



New Mini-Book from

# Shepherd Press

Gospel driven • Heart focused • Life changing



From the publishers of *Shepherding a Child's Heart*



## At a Glance...

Help! I'm So Lonely  
Deborah Howard

Mini-Book, 64pp, 6 x 4 inches,  
Saddle stitched

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Consulting Editor: Dr. Paul Tautges



BISAC: REL074000 RELIGION / Christian  
Ministry / Pastoral Resources

BIC: HRCV3 Christian counselling

## Table of Contents

Introduction

1. Perspectives on Loneliness

2. An Age-Old Problem

3. Only Trust Him

4. Practical Suggestions for Recovery

Conclusion

Personal Application Projects

Where Can I Get Further Help?

**Short Description:** A small book helping people who are experiencing loneliness, as well as those who care for them

Loneliness is a universal condition. It touches people of any race, religion, gender, nationality, age, social standing, or financial status. If we live long enough, all of us will experience it at some point. Christians are certainly not exempt. However, we are not left to find our way in the fog. Instead, the Bible has a surprising number of passages dealing with loneliness. This mini-book directs you to the comfort that is found in God's Word and the strength and hope that his grace provides.

## Reading Audience

- People who are experiencing the hurt of loneliness
- People in shock and grief after bereavement
- Counselors and Christian workers who minister to those mentioned above

## Features and Benefits

- Highly relevant topic today
- Easy to read and apply
- May be used with confidence to bring the gospel message clearly
- Good for use in small groups or one-to-one counseling situations
- Endorsed by key counseling organizations



**Author** Deborah Howard, a registered nurse, views writing and speaking as a ministry to encourage the fainthearted and comfort the hurting. Her previous books include, *Sunsets: Reflections for Life's Final Journey*, *It's Not Fair! (with Wayne Mack)* and *Where is God in All of This?* You may contact her by visiting [www.deborahhoward.net](http://www.deborahhoward.net).

You can trust these resources to provide accessible, practical, and Bible-saturated help with many of the most common and perplexing problems found in our fallen world.—*Dr. Heath Lambert*

I wholeheartedly recommend this series of mini-books.—*Dr. Wayne Mack*

The Lifeline mini-book series is an invaluable tool.—*Dr. John Street*

...unique combination of biblical truth succinctly related to specific real-life issues.—*Dr. Bob Kelleman*

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