



MESSAGE: The Loneliness Epidemic TEACHER: Gabe Hollis DATE: 12/31/2023

[WATCH >> The Loneliness Epidemic, Part 1](#)

On Sunday, 12/31/ 2023, Pastor Gabe opened our new series, The Loneliness Epidemic. We are taking a look at how loneliness impacts us physically and psychologically. God created us in His image—to be highly relational in nature—so living a life contrary to God’s design of our nature does have damaging consequences. Gabe brings to light the good news that we are not alone in our loneliness and that we can confidently hold onto such hope. Watch the message to hear how!

On the following pages are the Bible passages that Gabe cited as foundational to his teaching.

TEACHING SCRIPTURE CITATIONS

Genesis 1:27-28, NIV

So God created mankind in his own image, in the image of God he created them; male and female he created them. ²⁸God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."

Genesis 1:31, NIV

God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

Genesis 2:18, NET

The Lord God said, "It is not good for the man to be alone. I will make a companion (*ezer) for him who corresponds to him."

*Ezer, Hebrew word used in the original Old Testament writings. It means companion, helper (help). This same word, *ezer*, is frequently used in the Old Testament in reference to God as our source of help! For instance, see [Exodus 18:4](#), [Deuteronomy 33:26](#), [Psalm 33:20](#), [Psalm 124:8](#).

Matthew 28:18-20, NIV

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. ¹⁹Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Psalms 139:1-18, NIV

You have searched me, Lord, and you know me. ²You know when I sit and when I rise; you perceive my thoughts from afar. ³You discern my going out and my lying down; you are familiar with all my ways. ⁴Before a word is on my tongue you, Lord, know it completely. ⁵You hem me in behind and before, and you lay your hand upon me. ⁶Such knowledge is too wonderful for me, too lofty for me to attain. ⁷Where can I go from your Spirit? Where can I flee from your presence? ⁸If I go up to the heavens, you are there; if I make my bed in the depths, you are there. ⁹If I rise on the wings of the dawn, if I settle on the far side of the sea, ¹⁰even there your hand will guide me, your right hand will hold me fast. ¹¹If I say, "Surely the darkness will hide me and the light become night around me," ¹²even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. ¹³For you created my inmost being; you knit me together in my mother's womb. ¹⁴I praise you because I am fearfully and wonderfully

made; your works are wonderful, I know that full well. ¹⁴ My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. ¹⁶ Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. ¹⁷ How precious to me are your thoughts, God! How vast is the sum of them! ¹⁸ Were I to count them, they would outnumber the grains of sand—when I awake, I am still with you.