*PASTOR*

# CHARMAINE CHEONG

# *the* DARKNESS WITHIN



# LONELINESS



It is strange to be known
so universally and yet to be so lonely.

ALBERT EINSTEIN



Loneliness is a feeling of being disconnected or isolated from others.



You are not loved



You are not loved

You are not important



You are not loved

You are not important

You don’t belong



You are not loved

You are not important

You don’t belong

No one understands you



Loneliness is a common struggle.



We are made for relationships.



## Genesis 2:18 (NIV)

18 The Lord God said, “It is not good for the man to be alone…



## Genesis 1:28 (NLT)

28 Then God blessed them and said, “Be fruitful and multiply…



God created us to have a relationship with Him and with one another. We are not meant to walk through life alone.



What must we do to
break free from loneliness?



# TURN TO GOD



## Isaiah 53:3 (NIV)

3 He was despised and rejected by mankind,
a man of suffering, and familiar with pain.
Like one from whom people hide their
faces he was despised, and we held him in
low esteem.

## Matthew 26:14-15 (NIV)

14 Then one of the Twelve—the one called Judas Iscariot—went to the chief priests 15 and asked, “What are you willing to give me if I deliver him (Jesus) over to you?” So they counted out for him thirty pieces of silver.

## Matthew 26:73-75 (NIV)

73 After a little while, those standing there
went up to Peter and said, “Surely you are
one of them; your accent gives you away.”
74 Then he began to call down curses, and
he swore to them, “I don’t know the man!”
Immediately a rooster crowed.

## Matthew 26:73-75 (NIV)

75 Then Peter remembered the word Jesus had spoken: “Before the rooster crows, you will disown me three times.” And he went outside and wept bitterly.

## Matthew 27:21-23 (NIV)

21 “Which of the two do you want me to release to you?” asked the governor. “Barabbas,” they answered. 22 “What shall I do, then, with Jesus who is called the Messiah?” Pilate asked. They all answered, “Crucify him!” 23 “Why? What crime has he committed?” asked Pilate. But they shouted all the louder, “Crucify him!”



## Hebrews 4:15 (NIV)

15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

## Psalm 34:18 (ESV)

18 The Lord is near to the brokenhearted
and saves the crushed in spirit.



## Psalm 16:11 (NKJV)

11 You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore.

## Lamentations 3:22 (NIV)

22 Because of the Lord’s great love we are not consumed, for his compassions never fail.



## John 4:13-15 (NIV)

13 Jesus answered, “Everyone who drinks this water will be thirsty again, 14 but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

## John 4:13-15 (NIV)

15 The woman said to him, “Sir, give me this water so that I won’t get thirsty and have to keep coming here to draw water.”

**Turn to Him:**

- Pour out your troubles to Him



## Psalm 62:8 (NIV)

8 Trust in him at all times, you people;
pour out your hearts to him, for God is
our refuge.



**Turn to Him:**

- Pour out your troubles to Him
- Spend time with Him through prayer and worship



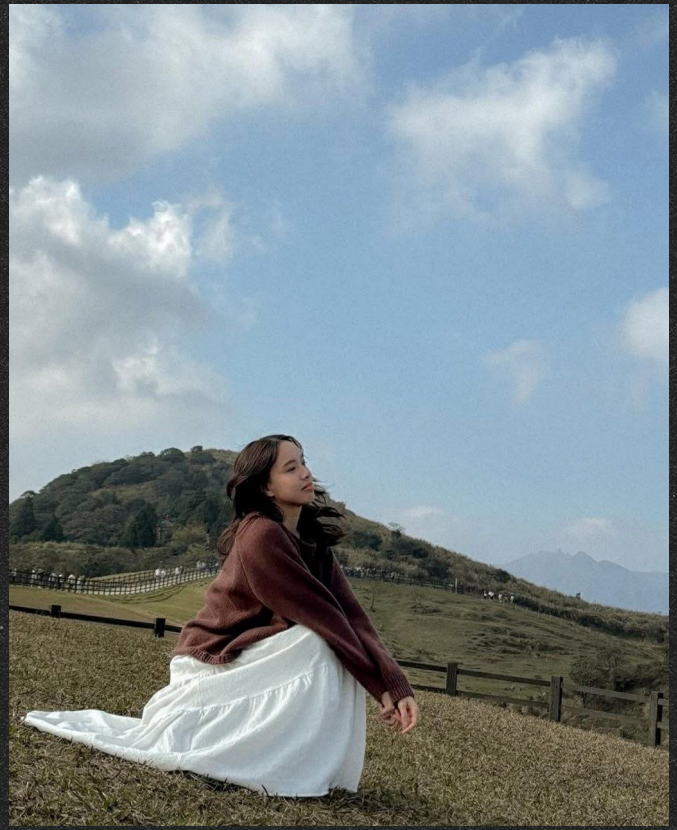
**Turn to Him:**

- Pour out your troubles to Him
- Spend time with Him through prayer and worship
- Read His Word



## Philippians 4:8 (NIV)

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.



## In My Loneliness

You were despised and You were rejected
You were forsaken and You were abandoned
So You understand my loneliness
You were in the desert and in the wilderness
You are the man of sorrows and
You're near the brokenhearted
And You'll meet me in my loneliness

What must we do to
break free from loneliness?



# TURN TO GOD



# DRAW CLOSE TO GOD'S COMMUNITY



## Acts 2:42-47 (NIV)

42 They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer. 43 Everyone was filled with awe at the many wonders and signs performed by the apostles. 44 All the believers were together and had everything in common. 45 They sold property and possessions to give to anyone who had need.

## Acts 2:42-47 (NIV)

46 Every day they continued to meet
together in the temple courts. They broke
bread in their homes and ate together with
glad and sincere hearts, 47 praising God and
enjoying the favor of all the people. And the
Lord added to their number daily those who
were being saved.

Galatians 6:2 (NIV)

2 Carry each other's burdens, and in this way you will fulfill the law of Christ.

Hebrews 10:24-25 (NIV)

24 And let us consider how we may spur
one another on toward love and good
deeds, 25 not 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.

1 Thessalonians 5:11 (ESV)

11 Therefore encourage one another and build one another up, just as you are doing.



James 5:16 (NIV)

16 Therefore confess your sins to each other and pray for each other so that you may be healed...



## Mark 14:32-34 (NIV)

32 They went to a place called Gethsemane,
and Jesus said to his disciples, “Sit here
while I pray.” 33 He took Peter, James and
John along with him, and he began to be
deeply distressed and troubled. 34 “My soul
is overwhelmed with sorrow to the point of
death,” he said to them. “Stay here and
keep watch.”



We need God’s community to:



**We need God’s community to:**

- Encourage us when our faith feels weak

**We need God's community to:**

- Encourage us when our faith feels weak
- Pray with us when life becomes difficult



**We need God’s community to:**

- Encourage us when our faith feels weak
- Pray with us when life becomes difficult
- Remind us of God’s truth when we forget



**We need God’s community to:**

- Encourage us when our faith feels weak
- Pray with us when life becomes difficult
- Remind us of God’s truth when we forget
- Walk alongside us when we struggle



When we withdraw
because we're afraid of rejection,
we may also be closing ourselves off from
the very relationships that could
help us heal and grow.



## Proverbs 18:1 (NKJV)

[1] A man who isolates himself seeks his own desire; he rages [or breaks out] against all wise judgment.



# Take a step of courage:



**Take a step of courage:**

- Talk to someone you don't usually talk to after service



**Take a step of courage:**

- Talk to someone you don't usually talk to after service
- Ask someone from your cell to have a meal together



**Take a step of courage:**

- Talk to someone you don't usually talk to after service
- Ask someone from your cell to have a meal together
- Share your struggles with your cell leader

**Take a step of courage:**

- Talk to someone you don't usually talk to after service
- Ask someone from your cell to have a meal together
- Share your struggles with your cell leader
- Be willing to join a conversation instead of withdrawing because you feel awkward

As a cell, let's make it a priority to:



**As a cell, let's make it a priority to:**

- Show up for cell group

**As a cell, let's make it a priority to:**

- Show up for cell group
- Check in with one another

**As a cell, let's make it a priority to:**

- Show up for cell group
- Check in with one another
- Pray for one another



**As a cell, let's make it a priority to:**

- Show up for cell group
- Check in with one another
- Pray for one another
- Spend time together

**As a cell, let's make it a priority to:**

- Show up for cell group
- Check in with one another
- Pray for one another
- Spend time together
- Make room for newcomers



Hebrews 10:24-25 (NIV)

24 And let us consider how we may spur
one another on toward love and good
deeds, 25 not 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.

What must we do to break free from loneliness?



What must we do to break free from loneliness?

# TURN TO GOD



What must we do to break free from loneliness?

# TURN TO GOD

# DRAW CLOSE TO GOD'S COMMUNITY



God created us to have a relationship with Him and with one another. We are not meant to walk through life alone.





Source: thirst.sg

I was just always in a cycle, chasing temporary highs, feeling the same emotions and going home empty-handed. Sometimes I would have suicidal thoughts. I just really wanted to end all these things that I had in my mind.

**ALVIN**



I remember praying for the first time in my Airbnb bedroom, asking God, “God, can You provide me with a friend—a community that I can spend time with?”

ALVIN



“You know, after all this while,
I’m still chasing after you. All this while, you
have been chasing after all these things.
But I haven’t given up on you.”



While I was chasing a worldly life—clubbing, drinking, smoking, gambling—these were just temporary things. They didn’t fill my heart at all. I remember how broken my heart was.

ALVIN





But when God came into the picture, everything started to heal. I'm not perfect, but I know God loves me. Through God, I know I'm not defined by all these things, and I know that God still loves me as I am.

ALVIN





This is what God has done in my life,
and I truly believe that God wants the same
for you too. What God has given me,
He also wants to give to you!

ALVIN





God created us to have a relationship with Him and with one another. We are not meant to walk through life alone.



## Psalm 16:11 (NKJV)

[11] You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore.

## Romans 6:23 (NIV)

23 For the wages of sin is death…



## John 3:16-17 (NIV)

16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. 17 For God did not send his Son into the world to condemn the world, but to save the world through him.

## 1 John 4:19 (NIV)

19 We love because he first loved us.



## Galatians 6:2 (NIV)

2 Carry each other's burdens, and in this way you will fulfill the law of Christ.

# *the* DARKNESS WITHIN

