



## THE SEASON OF LONELINESS

Growing in the Seasons of Life  
Rick Warren

*"It isn't good for man to be alone."* Genesis 2:18 (TLB)

**The Final Days of Paul's Life**  
2 Timothy 4:6-21 (TLB)

### I. FOUR CAUSES OF LONELINESS

1. \_\_\_\_\_  
*"The time has come for me to stop fighting and rest."* vs. 7
2. \_\_\_\_\_  
*"Please come soon . . . do try to be here before winter."* vs. 9, 21
3. \_\_\_\_\_  
*"(He) has done me much harm."* vs. 14
4. \_\_\_\_\_  
*"No one was here to help me. Everyone had run away."* vs. 16  
*"Demas has left me."* vs. 10

### II. HOW TO COPE WITH LONELINESS

1. **UTILIZE** \_\_\_\_\_  
*"Bring the coat . . . and also the books."* vs. 13
2. **MINIMIZE** \_\_\_\_\_  
*"Everyone had run away. I hope that they will not be blamed for it."* vs. 16
3. **RECOGNIZE** \_\_\_\_\_  
*"But the Lord stood with me."* vs. 17
4. **EMPHASIZE** \_\_\_\_\_  
*"And gave me the opportunity to boldly preach a whole sermon for all the world to hear."* vs. 17

Stop building: \_\_\_\_\_

Start building: \_\_\_\_\_

### Next Steps

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