Loneliness."

[www.freebiblestudyguides.org](http://www.freebiblestudyguides.org).

Ludy, Leslie. "Are Your Female Friendships Healthy?"

[www.liesyoungwomenbelieve.com](http://www.liesyoungwomenbelieve.com).

Marche, Stephen. "Is Facebook Making Us Lonely?"

[www.atlantic.com](http://www.atlantic.com).

Olien, Jessica. "Loneliness is Deadly." [www.slate.com](http://www.slate.com).

Schutte, Shana. "Life Challenges: The Gift of Loneliness."

*Focus on the Family*, October 2007.