## A Pastor friend posted this - Often, the solution to loneliness isn't people, it's purpose –

## it's not a lack of affection, but a lack of direction

Response...Loneliness is overcome by felt connection to other people - which also helps us feel our worth. I'm not sure what the above statement is meant to achieve. Is it judgemental? Lonely folks are often depressed and it's pretty hard to find purpose and direction then. In my experience, people coming along side others is what helps loneliness to lessen. And "solutions" are often complex. My heart goes out to all those who are lonely.

<u>My explanation</u> - I believe its about responsibility, we must all do what we can to bring ourselves out of self imposed loneliness. Many people are lonely because they choose to be. Others need help

What the Bible says:

**Prov 18** - An unfriendly person pursues selfish ends and against all sound judgment starts duarrels. <sup>2</sup> Fools find no pleasure in understanding but delight in airing their own opinions.

Vs 24 - A man that hath friends must show himself friendly,

<u>1 John 1</u> - That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched—this we proclaim concerning the Word of life. <sup>2</sup> The life appeared; we have seen it and testify to it, and we proclaim to you the eternal life, which was with the Father and has appeared to us. <sup>3</sup> We proclaim to you what we have seen and heard, <u>so that you also may have fellowship with us. And our fellowship is</u> with the Father and with his Son, Jesus Christ. <sup>4</sup> We write this to make our<sup>[a]</sup> joy complete.

Hebrews 10:25not giving up meeting together, as some are in the habit of doing, but encouraging one another —and all the more as you see the Day approaching.

Acts 2:42-26They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

1 John 4:19-2119 We love because he first loved us. 20 Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. 21 And he has given us this command: Anyone who loves God must also love their brother and sister