

Notes

INTRODUCTION

1. Sarah Eckhoff Zylstra, “Megachurch Marriage for the Bachelor Pastor: A Story of Love That Lasts,” The Gospel Coalition, <https://www.thegospelcoalition.org/article/bachelor-pastor-romance/>.

CHAPTER 1: THE GENESIS OF LONELINESS

1. Daniel de Visé, “A Record Share of Americans Is Living Alone,” *The Hill*, July 10, 2023, <https://thehill.com/policy/healthcare/4085828-a-record-share-of-americans-are-living-alone/>.
2. “Infographic on Eating Alone Trends: Spotlight on Hartman’s Compass Eating Occasions Database,” October 18, 2022, <https://www.hartman-group.com/infographics/303331831/infographic-on-eating-alone-trends-spotlight-on-hartmans-compass-eating-occasions-database>.
3. de Visé, “A Record Share of Americans Is Living Alone.”
4. Marc Lallanilla, “How Loneliness Shrinks Your Brain: ‘Underappreciated Public Health Crisis,’” *New York Post*, August 1, 2023, <https://nypost.com/2023/08/01/loneliness-is-bad-for-brains-how-to-stop-the-shrinkage/>.
5. Psalm 86:8; Exodus 20:3; 18:11.
6. <https://www.ligonier.org/learn/articles/the-belgic-confession>.
7. Joni Mitchell, “Big Yellow Taxi,” 1970.
8. Lou Priolo, *Loneliness: Connecting with God and Others* (Phillipsburg: P&R Publishing, 2023), loc. 125 of 841, Kindle.

CHAPTER 2: ALONE, NOT LONELY

1. Paul Tillich, *The Eternal Now* (New York: Charles Scribner’s Sons, 1963), 11.
2. I resonate with June Hunt’s and Howard Rice’s distinctions between loneliness and solitude: “Solitude is being alone by choice. It is deliberately seeking quiet, private alone time to reflect, to be in prayer, or simply to be still and

listen for God's voice. As Psalm 37:7 suggests, '*Be still before the LORD and wait patiently for him.*'

Loneliness, on the other hand, is the emotion that arises when you feel that you have little control over being alone. You feel isolated and abandoned, and wish your circumstances were different." June Hunt, *Loneliness: How to Be Alone but Not Lonely* (Peabody, MA: Aspire Press, 2013), loc. 170 of 976, Kindle. "It is sometimes difficult for us to distinguish the aloneness of solitude from simple loneliness. Loneliness is feeling incomplete and longing for a relationship that has been broken or denied or has never existed. Loneliness is a painful curse, and our fear of loneliness drives us to seek to escape being alone. We call friends, we plan activities, we turn on the television set, all in the anxious effort to avoid loneliness. Solitude, on the other hand, is something to be sought after." Howard L. Rice, *Reformed Spirituality: An Introduction for Believers* (Louisville: Westminster/John Knox Press, 1991), 87–88.

3. C. S. Lewis, *Mere Christianity* (New York: Collier Books, 1952), 120.
4. Mark Weaver writes regarding this illustration, "Chesterton once observed that our walk through life is much like stumbling upon a shipwreck. Strewn about in front of us, in chaos and disarray, are both worthless debris and precious treasures. Hidden somewhere in the mess is a story. Examining the pieces one by one, we can find a small amount of meaning. But when the pieces are re-assembled, reconstructing the essence of the original and revealing the whole, we begin to see the plan and the purpose that existed from the inception." "Chesterton's Shipwreck," *The Famished Patriot*, originally published April 10, 2006, <https://www.thefamishedpatriot.com/?p=2262>.

CHAPTER 3: GOD'S PURPOSE FOR LONELY PAIN

1. Vicky Baker, "Last Survivor: The Story of the 'World's Loneliest Man,'" BBC News, July 20, 2018, <https://www.bbc.com/news/world-latin-america-44901055>; Vanessa Buschschlüter, 'Man of the Hole': Last of His Tribe Dies in Brazil," BBC News, August 29, 2022, <https://www.bbc.com/news/world-latin-america-62712318>.
2. Christian B. Miller, *The Character Gap: How Good Are We?* (Oxford: Oxford University Press, 2018), 229.
3. Nancy DeMoss Wolgemuth, "Unfulfilled Longings . . .," *Revive Our Hearts Blog*, <https://www.reviveourhearts.com/blog/unfulfilled-longings/>.
4. *Blaise Pascal*, trans. W. F. Trotter (New York: P. F. Collier & Son Company, 1910), 52.
5. Alex Kerai, "Cell Phone Usage Statistics: Mornings Are for Notifications," Reviews.org, July 21, 2023, <https://www.reviews.org/mobile/cell-phone-addiction/>.

6. *Pascal*, 136.
7. Augustine, *The Confessions*, trans. Henry Chadwick (Oxford: Oxford University Press, 2008), 3.

CHAPTER 4: GOSPELIZE YOUR LONELINESS

1. Jim Elliot, quoted in Elisabeth Elliot, *Through Gates of Splendor* (Wheaton, IL: Tyndale, 1981), 172.
2. C. S. Lewis, *Mere Christianity* (New York: HarperOne, 1980), 226–27.
3. Henri J. M. Nouwen, *Show Me the Way: Daily Lenten Readings* (New York: Crossroad Publishing Co., 1992), 31.

CHAPTER 5: GIVE THE LOVE YOU LONG FOR

1. Leon Morris, *1 Corinthians*, Tyndale New Commentary Series (Grand Rapids: Eerdmans Publishing Company, 1993), 176.
2. John MacArthur, *1 Corinthians*, The MacArthur New Testament Commentary (Chicago: Moody, 1984), 328.
3. Morris, *1 Corinthians*, 177.
4. Special thanks to Kimber Kauffman for this illustration many years ago.
5. Augustine, *On Christian Doctrine*, book 3; <https://faculty.georgetown.edu/jod/augustine/ddc.html>.
6. *The Apology of Aristides the Philosopher*, trans. D. M. Kay, section XV, <https://www.earlychristianwritings.com/text/aristides-kay.html>.

CHAPTER 6: HOSPITALITY OF THE HEART

1. C. S. Lewis, *The Four Loves* (New York: Harcourt Brace & Company, 1988), 121.
2. Jennie Allen, *Find Your People: Building Deep Community in a Lonely World* (Colorado Springs: Waterbrook Press, 2022), loc. 2224 of 3226. Formatted as bulleted list in original.
3. Tim Keller, *The Meaning of Marriage: Facing the Complexities of Commitment with the Wisdom of God* (New York: Dutton, 2011), 48.
4. Lewis, *The Four Loves*, 71.
5. Katelyn Beaty, *Celebrities for Jesus: How Personas, Platforms, and Profits Are Hurting the Church* (Ada, MI: Brazos Press, 2022), loc. 1821 of 3087.
6. Daniel Cox, “American Men Suffer a Friendship Recession,” *National Review*, July 6, 2021, <https://www.nationalreview.com/2021/07/american-men-suffer-a-friendship-recession/>.
7. “Be at peace with each other.” (Mark 9:50)
“Wash one another’s feet.” (John 13:14)

- “Love one another.” (John 13:34a; John 13:34b; John 13:35; John 15:12; John 15:17)
- “Be devoted to one another in brotherly love.” (Romans 12:10)
- “Honor one another above yourselves.” (Romans 12:10)
- “Live in harmony with one another.” (Romans 12:16)
- “Love one another.” (Romans 13:8)
- “Stop passing judgment on one another.” (Romans 14:13)
- “Accept one another, then, just as Christ accepted you.” (Romans 15:7)
- “Instruct one another.” (Romans 15:14)
- “Greet one another with a holy kiss.” (Romans 16:16)
- “When you come together to eat, wait for each other.” (1 Cor. 11:33)
- “Have equal concern for each other.” (1 Corinthians 12:25)
- “Greet one another with a holy kiss.” (1 Corinthians 16:20 and 2 Corinthians 13:12)
- “Serve one another in love.” (Galatians 5:13)
- “If you keep on biting and devouring each other . . . you will be destroyed by each other.” (Galatians 5:15)
- “Let us not become conceited, provoking and envying each other.” (Galatians 5:26)
- “Carry each other’s burdens.” (Galatians 6:2)
- “Be patient, bearing with each another in love.” (Ephesians 4:2)
- “Be kind and compassionate to each another.” (Ephesians 4:32)
- “Forgiving each other.” (Ephesians 4:32)
- “Speak to one another with psalms, hymns and spiritual songs.” (Ephesians 5:19)
- “Submit to one another out of reverence for Christ.” (Ephesians 5:21)
- “In humility consider others better than yourselves.” (Philippians 2:3)
- “Do not lie to each other.” (Colossians 3:9)
- “Bear with each other.” (Colossians 3:13)
- “Forgive whatever grievances you may have against one another.” (Colossians 3:13)
- “Teach . . . [one another].” (Colossians 3:16)
- “Admonish one another.” (Colossians 3:16)
- “Make your love increase and overflow for each other.” (1 Thessalonians 3:12)
- “Love each other.” (1 Thessalonians 4:9)
- “Encourage each other.” (1 Thessalonians 4:18)
- “Encourage each other.” (1 Thessalonians 5:11)
- “Build each other up.” (1 Thessalonians 5:11)
- “Encourage one another daily.” (Hebrews 3:13)
- “Spur one another on toward love and good deeds.” (Hebrews 10:24)

“Encourage one another.” (Hebrews 10:25)

“Do not slander each other.” (James 4:11)

“Don’t grumble against each other.” (James 5:9)

“Confess your sins to each other.” (James 5:16)

“Pray for each other.” (James 5:16)

“Love one another deeply, from the heart.” (1 Peter 3:8)

“Live in harmony with one another.” (1 Peter 3:8)

“Love each other deeply.” (1 Peter 4:8)

“Offer hospitality to one another without grumbling.” (1 Peter 4:9)

“Each one should use whatever gift he has received to serve others.” (1 Peter 4:10)

“Clothe yourselves with humility toward one another.” (1 Peter 5:5)

“Greet one another with a kiss of love.” (1 Peter 5:14)

“Love one another.” (1 John 3:11; 3:23; 4:7; 4:11; 4:12; 2 John 5)

Source: Andrew Mason, “59 Times “One Another” Is Used in the New Testament,” ChurchLeaders.com, March 15, 2022, <https://churchleaders.com/smallgroups/176356-the-59-one-another-statements-in-the-bible.html>.

8. Dietrich Bonhoeffer, *Life Together* (New York: Harper Collins, 1954), 26.
9. James C. Wilhoit, *Spiritual Formation as If the Church Mattered: Growing in Christ through Community* (Grand Rapids: Baker Academic, 2008), loc. 4725.

CHAPTER 7: LONELINESS AND MARITAL STATUS

1. Timothy Dudley-Smith, *John Stott: A Global Ministry: A Biography—The Later Years* (Downers Grove, IL: IVP, 2001), 260.

CHAPTER 8: LONELINESS AND CONTENTMENT

1. Anne Hathaway, interview by Angelina Jolie, *Interview Magazine*, July 27, 2010, <https://www.interviewmagazine.com/film/anne-hathaway>.
2. See John Calvin, *Institutes of the Christian Religion*, 1.11.8.
3. I have taught, read, and listened to many sources on this subject. This represents many sources now forgotten.
4. Jeremiah Burroughs, *Rare Jewel of Christian Contentment* (Zeeland, MI: Reformed Church Publications, 2017), 16.
5. Burroughs, *Rare Jewel*, 100–101.
6. “Day by Day,” trans. A. L. Skoog, Hymnary.org, https://hymnary.org/text/day_by_day_and_with_each_passing_moment.

CHAPTER 9: LONELINESS AND LEADERSHIP

1. Lifeway Research, “The Greatest Needs of Pastors: A Survey of American Protestant Pastors,” <https://research.lifeway.com/wp-content/uploads/>

- 2022/01/The-Greatest-Needs-of-Pastors-Phase-2-Quantitative-Report-Release-1.pdf.
2. Barna Group, "Pastors Share Top Reasons They've Considered Quitting Ministry in the Past Year," April 27, 2022, <https://www.barna.com/research/pastors-quitting-ministry/>.
 3. Michael Haykin, Brian Croft, and James Carroll, *Pastoral Friendship: The Forgotten Piece to a Persevering Ministry* (Ross-shire, Scotland: Christian Focus Publications LTD, 2022), 18.
 4. A. W. Tozer, *The Pursuit of God* (Camp Hill, PA: Christian Publications, 1982), 45.
 5. John Piper, *Faith in Future Grace* (Sisters, OR: Multnomah Books, 1995), 94–95.
 6. Peter Scazzero, *The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World* (Grand Rapids: Zondervan, 2015), loc. 4519 of 5570.
 7. Haykin, Croft, and Carroll, *Pastoral Friendship*, 133.
 8. Allan Mallinger and Jeannette DeWyze, *Too Perfect: When Being in Control Gets Out of Control* (New York: Ballantine Books, 2011), loc. 844 of 3071.
 9. G. K. Chesterton, *Orthodoxy* (Wheaton, IL: Harold Shaw Publishers, 1994), 99.
 10. Thomas Dubay, *The Evidential Power of Beauty: Science and Theology Meet* (San Francisco: Ignatius Press, 1999), 77.
 11. Robert Schmuhl, "Mr. Churchill in the White House," The White House Historical Association, <https://www.whitehousehistory.org/mr-churchill-in-the-white-house-1>. Churchill denied making this quip.
 12. Thomas Merton says, "When humility delivers a man from attachment to his own works and his own reputation, he discovers that true joy is only possible when we have completely forgotten ourselves. And it is only when we pay no more attention to our own life and our own reputation and our own excellence that we are at last completely free to serve God for His sake alone." Tim Hansel, *Through the Wilderness of Loneliness* (Elgin, IL: David C. Cook, 1991), 123.
 13. Haykin, Croft, and Carroll, *Pastoral Friendship*, 129–30.
 14. Thomas R. Schreiner, *Baker Exegetical Commentary on the New Testament, Romans* (Grand Rapids: Baker Academic, 1988), 727, 729.
 15. Haykin, Croft, and Carroll, *Pastoral Friendship*, 46.
 16. Haykin, Croft, and Carroll, *Pastoral Friendship*, 119.

CHAPTER 10: TIPS ON REDEEMING LONELINESS

1. Lou Priolo, *Loneliness: Connecting with God and Others* (Phillipsburg, NJ: P&R Publishing, 2023), loc. 516 of 841, Kindle.
2. Tim Hansel, *Through the Wilderness of Loneliness* (Elgin, IL: David C. Cook, 1991), 125.
3. Excellent resources include Tony Reinke's *12 Ways Your Smartphone Is Changing You* and Chris Martin's *The Wolf in Their Pockets*.
4. Tony Reinke, *12 Ways Your Smartphone Is Changing You* (Wheaton, IL: Crossway, 2017), 189.
5. Gordon MacDonald, *A Resilient Life* (Nashville: Thomas Nelson, 2004), 205.
6. Charles Durham lists six steps to friendship. 1. Examine and develop your interests. 2. Enter the proper matrix, a place or group where there are others of similar mind. 3. Contribute to the life and thought of those in the group. 4. Develop traits that draw people—subdue traits that repel them. 5. Reach out to others. 6. Continue to function as a group member even when you feel the process is taking too long. Charles Durham, *When You're Feeling Lonely: Finding a Way Out* (Downers Grove, IL: InterVarsity Press, 1984), 156.
7. David Needham, *Close to His Majesty* (Sisters, OR: Multnomah Books, 1987), 56–57.
8. Dietrich Bonhoeffer, *Life Together* (New York: Harper Collins, 1954), 26.