



sermon notes

Sunday 3d May 2026

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THE LONELY CROWD

Prosperity is often measured by:

- what we own
- what we earn
- what we accumulate

But there is a deeper truth:

My true wealth is not measured by the things I have... but by the people with whom I share life and the quality of those relationships.

A person can be:

- materially successful
- externally impressive

...and still be **relationally poor**

FOUNDATION — HUMAN DESIGN

God created man ...not as an animal but an **extension of himself...for shared life**

We are created for fellowship with God first

"It is not good for man to be alone..." — Gen 2:18

This statement is profound.

It is made:

- before sin
- before brokenness
- in a perfect world

And yet God says:

"This is not good."

👉 What? **Aloneness.**

Jesus & demonized man

Mark 5:6-7 (Luke 8.26)

Living among tombs...self harmed

[6] When he saw Jesus from a distance, he ran to him and threw himself down before him, [7] shouting at the top of his lungs, "Leave me alone, Jesus, Son of the Most High God!"

Luke 4.33 - in the congregation > looking for connection

" Ran to Him...was in the congregation.....but > *Leave us alone*"

TRUTH

Humans were not designed for isolation... but for shared life.

We are:

- relational by design
- created for connection
- formed for fellowship

THE MODERN CRISIS — LONELINESS

One of the leading health issues in the world today is **loneliness**.

This is not just a social issue. It is not just emotional.

The consensus is striking:

Loneliness affects the body with the same intensity as disease or toxic habits.

WHAT LONELINESS DOES

Loneliness changes how you perceive other people, making it harder to escape.

- **Hyper-vigilance for rejection**
- **Depression and anxiety**
- Increased stress responses
- Reduced resilience

It affects:

- mental health
- emotional stability
- physical wellbeing

👉 It is now considered a major threat to human productivity globally

DEEPER THAN FEELING

Loneliness is often reduced to:

"feeling sad"

But it is far deeper than that.

It is the body and soul reacting to the absence of what it was designed for.

Humans require connection to regulate:

- stress
- emotion
- even physical repair systems

DEFINITION

Loneliness is the painful gap between the relationships you have and the ones you long for.

IMPORTANT DISTINCTION

- **Solitude** → chosen, healthy, restorative
- **Loneliness** → unmet relational design

THE GREAT PARADOX

We are living in:

the most connected generation in history...and yet experiencing: deep relational disconnection

We have:

- constant communication
- constant interaction
- constant visibility

...but often lack:

- Meaningful relationships

THE LONELY CROWD

This condition was identified in the book The Lonely Crowd (David Riesman)

He observed a shift:

- from **inner-directed people** (anchored in values)
- to **other-directed people**

People shaped by external:

- approval
- perception
- social pressure

People became highly connected... but more internally disconnected or fractured

This produces:

Fragile, Surface-level connections

Insecure people - **A crowd... without fellowship**

This book was written in 1950...can you imagine how much this is amplified now!

A lonely crowd is what you get when people gather without true fellowship.

Or:

It's possible to be highly connected... and deeply disconnected at the same time.

THE REAL CAUSE

Loneliness is not the root problem...

It is the symptom.

The real cause is:

Separation

=> the direct opposite of fellowship

DEFINE IT

If fellowship is: **shared life**

Then separation is: **the loss of that shared life**

WHAT SEPARATION REALLY IS

Separation is not just:

- being alone
- physical distance

It is: **disconnection from the life you were created to share**

Separation is something that is experienced in many different forms & degrees

- Physical > dislocation
- Relational > cut off, ostracized, bypassed, abandoned (grandfather)
- Internal > emotions, heart
- Spiritual > Adam where are you?

Loneliness is what we feel... separation is what is actually happening.

WHY IT CUTS SO DEEP

Because we were designed for **fellowship**:

- fellowship with God
- fellowship with others

So separation creates:

- internal emptiness
- relational disconnection
- loss of belonging

Separation is not just distance... it is the loss of what you were made for.

DAVID UNDERSTOOD THIS

“Do not cast me from Your presence or take Your Holy Spirit from me.” — Psalm 51:11

David is not just asking for forgiveness.

He is saying:

“Don’t let me lose Your presence... don’t let me lose the life we share.”

The greatest loss is not consequence... it is separation from God

NEW COVENANT BALANCE

Under the New Covenant:

- the Holy Spirit does not come and go the same way
- believers are indwelt and sealed

But in the heart remains:

a desire to live in close, living fellowship with God

HOW SEPARATION SHOWS UP

Separation often appears as:

- isolation
- withdrawal
- self-protection

👉 Often rooted in:

- past pain
- rejection
- broken trust

You can be in a room full of people... and still live in separation.

THE REAL ISSUE

The issue is not:

- lack of people
- lack of interaction

It is: **a loss of shared life**

THE ANSWER — FELLOWSHIP

If separation is the problem...

Then the answer is: **Fellowship**

Trauma is healed through fellowship

Jesus asked for the man’s name...not the demon’s name - He was reaching out to make connection with the man

DEFINE IT

The New Testament word is: **koinōnia (κοινωνία)**

It means:

- participation
- partnership
- communion
- shared life

TRUTH - Fellowship is not optional... it is essential to the human soul

WHAT PEOPLE ARE ACTUALLY LONGING FOR

Not:

- activity
- proximity
- surface connection

But: **to be known to belong to share life**

The heart doesn't just want connection... it desires fellowship

Why the Longing Feels So Strong - Because fellowship reflects something deeper:

We were made for fellowship with God first

1 Corinthians 1:9 AMP

[9] God is faithful [He is reliable, trustworthy and ever true to His promise—He can be depended on], and through Him you were called into fellowship with His Son, Jesus Christ our Lord “...called into fellowship with His Son...”

So the human heart carries: a longing for connection with God and a longing for connection with others.

The horizontal longing is an echo of the vertical one

The world is full of crowds... but the human heart is still longing to for fellowship

And that longing: **is only fulfilled in shared life with God and one another. Fellowship that is established on divine love**

Romans 8:38-39 TPT

[38] So now I live with the confidence that there is nothing in the universe with the power to separate us from God's love. I'm convinced that His love will triumph over death, life's troubles, fallen angels, or dark rulers in the heavens. There is nothing in our present or future circumstances that can weaken his love. [39] There is no power above us or beneath us—no power that could ever be found in the universe that can distance us from God's passionate love, which is lavished upon us through our Lord Jesus, the Anointed One!

TO CLOSE

Maybe you are carrying the pain or trauma of a separation...living with a form of dislocation or isolation?

Today the Holy Spirit is reaching out to you today