

**Ron Baum • November 29, 2020**  
**Is it time to PIVOT?**

**Genesis 2:18** *"It is not good for the man to be alone"*

**A. Four CAUSES of Loneliness:**

1. Transition
2. Separation
3. Opposition
4. Rejection

**B. Four DIMENSIONS of Loneliness:**

1. Intimate or Emotional Loneliness
2. Relational or Social Loneliness
3. Collective Loneliness
4. Spiritual Loneliness

**C. Four PIVOTS to eliminate Loneliness (2 Timothy 4:13-17)**

1. PIVOT from do nothing to doing something.  
*13 "When you come, be sure to bring the coat I left with Carpus at Troas. Also bring my books, and especially my papers."*
2. PIVOT from resentment & bitterness to gratefulness.  
*16 "The first time I was brought before the judge, no one came with me. Everyone abandoned me. May it not be counted against them."*
3. PIVOT from isolation to God's presence.  
*17 "But the Lord stood with me and gave me Strength."*
4. PIVOT from all about me to others.  
*17 "So that I might preach the Good News in its entirety for all the Gentiles to hear."*

**D. We may be ONE PERSON and/or ONE DECISION away from better Mental Health!**

**HOW?**

1. Find COUNSEL.

Engage all 3 areas of:

**MIND** – counseling, family member, friend

**BODY** – medical care, physical activity, diet, rest

**SOUL** – pastor, prayer, scripture

2. Find COMMUNITY.

**LIFE GROUP** – Lead one or attend one!

**SERVE** – What is your fulfilling purpose?

\*RESOURCE: Suicide Hotline: 951-686-4357