

## Chat Example: Loneliness

**GAVIN** 11:07:49 am  
Hey

**COACH** 11:07:50 am  
Hello Gavin  
how ru today?

**GAVIN** 11:08:27 am  
I'm not doing good

**COACH** 11:08:45 am  
tell me more - what's going on?

**GAVIN** 11:10:45 am  
I'm 22 years old and as of now it's been 2 years since my girlfriend of 4 years broke up with me and I've been pretty much feeling lonely ever since then but it seems like today it's really starting to hit me hard. Like all I pretty much do is work hang out with friends when they're available and just go on dating apps but it seems like no matter what I do I never seem to find anyone that wants to be with me or is interested in me like I don't even have person who seemingly has a crush on me. I have no shortage and friends and I have love my family but I'm really yearning for that romantic connection and it seems like it just keeps alluding me and it seems like no one's really interested in me

**COACH** 11:12:05 am  
I'm sorry you are feeling lonely  
is that all you seem to focus on?

**GAVIN** 11:13:33 am  
To be honest yes. It's the one thing I want and it's the one thing that keeps alluding me. I know I shouldn't focus on it but it's hard when that's the only thing you don't seem to have and want

**COACH** 11:14:20 am  
You were in a relationship for much of your adult life - its hard to adjust to life without that kind of relationship currently

**GAVIN** 11:14:53 am

Actually most of my teen life I was with my girlfriend when I was in high school and I'm 22 now and we broke up 2 years ago

**COACH** 11:15:05 am  
that is a long time  
where do you stand spiritually?

**GAVIN** 11:15:24 am  
I'm a Christian

**COACH** 11:15:42 am  
on a scale 1-10 - how committed are you to growing in Christ?

**GAVIN** 11:16:01 am  
8

**COACH** 11:16:07 am  
hmmm  
if so high - why are you still struggling with loneliness?

**GAVIN** 11:17:27 am  
Because like I said I want that romantic connection. And even though I do love God and I know that I'm not completely alone there's still that commitment romantically that I want with someone and it seems like I don't attract anyone to me or even feel like I'm intriguing enough to attract someone  
Because I know that when it comes to relationships it's mainly looks and personality that get you someone and I think I'm at least a seven, and looks but I don't know how I am personality wise to attract someone

**COACH** 11:18:10 am  
what does that mean to you Gavin - "romantically"?

**GAVIN** 11:18:33 am  
Like someone I can be with that I can envision a future with leading to marriage

**COACH** 11:19:11 am  
ok - so you are not struggling with the physical aspects relationships can tempt you with, outside of marriage?

**GAVIN** 11:20:10 am

I was for a bit but I've gotten over that now I just more yearn for that emotional connection and truly feeling like that person loves me and wants to be with me that's what I'm really yearning for

**COACH** 11:20:48 am

that is a gift from God - to have that yearning for relationship sometimes He puts us through deserts to help us grow so we can be better for Him and for whomever comes into our lives  
bottom line, its what you choose to focus on - Him or "her"  
Gavin, I've been thru unpleasant "deserts" - they are no fun but I look back at them with gratitude for where I am now

**GAVIN** 11:24:14 am

But I'm sure you had girls that at least want to talk to you even as friends. I literally walk into a room and sit down and no one wants to talk to me I don't attract people to me. I know ultimately it's my fault I should be more attracted to people I should be more assertive when it comes to interacting with people I know I blame myself 90% of the time but it almost feels like even when I try I don't get anything either way

**COACH** 11:26:16 am

My friend - I am nothing special and no one goes out of their way to talk with me. With all due respect, your focus or mindset needs to be adjusted I've experience rejection all my life  
when I focused on rejection, I had my own pity parties  
when I chose to focus my mind on who I am - Who I belong to in Christ - your thinking changes

**GAVIN** 11:29:02 am

When I focus on myself all I see is how many times I failed when I should have succeeded

**COACH** 11:29:36 am

Let's get to the root of loneliness... when you say "I'm a Christian" what does that mean to you??

**GAVIN** 11:30:02 am

I follow Christ

**COACH** 11:30:10 am

keep going...

**GAVIN** 11:30:56 am

I go to church when I can. I understand I'm a sinner

**COACH** 11:31:11 am  
may I ask personal question?

**GAVIN** 11:31:17 am  
Sure

**COACH** 11:31:25 am  
are you viewing porn?

**GAVIN** 11:31:46 am  
Every now and then

**COACH** 11:32:02 am  
it's a struggle for most men  
but it takes away from our growing in Christ  
the Holy Spirit cannot dwell in an unholy temple  
You are God's Holy temple when you ask Jesus to forgive you with His blood  
His blood cleanses you from sin  
that is much of why you are struggling with loneliness - your focus is on  
yourself - not as much on God  
16 Rejoice always, 17 pray continually, 18 give thanks in all circumstances;  
for this is God's will for you in Christ Jesus. I Thess 5  
12 Therefore, I urge you, brothers and sisters, in view of God's mercy, to  
offer your bodies as a living sacrifice, holy and pleasing to God—this is your  
true and proper worship. 2 Do not conform to the pattern of this world, but  
be transformed by the renewing of your mind. Then you will be able to test  
and approve what God's will is—his good, pleasing and perfect will. Romans  
12:1-2  
the pattern of this world wants us to view porn - watch movies with nudity -  
pity ourselves for not having what they show in the entertainment

**GAVIN** 11:37:31 am  
I don't just want the sex I just want something he actually seems like she  
want to be with me. You should have come on watch is like sort of like that  
romantic kind of it's like it's more soldiers than like talking about how much  
they love each other and then they come to the sex is very like sensual and  
not degrading

**COACH** 11:39:31 am

my friend, when you choose to pursue God with all of your heart, with all of your mind and with all of your soul - your mindset will change  
you won't be focusing on how lonely you are - you'll be focusing on pleasing Him

**GAVIN** 11:40:31 am

I know....I know

**COACH** 11:41:03 am

I don't want to preach to you - I'm just speaking from my own personal experience

this is why I'm "urging" you to offer your body as a living sacrifice...

**GAVIN** 11:41:54 am

How so. How do I just let go

**COACH** 11:42:50 am

I committed to surrendering my life after being a Christian over 40 years to living my life Romans 12:1-2 - it has changed my life

When you commit to living that kind of life - you'll be a far better husband, father, man

**GAVIN** 11:43:54 am

That's all I want to be

**COACH** 11:44:17 am

He will bless you with someone in His time - my youngest daughter is also experiencing similar feelings you are

its not easy

nor enjoyable - but you'll experience God like you've never experienced before and you won't want to go back to who you were before

Here's my challenge - memorize Romans 12:1-2

pray it

meditate on it every opportunity you can

**GAVIN** 11:46:04 am

Ok

I'll try

**COACH** 11:46:37 am

focus on it - don't allow the loneliness to creep in - because it will demand you do

loneliness is very selfish and demands a lot of your time - it tells you how worthless you are - but that is an absolute lie

**GAVIN** 11:48:02 am

And what if I am

**COACH** 11:48:20 am

then you are not believing the Truth of the Bible

do you honestly believe Jesus would have died for someone "worthless"????

**GAVIN** 11:49:01 am

No

**COACH** 11:49:09 am

Please - do not minimize His sacrifice for you

He loved you even while you were a sinner rejecting Him

you are far from worthless - You are a Child of Almighty God if you have committed your life to Him.

**GAVIN** 11:51:12 am

I understand I think

**COACH** 11:52:06 am

When you accept Jesus Christ as your personal Lord & Savior you are immediately adopted into the inheritance of Almighty God

He has covered your sin with His blood and made you Holy in the sight of God

That makes you His treasure!!

**GAVIN** 11:53:31 am

I haven't thought of it that way

**COACH** 11:54:14 am

the world's lies have a way of creeping into our mindset and you have bought into it with the feelings of loneliness...

that my friend is focusing on yourself

when you focus on God's Word and learn to believe His promises are true - it changes your thinking

You begin focusing on how you can bless others and being thankful for what He has given you

**GAVIN** 11:56:12 am

I hope to do that

**COACH** 11:56:29 am  
Begin with Romans 12:1-2

**GAVIN** 11:57:21 am  
I will

**COACH** 11:57:36 am  
may I pray for you?

**GAVIN** 11:57:42 am  
Yes

**COACH** 11:58:06 am  
Precious Father in Heaven - I pray in the name of Jesus for Gavin  
I pray he will accept the urging I have shared with him through Your Word...  
I pray he will offer himself up as a living sacrifice unto you  
holy and pleasing unto you  
I pray that he will learn and understand the lies of this world and no longer  
be subjected to its lies or pleasures  
I pray he will choose Your Word over the enticements of this world  
I pray You will help him overcome loneliness  
as he learns to choose You  
I pray you will help him understand the true value of relationship beginning  
with You Lord Jesus  
Help him replace thoughts of loneliness with Your promises  
I pray in the name of Jesus - AMEN!!!  
I hope our chat was a bit of help for you Gavin

**GAVIN** 12:05:52 pm  
It was amen and thank you

**COACH** 12:06:11 pm  
God bless you my friend