

The

Goodfather

III

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- Excessive solitude is one of the major errors many men make when leading their homes. When a man is left to himself and has no fellowship with like-minded believers or strong men to sharpen him, he will error. ***Prov. 27:17 Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.***
- In prison, solitary confinement is considered a form of torture. They use isolation as a weapon to punish and discipline unruly or uncooperative inmates. However, God desires that all men to be subject to one another. ***1Pet. 5:5 Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble.***
- When men do not desire to fellowship or maintain relationships with men that challenge them, they are left to figure things out on their own. This usually leads to emotional decisions and actions that ruin lives. ***Prov. 19:27 If you stop listening to instruction, you have turned your back on knowledge.***





- Submitting to authority begins with friendships. It's impossible for a man to truly submit to another man if he doesn't understand how to have or be a friend.
Prov. 18:24 A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother.
- When someone has a traumatic past, they usually suffer with trust issues. If true forgiveness hasn't taken place, then it will be hard for them be close to other men. ***Matt. 18:22 Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.***
- Trust issues normally produce envy and jealousy! Instead of gleaning insight and learning from other men, they become jealous and try to find fault in them to feel better about themselves. ***1Tim. 6:4 He is proud, knowing nothing, but doting about questions and strifes of words, whereof cometh envy, strife, railings, evil surmisings,***

- When a man confines himself in solitude, he will make bad decisions. These decisions will make him isolate himself even more because he feels trapped by them. *Prov. 19:20 Hear counsel, and receive instruction, that thou mayest be wise in thy latter end.*
- Being isolated does not allow men to bear one another's burdens or confess their faults one to another. Solitude can be torture on the mind and body, which may lead to sickness, disease, and death. *Gal. 6:2 Bear ye one another's burdens, and so fulfil the law of Christ.*
- Men that do not desire relationships or fellowship with other men will lead their family into chaos and disorder. We need the balance of wise counsel, sound judgment, and loving friendships from others to help us stay on the right path. *Prov. 11:14 Where no counsel is, the people fall: but in the multitude of counsellors there is safety.*



SUMMARY

Numerous studies have documented the harmful psychological effects of long-term solitary confinement, which can produce debilitating symptoms, such as:

- Visual and auditory hallucinations
- Hypersensitivity to noise and touch
- Insomnia and paranoia
- Uncontrollable feelings of rage and fear
- Distortions of time and perception
- Increased risk of suicide
- Post-traumatic stress disorder (PTSD)



These effects of solitary confinement also appear in people that are not in prison! When we do not have the balance of fellowship and relationships with like-minded believers it can affect us the same way.

- **Visual and auditory hallucinations** - Thinking a decision is good based on what we see instead of what is true. Many hear the Word but can't apply it because of their own opinions and ideologies. People that operate in excessive solitude will experience auditory hallucinations!
- **Hypersensitivity to noise and touch** - Lacking relationships with like-minded believers will cause us to become hypersensitive to erroneous doctrine and New Age philosophies. We reach too far for answers because we don't have people to keep us balanced.
- **Insomnia and paranoia** - Without sounding boards or people to confess our faults to, we often times carry these things in our heads. Racing thoughts and paranoia will overtake us. We will become sleep deprived which leads to diabetes, heart disease and many other ailments.
- **Uncontrollable feelings of rage and fear** - When we do not have close friends to talk to, we will have emotional outbursts that can really wreak havoc on our families. We will say things to our wives and children that we can never take back!

- **Distortions of time and perception** - Without fellowship, we waste time. We are not motivated to make tough decisions so time passes and we live in regret. We look up and years have passed with no change to our situations all because we neglected to keep good friends in our lives that remind us of things and challenge our progress.
- **Increased risk of suicide** - Over 90 percent of people who die by suicide have a mental illness at the time of their death. The most common mental illness is depression! When we do not have people to help bare our burdens, they get too heavy which causes anxiety, depression, and suicidal thoughts.
- **Post-traumatic stress disorder (PTSD)** - Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Without good leadership and good friendships, a person is left to wallow in their issues and never forget what happened to them. Linger on negative thoughts leads to mental health problems and makes it hard to live like a true believer.

Prov. 15:22 Plans go wrong for lack of advice; many counselors bring success.