

# Inner Loneliness...



# *Neil Diamond*

But I got an emptiness deep inside  
And I've tried  
But it won't let me go  
And I'm not a man who likes to swear  
But I never cared  
For the sound of being alone

**Inner Loneliness...**



# I Am I Said ....

L.A.'s fine, the sun shines most the time  
And the feeling is "lay back"  
Palm trees grow and rents are low  
But you know I keep thinkin' about  
Making my way back

Well I'm New York City born and raised  
But nowadays,  
I'm lost between two shores  
L.A.'s fine, but it ain't home  
New York's home,  
But it ain't mine no more

**Trapped**

**Unsettled**



# I Am I Said ....

"I am"... I said  
To no one there  
And no one heard at all  
Not even the chair

I am"... I cried "I am"... said I  
And I am lost and I can't  
Even say why  
Leavin' me lonely still

**LOST**

**LONELY**

**No One Listening**



# I Am I Said ....

But I got an emptiness deep inside  
And I've tried  
But it won't let me go  
And I'm not a man who likes to swear  
But I never cared  
For the sound of being alone

**Emptiness** | **Won't Me Let Go** | **Alone**



# I Am I Said ....

I am"... I said  
To no one there  
And no one heard at all  
Not even the chair

"I am"... I cried  
"I am"... said I  
And I am lost and I can't  
Even say why

"I am"... I said  
"I am"... I cried  
"I am"... I said

**Alone**

**Confused**

**Distressed**



# Inner Loneliness?

- **Loneliness** away beyond lonely
- Your feel completely **Isolated**
- Your feel **utterly alone** even in a crowd
- Near impossible **to numb** it's paralysing pain
- Regularly pleasures / hobbies **don't lift it**



# Inner Loneliness

**He was despised and rejected —  
a man of sorrows,  
acquainted with deepest grief.  
We turned our backs on him  
and looked the other way.  
He was despised, and we did not care.**

*Isaiah 53:3 NLT*

**Identify**

**Empathize**

**Overcome**



# Inner Loneliness?

- Loneliness away beyond lonely
- You feel completely isolated
- You feel utterly alone even in a crowd
- Near impossible to numb its paralysing pain
- Regularly pleasures / hobbies don't seem lift it?
- Recognize it for what it is
- Not to be afraid to face it
- What factors caused it?
- How do I ease it?

**Identify With?**

**Overcoming It**



