

# Loneliness and the Word of God

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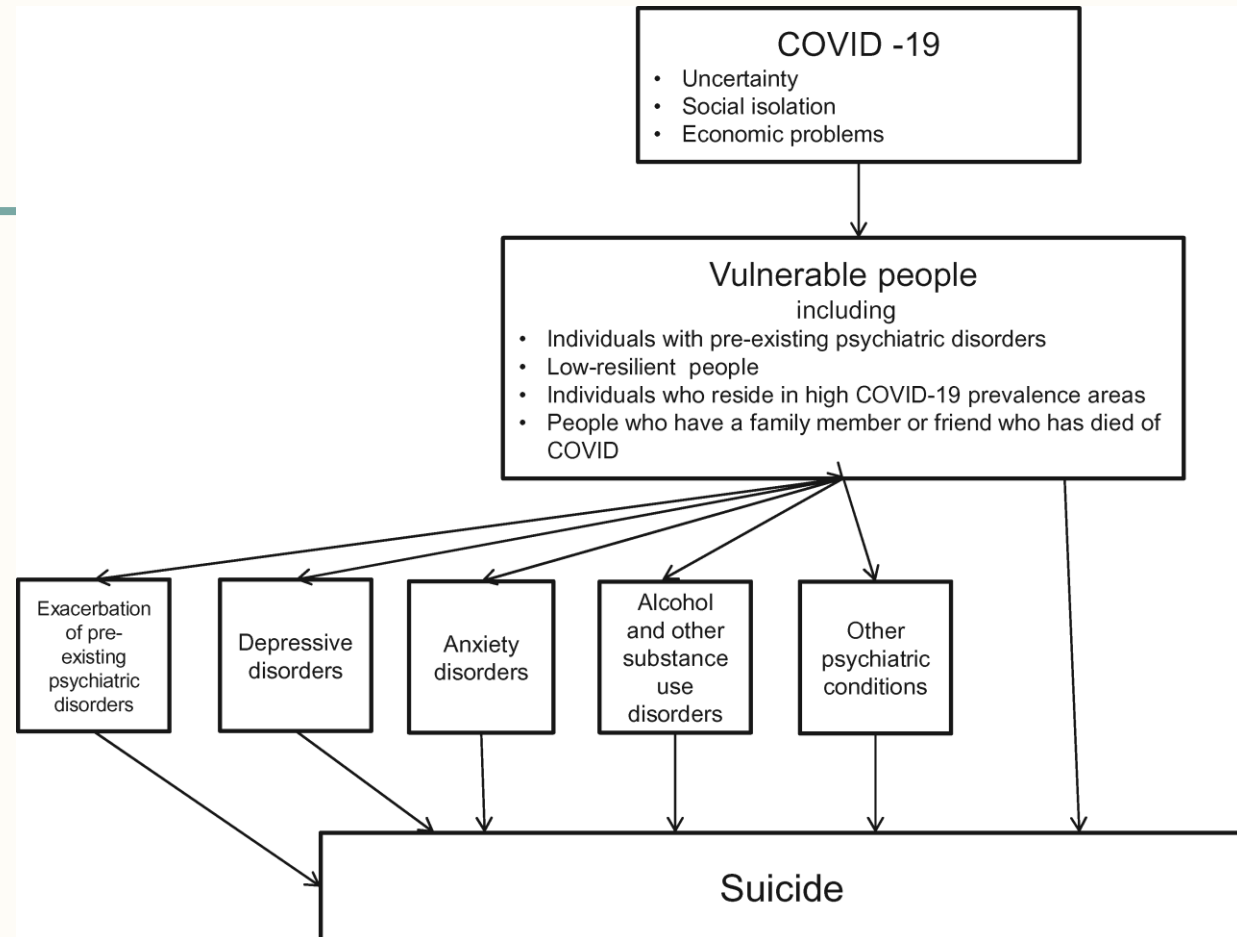
An Understanding of Our Times



# What is Loneliness?

- Loneliness is the state of distress or discomfort that results when one perceives a gap between one's desires for social connection and actual experiences of it.
- Because loneliness is a state of mind, being physically alone is not a necessary nor a sufficient condition to experience loneliness. One can experience a lonely state of mind while being with people at work, at home or even in a marriage.
- One in three people in America is affected by loneliness, and one in 12 is affected severely. The effects of loneliness can't really be tied to physical characteristics of lonely people. Rather, they are due to the effects of loneliness on everyday people.
- Loneliness is a universal condition that makes a person irritable, self-centered, depressed and is associated with a 26 percent increase in the odds of premature mortality. According to the Cacioppo evolutionary model of loneliness, loneliness causes more than just mental health and behavioral dysfunction. For instance, studies have also reported a significant association between loneliness and various health issues such as cardiovascular disease, diminished sleep salubrity (quality), increased inflammation, and decreased viral immunity, even after controlling for various other factors.
- Loneliness is not solitude.

**Figure 1.** Suicidal behavior in vulnerable populations in the COVID-19 era.



# Suicide Statistics

- Suicide is the 10<sup>th</sup> leading cause of death in the US
- In 2018, 48,344 Americans died by suicide
- In 2018, there were 1.4 Million suicide attempts
- In 2015, suicide and self-injury cost the US \$69 Billion
- The age-adjusted suicide rate in 2018 was **14.2 per 100,000 individuals.**
- The rate of suicide is highest in **middle-aged white men.**
- In 2018, **men died by suicide 3.56x more often than women.**
- On average, there are **132 suicides per day.**
- White males accounted for **69.67% of suicide deaths in 2018.**
- In 2018, **firearms accounted for 50.57% of all suicide deaths.**

# Suicide Facts & Figures: United States 2020

Suicide is a preventable public health problem and a leading cause of death in the United States. More investment in suicide prevention, education and research will prevent the untimely deaths of thousands of Americans each year.

Suicide was the **10th leading cause of death** in the United States.



On average, **132 Americans** died by suicide each day.

**1.4 million** Americans attempted suicide.



**90%** of those who died by suicide had a diagnosable mental health condition at the time of their death.

Men died by suicide **3.6x** more often than women. Women were **1.4x** more likely to attempt suicide.



**48,344** Americans died by suicide.

- **2nd** leading cause of death for ages 10-34
- **4th** leading cause of death for ages 35-54

In 2017, the suicide rate was **1.5x higher** for Veterans than for non-Veteran adults over the age of 18.



Over **950,000** years of potential life were lost to suicide before age 65.



**Firearms** accounted for slightly more than half (**50.54%**) of all suicide deaths.



Suicide deaths and attempts cost **\$69 billion** in combined work-loss and medical cost in 2015.

**10.3%** of Americans have thought about suicide

**54%** of Americans have been affected by suicide

CDC, 2018 Fatal Injury Reports (accessed from [www.cdc.gov/injury/wisqars/fatal.html](http://www.cdc.gov/injury/wisqars/fatal.html) on 3/1/20). Find additional citation information at [afsp.org/statistics](http://afsp.org/statistics).

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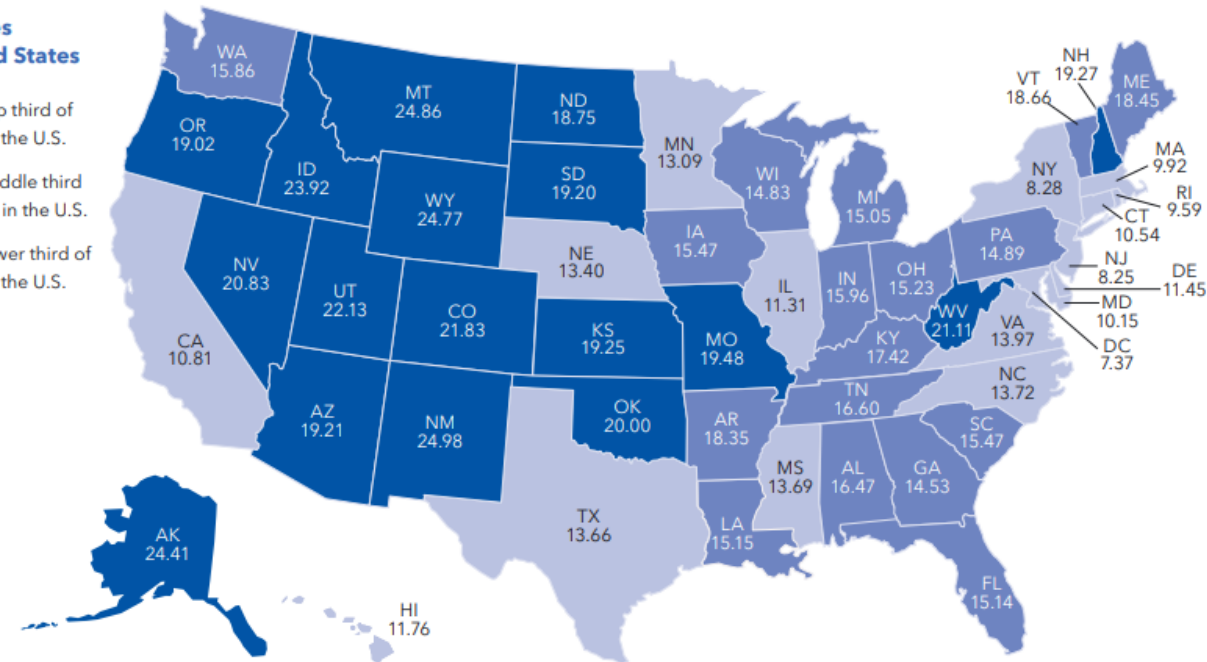
American  
Foundation  
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Prevention

# Suicide Facts & Figures:

## United States 2020

### Suicide Rates in the United States

- States in the top third of suicide rates in the U.S.
- States in the middle third of suicide rates in the U.S.
- States in the lower third of suicide rates in the U.S.

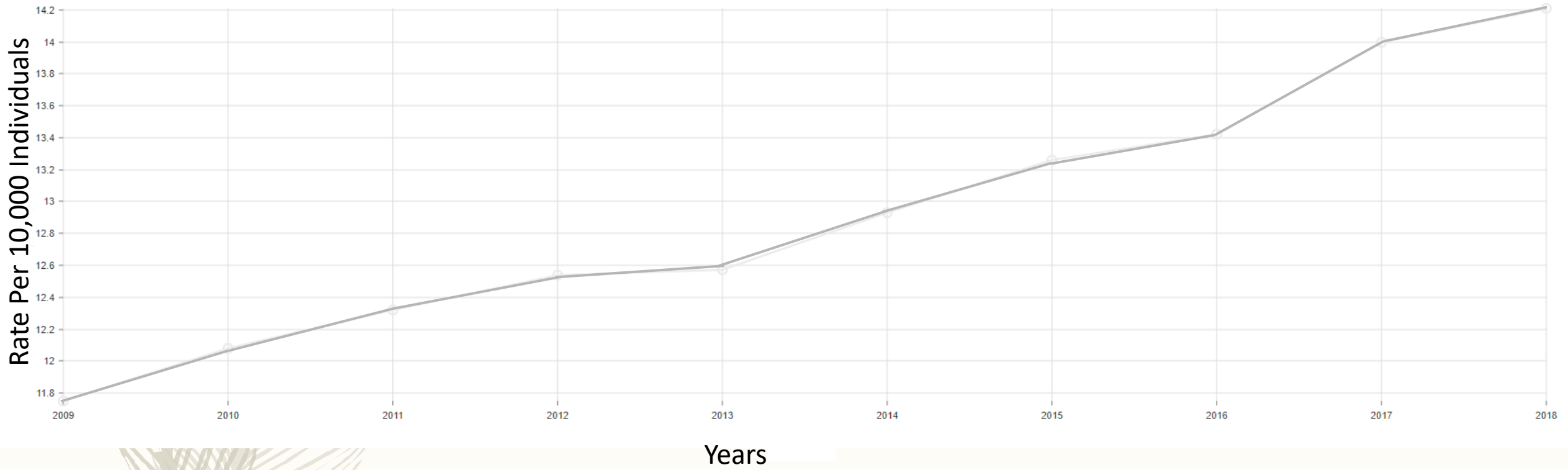


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## Calls to suicide and help hotline in Los Angeles increase 8,000% due to coronavirus

The hotline took 22 calls related to COVID-19 in February, but one month later that number soared to 1,800.

<https://abc7.com/suicide-hotline-calls-coronavirus-covid19-los-angeles/6117099/>

# National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

 **1-800-273-8255**

## Calls to US helpline jump 891%, as White House is warned of mental health crisis

*Some federal officials worry the U.S. isn't prepared to meet nation's needs.*

By **Mike Levine**

April 7, 2020, 4:09 AM • 8 min read



## THE CONVERSATION

Academic rigor, journalistic flair

COVID-19 Arts + Culture Economy + Business Education Environment + Energy Ethics + Religion Health Politics + Societ



**America is drinking its way through the coronavirus crisis – that means more health woes ahead**

April 8, 2020 8:11am EDT

### Drinking alcohol:

- May increase anxiety, depression, or other mental health.
- Increases the risk of family problems and violence.
- May alter your thoughts, judgement, and decision-making.
- Worsens sleep quality, which makes it more difficult to deal with stress.
- Drinking alcohol does not protect you from COVID-19.
- Drinking alcohol weakens your body's ability to fight infections, increasing the risk of complications and making it harder to get better if you are sick.
- Alcohol use can increase the risk of acute respiratory distress syndrome and pneumonia, which are sometimes associated with COVID-19.

<https://theconversation.com/america-is-drinking-its-way-through-the-coronavirus-crisis-that-means-more-health-woes-ahead-135532>

## An increasing risk of family violence during the Covid-19 pandemic: Strengthening community collaborations to save lives

[Andrew M. Campbell](#)



In fact, domestic violence reports increased by 46 % in Othello, Washington after the eruption of Mount St. Helens, along with increases in reported alcohol abuse, family stress, and aggression [9]. After Hurricane Katrina, reports of psychological abuse among women by their partner increased 35 % while reports of partner physical abuse nearly doubled in the southernmost Mississippi counties [10]. Similar significant increases in domestic violence have been reported following earthquakes, tsunamis, hurricanes, and many other catastrophic events around the world, including the 2009 “Black Saturday” bushfires in Australia and 2010 7.0 magnitude earthquake in Haiti [8,11].

Reports of increasing rates of domestic violence are beginning to surface around the world. In China, domestic violence is reported to have tripled during their shelter in-place mandate. Additionally, France has indicated a 30 % increase in domestic violence reports, Brazil estimates domestic violence reports have jumped 40–50 %, and Italy has also indicated reports of domestic violence are on the rise. In Spain, reports have surfaced of a horrific domestic violence-related homicide – a trend that is unfortunately likely to continue around the globe as stress continues to build and shelter in-place measures extend into the future. The growing global trend of increasing reports of domestic violence cases is likely to continue throughout the pandemic and may only represent a “tip of the iceberg” as many victims still find themselves trapped with the perpetrator and unable to report the abuse.

In the United States, agencies from across the country are also reporting an increase in domestic violence. In addition to risk of physical harm, victims are also at great risk of emotional harm and abuse. U.S. reports have surfaced of domestic violence perpetrators using Covid-19 as a weapon against their victims, forbidding handwashing in an attempt to increase the victim’s fear of contracting the virus and threatening to forbid medical treatment if the victim does contract the virus.



# The Loneliness of David

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- Turn to me and be gracious to me, ***for I am lonely and afflicted***. The troubles of my heart are enlarged; bring me out of my distresses. Consider my affliction and my trouble, and forgive all my sins. Consider how many are my foes, and with what violent hatred they hate me. Oh, guard my soul, and deliver me! Let me not be put to shame, for I take refuge in you.  
Psalm 25.16-20
  - David felt alone many times, even when he was with his men.

# The Loneliness of Jeremiah

- Then the LORD said to me, “Though Moses and Samuel stood before me, yet my heart would not turn toward this people. Send them out of my sight, and let them go! And when they ask you, ‘Where shall we go?’ you shall say to them, ‘Thus says the LORD: “Those who are for pestilence, to pestilence, and those who are for the sword, to the sword; those who are for famine, to famine, and those who are for captivity, to captivity.’ I will appoint over them four kinds of destroyers, declares the LORD: the sword to kill, the dogs to tear, and the birds of the air and the beasts of the earth to devour and destroy. And I will make them a horror to all the kingdoms of the earth because of what Manasseh the son of Hezekiah, king of Judah, did in Jerusalem.

Jeremiah 15.1-4

- O LORD, you know; remember me and visit me, and take vengeance for me on my persecutors. In your forbearance take me not away; know that for your sake I bear reproach. Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O LORD, God of hosts. I did not sit in the company of revelers, nor did I rejoice; *I sat alone*, because your hand was upon me, for you had filled me with indignation. Why is my pain unceasing, my wound incurable, refusing to be healed? Will you be to me like a deceitful brook, like waters that fail?

Jeremiah 15.15-18





# The Loneliness of our Lord Jesus

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- And when the sixth hour had come, there was darkness over the whole land until the ninth hour. And at the ninth hour Jesus cried with a loud voice, “Eloi, Eloi, lema sabachthani?” which means, “My God, my God, **why have you forsaken me?**”

Mark 15.33-34

- He was despised and **rejected by men**, a man of sorrows and acquainted with grief; and as **one from whom men hide their faces** he was despised, and we esteemed him not. Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted.

Isaiah 53.3-4



# The Loneliness of Elijah

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- Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow.” Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. **But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, “It is enough; now, O LORD, take away my life, for I am no better than my fathers.”**

1 Kings 19.2-4

- There he came to a cave and lodged in it. And behold, the word of the LORD came to him, and he said to him, “What are you doing here, Elijah?” He said, “I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, **and I, even I only, am left**, and they seek my life, to take it away.” And he said, “Go out and stand on the mount before the LORD.” And behold, the LORD passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the LORD, but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake. And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper. And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, “What are you doing here, Elijah?” He said, “I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, **and I, even I only, am left**, and they seek my life, to take it away.”

1 Kings 19.9-14



# Scriptures to Fight Loneliness

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- Behold, how good and pleasant it is when brothers dwell in unity! Ps. 133.1
- And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken. Ecc. 4.12
- Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; Ps. 23.4a
- Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you.” Dt. 31.6
- casting all your anxieties on him, because he cares for you. 1 Pet. 5.7



# God's Answer to Elijah

•And the LORD said to him, "Go, return on your way to the wilderness of Damascus.

Go

•And when you arrive, you shall anoint Hazael to be king over Syria.  
•And Jehu the son of Nimshi you shall anoint to be king over Israel, and Elisha the son of Shaphat of Abel-meholah you shall anoint to be prophet in your place.

Do

•Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him."

Grow

•And the one who escapes from the sword of Hazael shall Jehu put to death, and the one who escapes from the sword of Jehu shall Elisha put to death.

Know