



PASTOR CHARMAINE CHEONG

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**CHEONG**







Source: geraldgiam.sg

Loneliness is the feeling that  
no one truly sees, understands, or cares.



Loneliness is a feeling  
but it doesn't get to define your future.  
It's real but it's not forever  
when you allow God to step in.



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# OVERCOMING LONELINESS

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## 1 John 4:16 (NIV)

<sup>16</sup> And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.

## Genesis 2:18 (NIV)

<sup>18</sup> The LORD God said, “It is not good for the man to be alone...



John 16:33 (NIV)

<sup>33</sup> ...In this world you will have trouble...



John 16:33 (NIV)

<sup>33</sup> ...In this world you will have trouble. But take heart! I have overcome the world.”



## Psalm 34:18 (NIV)

<sup>18</sup> The LORD is close to the broken hearted and **saves those who are crushed in spirit.**



## Genesis 41:50-52 (NIV)

<sup>50</sup> Before the years of famine came, two sons were born to Joseph by Asenath daughter of Potiphera, priest of On. <sup>51</sup> Joseph named his firstborn Manasseh and said, "It is because God has made me forget all my trouble and all my father's household."



## Genesis 41:50-52 (NIV)

<sup>52</sup> The second son he named Ephraim and said, “It is because God has made me fruitful in the land of my suffering.”



Why is God the key to overcoming loneliness?



Why is God the key to overcoming loneliness?

**GOD IS WITH YOU**

**OVERCOMING  
LONELINESS**



## Deuteronomy 31:8 (ESV)

<sup>8</sup> It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.”



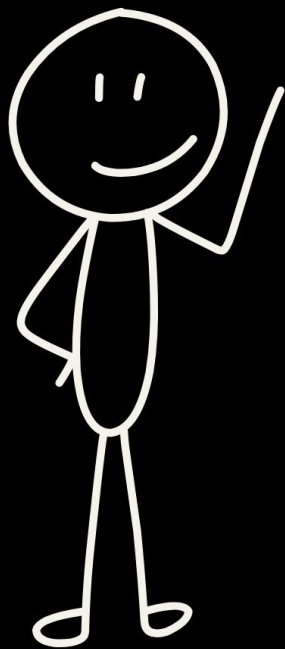
Manasseh = to forget



## Genesis 41:51 (NIV)

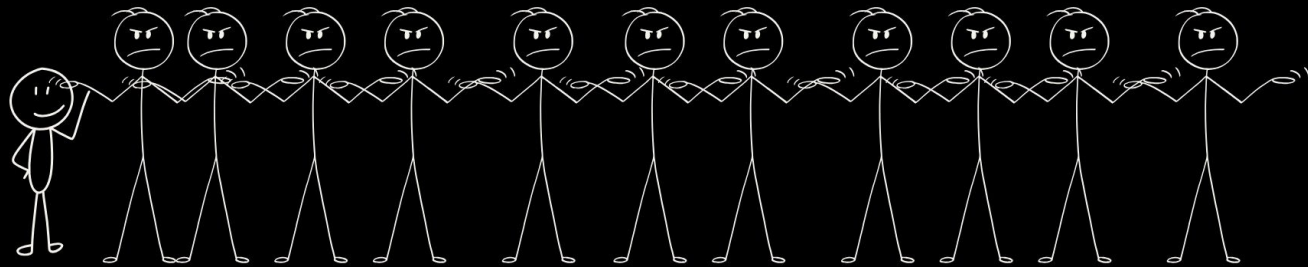
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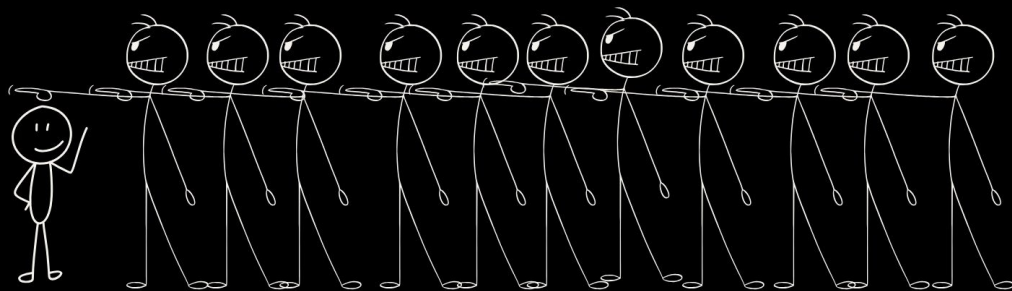
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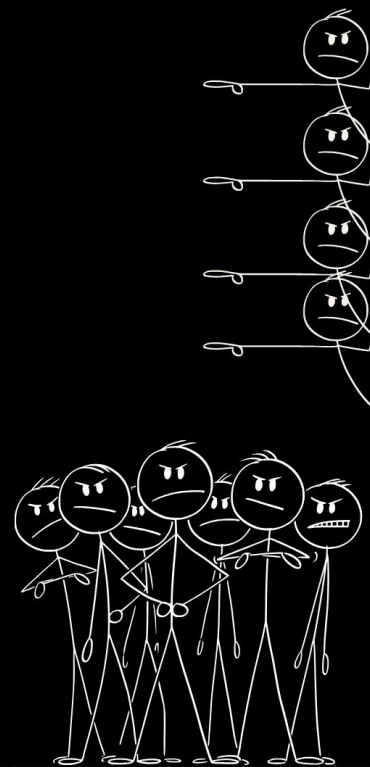
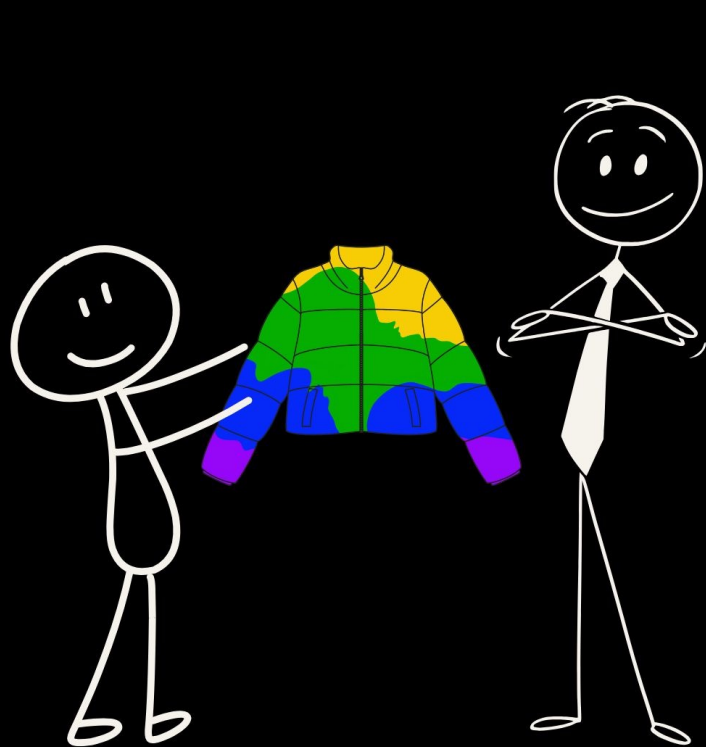
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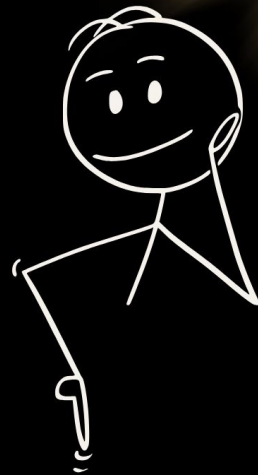


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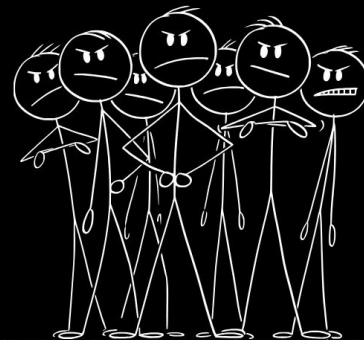


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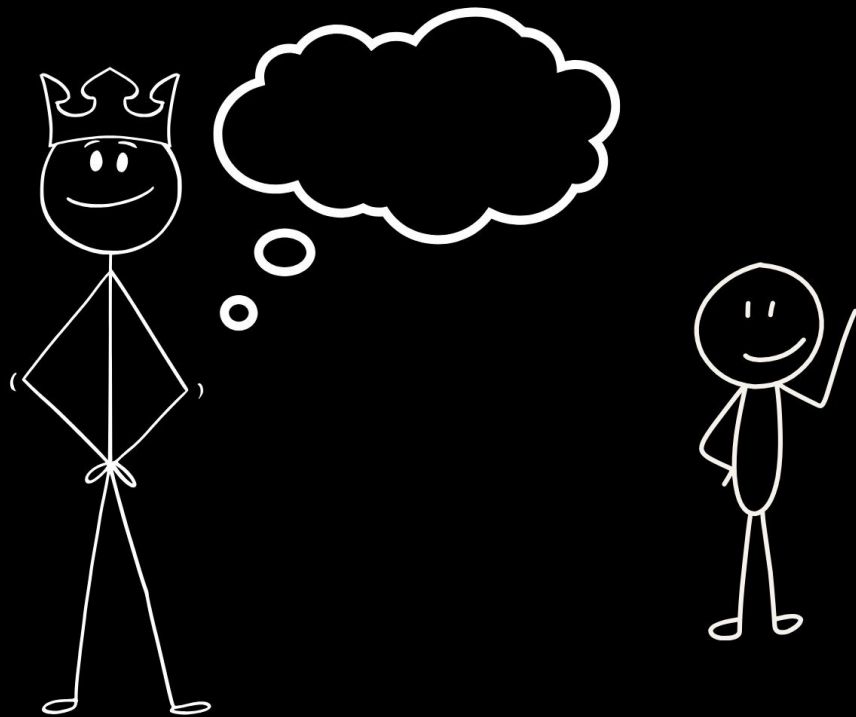


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Genesis 39:2 (NIV)

<sup>2</sup> The LORD was with Joseph so that he prospered, and he lived in the house of his Egyptian master.

## Genesis 39:20-21 (NIV)

<sup>20</sup> Joseph's master took him and put him in prison, the place where the king's prisoners were confined. **But while Joseph was there in the prison,** <sup>21</sup> **the LORD was with him;** he showed him kindness and granted him favour in the eyes of the prison warden.



## Genesis 39:3-4 (NIV)

<sup>3</sup> When his master saw that the LORD was with him and that the LORD gave him success in everything he did, <sup>4</sup> Joseph found favour in his eyes and became his attendant. Potiphar put him in charge of his household, and he entrusted to his care everything he owned.

## Genesis 39:22-23 (NIV)

<sup>22</sup> So the warden put Joseph in charge of all those held in the prison, and he was made responsible for all that was done there. <sup>23</sup> The warden paid no attention to anything under Joseph's care, because the LORD was with Joseph and gave him success in whatever he did.



## Psalm 34:18 (NIV)

<sup>18</sup> The LORD is **close** to the broken hearted and saves those who are crushed in spirit.

God is with you in the pit, the prison, and the process just like how he was with Joseph.



## Psalm 147:3 (NIV)

<sup>3</sup> He heals the broken hearted and binds up their wounds.

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**GOD IS WITH US**

**OVERCOMING  
LONELINESS**

Why is God the key to overcoming loneliness?

**GOD IS WITH US**  
HIS PRESENCE HEALS OUR PAIN



Why is God the key to overcoming loneliness?

**GOD IS WITH US**  
HIS PRESENCE HEALS OUR PAIN

**GOD IS FOR US**

Ephraim means fruitful



## Genesis 41:52 (NIV)

<sup>52</sup> The second son he named Ephraim and said, “It is because God has made me fruitful in the land of my suffering.”

## Genesis 37:6-7 (NIV)

<sup>6</sup> He said to them, “Listen to this dream I had: <sup>7</sup> We were binding sheaves of grain out in the field when suddenly my sheaf rose and stood upright, while your sheaves gathered around mine and bowed down to it.”



## Genesis 37:10 (NIV)

<sup>10</sup> When he told his father as well as his brothers, **his father rebuked him** and said, “What is this dream you had? Will your mother and I and your brothers actually come and bow down to the ground before you?”

## Genesis 41:15-16 (NIV)

<sup>15</sup> Pharaoh said to Joseph, “I had a dream, and no one can interpret it. But I have heard it said of you that when you hear a dream you can interpret it.” <sup>16</sup> “**I cannot do it,**” Joseph replied to Pharaoh, “but God will give Pharaoh the answer he desires.”





Source: freepik.com

**OVERCOMING  
LONELINESS**



## Genesis 44:33-34 (NIV)

**33** “Now then, please let your servant remain here as my lord’s slave in place of the boy, and let the boy return with his brothers. **34** How can I go back to my father if the boy is not with me? No! Do not let me see the misery that would come on my father.



## Genesis 45:5 (NIV)

<sup>5</sup> And now, do not be distressed and do not be angry with yourselves for selling me here, because it was to save lives that God sent me ahead of you.

## Genesis 45:9-11 (NIV)

<sup>9</sup> Now hurry back to my father and say to him, 'This is what your son Joseph says: God has made me lord of all Egypt. Come down to me; don't delay. <sup>10</sup> You shall live in the region of Goshen and be near me—you, your children and grandchildren, your flocks and herds, and all you have.



## Genesis 45:9-11 (NIV)

<sup>11</sup> I will provide for you there, because five years of famine are still to come. Otherwise you and your household and all who belong to you will become destitute.'

## Genesis 50:20 (NIV)

<sup>20</sup> You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.



## Romans 8:28 (NIV)

<sup>28</sup> And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

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**GOD IS WITH US**  
HIS PRESENCE HEALS OUR PAIN

Why is God the key to overcoming loneliness?

**GOD IS WITH US**  
HIS PRESENCE HEALS OUR PAIN

**GOD IS FOR US**  
HE BRINGS PURPOSE OUT OF OUR PAIN



Loneliness is a feeling  
but it doesn't get to define your future.  
It's real but it's not forever  
when you allow God to step in.

“I’ve always felt that I’m not loved.  
My parents were always quarrelling.  
They didn’t have time to talk to me  
or find out what I was going through.”

**JEWEL**



“A lot of times I felt like I was alone.  
I didn’t realise it then, but I realise it now,  
that God was also answering what  
I really wanted to know – because I was  
looking to understand what love is.”

**JEWEL**

“I finally know what love means.

What is love? God is love.”

**JEWEL**



## John 3:16-17 (NIV)

<sup>16</sup> 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. <sup>17</sup> For God did not send his Son into the world to condemn the world, but to save the world through him.

## Psalm 34:18 (NIV)

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