

# Overcoming Loneliness

Genesis 39:20 – 40:23  
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## A. Intro Loneliness

1. *Defined*: A distressing feeling that accompanies the perception that one's social needs are not being met by the quantity or especially the quality of one's social relationships.
2. *Four Types*: Lack of Physical Connection; Lack of Common Interests; Lack of Shared Values; Lack of Emotional Intimacy
3. *Common Negative Effects*: Engaging in Unhealthy Relationships; Substance Abuse; Chronic Busyness & Stress; Depression

## B. Reviewing Joseph's Story & Selected Reading of Gen. 39 & 40

## C. 4 Keys To Overcome Loneliness

### 1. Engage with Others (Gen. 39:22; 40:4)

- a. Empathy
- b. Compassion (Gen. 40:6-7; Mat. 9:36)
- c. Action (Gen. 40:8)

### 2. Use What You Have

- a. Experience (Gen. 37:5-11)
- b. Abilities (Gen. 39:6, 22)
- c. Passions (Gen. 39:8-9)

### 3. Staying Ready / Being Patient – Lessons for Us (2 Tim. 3:16)

- a. The Time Will Come (Gen. 40:23)
- b. Nurture Your Inner Being (Prov. 4:23; Phil. 4:4-9)
- c. Value of Small Steps

### 4. Take YOUR Next Step