



Redeeming Mr. Grinch

Loneliness, Depression,
and Bitterness

HOPE
for the holiday blues



The Lamp



A lamp once hung in an
ancient town
At the corner of a street
Where the wind was keen
and the way was
dark
And the rain would often
beat;
And all night long its light
would shine
To guide the travelers'
feet.

The Lamp



The lamp was plain, and
rough, and old
As it weathered the storm
alone;
And it wasn't a thing of
beauty
That a man would care to
own;
But no one thought what
the lantern was—
'Twas the light, that within
it, shone.

The Lamp



That lamp is the frame of
a human heart
Who seeks, though it's
worn and tried,
To shine for God, and to
show the Road
To souls who have gone
aside!

**You are the lantern—
a thing of naught;
But Christ is the light
inside.**



Matthew 5:3-10

“Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.”



Loneliness
Depression
Bitterness



- ✓ Lonely
- ✓ Depressed
- ✓ Bitter



Loneliness



Loneliness Stats

Nearly half (47%) of Americans report feeling lonely at times. (Cigna Study)

79% of Generation Z (ages 18-22) report feelings of loneliness. (Cigna Study)

71% of Millennials (ages 23-37) report high levels of loneliness. (YouGov. Survey)



Loneliness Stats

Adults of age 65+ are particularly vulnerable to chronic loneliness due to factors such as retirement, loss of social connections, and mobility limitations.

Women are more likely to report feeling lonely than men, with 72% of women saying they feel lonely at times, compared to 60% of men. (YouGov.)

Only 38% of men report that they would talk to someone if they felt lonely, versus to 56% of women.

Types of Loneliness

1. Emotional loneliness – the absence of meaningful relationships
2. Social loneliness – a perceived deficit in the quality of social connections
3. Existential loneliness – a feeling of fundamental separateness from others and the wider world



The Church's Advantage

- The interdependence of body parts
- The belonging of family members
- The common purpose of an army!



The Church's Advantage

- The interdependence of body parts
- The belonging of family members
- The common purpose of an army!
- Immanuel Himself – (“God with us”)



John 16:32

Behold, the hour is coming, indeed it has come, when you will be scattered, each to his own home, and will leave me alone.



John 16:32

Behold, the hour is coming, indeed it has come, when you will be scattered, each to his own home, and will leave me alone.

Yet I am not alone, for the Father is with me.



THE BEATLES.

ELEANOR RIGBY.

Words and music by John Lennon and Paul McCartney.



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John, Paul, George & Ringo Limited, 27, Obedience Way, Liverpool, England, 2014

All the lonely people
Where do they all come from?
All the lonely people
Where do they all belong?

Ah, look at all the lonely people
Ah, look at all the lonely people

**“You need to be willing
to go to the people
without power, without
beauty, without money.
That is the Christmas
spirit, because God
became one of us.”**






Timothy Keller



Depression



- 
- 
- Increased stress
 - Physical and mental fatigue
 - Pressures of perceived obligations
 - Financial stress
 - High expectations
 - Travel stress
 - Stressful family gatherings
 - First holiday season after the passing of a loved one
 - Loneliness
 - Disappointment over inability to see family & friends
- 

Galatians 6:2

Bear one another's burdens, and so fulfill the law of Christ.



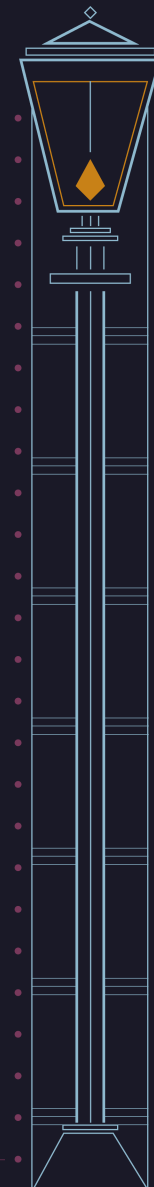
Matthew 25:40

I'm telling the solemn truth: Whenever you did one of these things to someone overlooked or ignored, that was me—you did it to me.



Romans 12:15

Rejoice with those who rejoice, weep with those who weep.



Romans 12:15

Rejoice with those who rejoice, weep with those who weep.



Romans 12:15

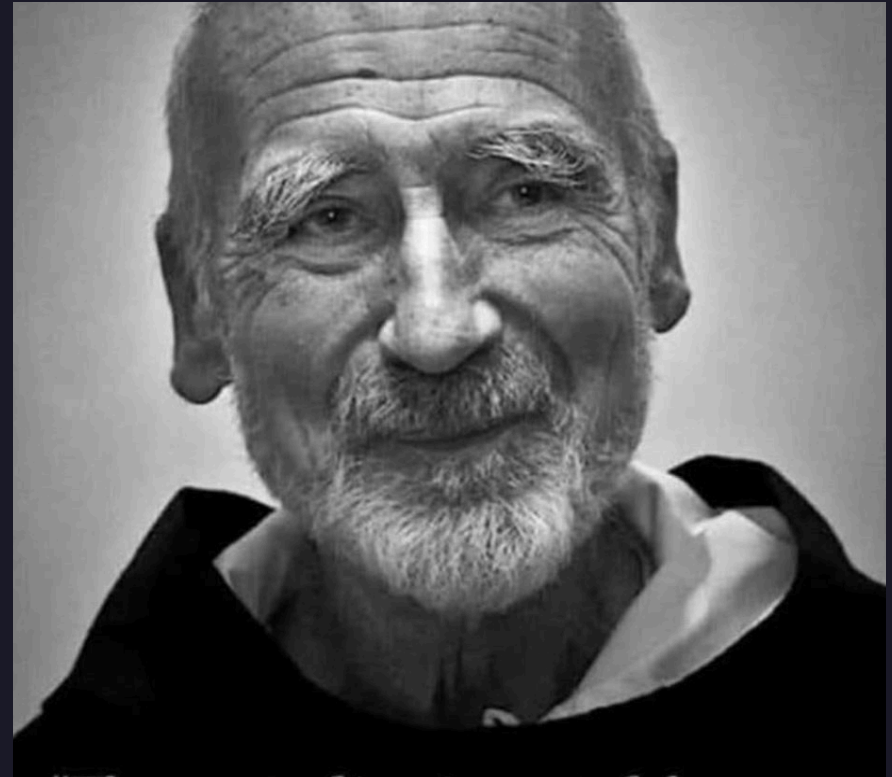
Rejoice with those who rejoice, weep with those who weep.

“With-ness”





“The root of joy is gratefulness. It is not joy that makes us grateful; it is gratitude that makes us joyful.”



David Steinl-Rast



Psalm 34:18-20

The LORD is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the LORD delivers him out of them all. He keeps all his bones; not one of them is broken.



God is so committed to your ultimate joy that he was willing to plunge into the greatest depths of suffering himself for you.

Timothy Keller

quote fancy



A close-up photograph of a dense network of thick, gnarled tree roots. The roots are dark brown and have a rough, textured surface. They spread out across the ground, creating a complex, interwoven pattern. The lighting is natural, highlighting the intricate details of the root system.

Root of Bitterness

Ephesians 4:31

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

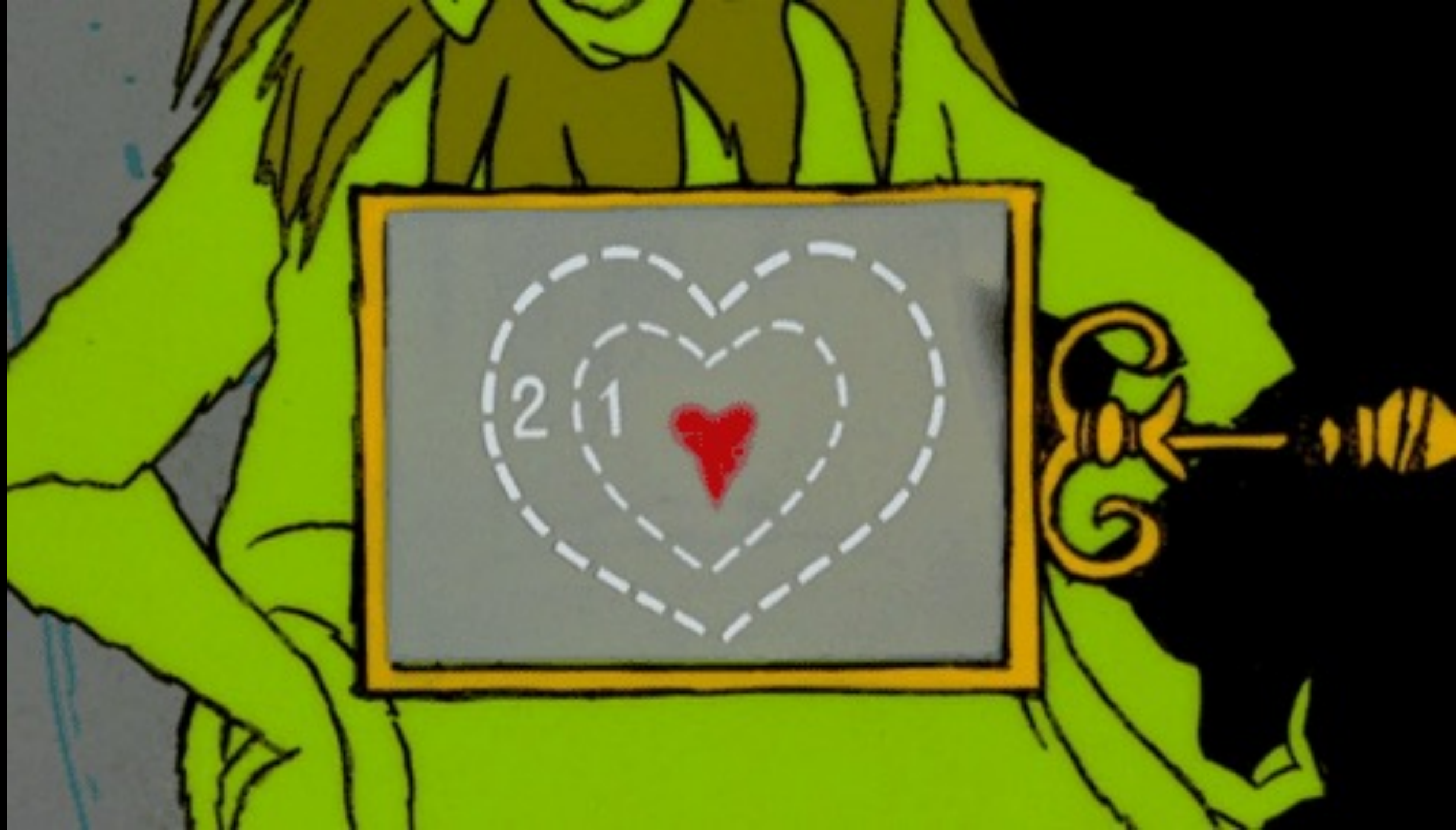




Ephesians 4:31

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

(v. 32) Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.







In [heaven], we will finally realize the end of our incessantly earthly restlessness, the healing of the homesickness for that place we've not yet seen, and the dreams we've never been able to adequately describe will come true.

In this city, we will finally worship the triune God with our entire being, in unfiltered glory and in dimensions of spirit and truth that are unimaginable to us now.

And we will wonder that we ever used the phrase, 'joy that is unspeakable and filled with glory' during our years of dimmed, muted, sin-impoverishing, defective worship."

- Jon Bloom





“How deep the Father’s love for us,
how vast beyond all measure,
That He should give His only Son
to make a wretch His treasure.”



John 17:6

I have manifested your name to the people whom you gave me out of the world. Yours they were, and you gave them to me, and they have kept your word.





John 17:6

I have manifested your name to the people whom you gave me out of the world. Yours they were, and you gave them to me, and they have kept your word.

John 6:37

All that the Father gives me will come to me, and whoever comes to me I will never cast out.



“When there were transactions between the Father and the Son, you were mentioned in particular; God the Father gave you by name, to his Son.”



Jeremiah Burroughs

Colossians 1:27

To them [*i.e.* us] God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory.



2 Corinthians 13:5

Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test!



“The Lord Jesus
died upon the cross,
not just to get you
out of hell, and into
heaven.

He died upon the
cross to get God
out of heaven, and
into you.”



Ian Thomas



