

# Living Lonely or Living in Love

Loneliness is a feeling of not being able to reach another. It is a feeling of being isolated even though people may surround you. It's a feeling of not having someone who really understands your heart. It can result from rejection, misunderstanding, separation, illness, or tragedy. Loneliness is often accompanied by feelings of worthlessness, a sense of isolation, feelings of being abandoned by God and others, crying easily, or feeling sorry for yourself.

## Effects of Loneliness

1. ***Loneliness can lead to immoral relationships.*** When we are lonely and disconnected we often seek sexual intimacy and use live-in relationships that are less than a life-time marriage commitment to fill the gap. But all the physical contact in the world cannot fill any empty, lonely heart
2. ***Loneliness can impact our finances.*** Often when we are lonely, we think that purchasing certain items will give us an emotional lift.
3. ***Loneliness can damage our self-esteem.*** We doubt our worth to God and others. We feel so alone and hopeless. Loneliness distorts our self-esteem and puts us into false bondage. Lonely people want to reach out to others but feel they cannot.
4. ***Loneliness can produce physical problems and even lead to suicide.*** Our bodies and emotions are intertwined. Excessive sieges of loneliness can create physical problems. Worse, the despair can be so great that suicide becomes an option.

**To deal effectively with loneliness, we must first admit to ourself that we are lonely, then try to understand what would help alleviate it.**

What does God have to say about loneliness?

***By day the Lord commands his steadfast love, and at night his song is with me.*** (Psalm 42)

***The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness.***  
(Lamentations 3)

***Come to Me, all who are weary and heavy-laden, and I will give you rest.*** (Matthew 28)

***The Lord is my shepherd. I shall not want. He makes me to lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in the paths of righteousness for His names sake. Yea, though I walk through the valley of the shadow of death I will fear no evil, for you are with me.***  
(Psalm 23)

As long as we maintain a lifestyle that looks to people, things, personal performance, and events to totally fill our loneliness, we will remain lonely. We need to practice the presence of God deep inside the innermost dwelling of our souls where God can fill the loneliness.

## Dealing With Loneliness

### **Personality Issues**

- Become a person who is easy to be. Develop an informal, easy going manner when conversing with others
- Work on shedding the rough parts of your personality. If you can't pinpoint them, ask someone you trust to help you with this.
- Don't be too sensitive; examining yourself gently will pay off
- When you show someone respect it will bring you respect in return.

### **Interest Issues**

- Look for the similarities between you and those around you rather than dwelling on the differences
- Develop an interest in many things so that you can have a common ground with more people
- Genuinely acknowledge others' accomplishments.

### **Initiative issues**

- Take the initial step to reach out to someone: this helps you avoid feel hopeless and powerless
- Go where people are (drop-ins, classes, church, etc.) and pray that God will lead you to someone who needs a friend.
- Get involved in work and community projects that fill some empty time and also help meet people Every Christian has worth in the Body of Christ and has a service to perform which will benefit others.