

## For the Lonely

Most people will feel lonely at some time during their lives – some may even feel extremely lonely, which may lead to feelings of abandonment and to depression – even to suicidal thoughts. Statistically more people feel lonely over the Christmas period than any other, possibly due to the perception that everyone else has family or friends and are all enjoying themselves.

Jesus was described as '*a man of sorrows, acquainted with deepest grief*' (Isaiah 53:3). He was often alone, and frequently spent time alone to pray, as in Matthew 14:23. However, as Jesus tells us Himself, he was actually never totally alone, as He always had the presence of the Father with him: In John 8:16 He said; '*I am not alone, the Father who sent Me is with Me*, and in John 11:41-2 "*Father, thank you for hearing me - You always hear me . . .*'

The good news is that God has promised to always be with us too, and to never leave or abandon us (Hebrews 13:5). God may allow and even plan for us to go through a time of isolation, and the loneliness it may bring, for our own benefit – to bring us closer to Him. King David, Paul, and Jesus himself spent time alone with the Father, especially before starting their respective ministries.

So, take courage! Decide in your heart to seek the Lord, and His will for your life, with your whole heart, because He has promised that He has good plans for each of us, to give us a future and a hope (Jeremiah 29:11) and that if we look for Him with our whole heart, we WILL find Him (Jeremiah 29:13). So, actually, we never need to be totally alone – we can always just speak to Jesus. I do this frequently, not only in the times I set aside for prayer and reading, but any other time as well, whether happy and rejoicing, or feeling all alone, or troubled by a decision to be made.

### Scriptures - NLT

Isaiah 53:3 *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.*

Matthew 14:23 *After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.*

Hebrews 13:5 *Don't love money; be satisfied with what you have. For God has said, "I will never fail you. I will never abandon you."*

Jeremiah 29:11 *For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope.*

Jeremiah 29:13 *If you look for me wholeheartedly, you will find me.*

### Marsha Burns

To those who feel abandoned, alone and lonely: You are not alone. You have Me, says the Lord, and I will never leave you nor forsake you. Rise above what appears to be true in the natural realm and access spiritual truth. Everything in the world will pass away, but all things in spirit will be forever. Set your heart on that which is eternal.

Dr Brian Drury