

# Defeating Loneliness

Loneliness is like a beast that overwhelms us. It doesn't care if you are rich or poor, healthy, or sick. It doesn't matter if you have money or not, family or not, friends or not. Loneliness will creep in at the most inopportune time when you are having the time of your life. It creeps in while you are in a crowd, at a party, or all alone. It's like a bad nightmare that refuses to go away.

You may recite the Word of God how Jesus said He would never leave you or forsake you, yet that ugly feeling of being alone seems to creep in anyway permeating every cell of your mind and body. You may look to food, entertainment, or busy yourself with mindless hobbies, anything that will take away that horrible feeling of being alone. And yet it still remains.

So, what makes you feel alone? Is it because you feel like no one sees you? Understands you? Or enjoys having you around? Do you feel rejected? Unappreciated? Despised? Well, I must remind you that Jesus Himself was rejected and despised. Jesus was not esteemed and certainly wasn't appreciated in his day – and not much today. Yet Jesus was not, and is not, lonely.

So how do you overcome? How do you defeat that ugly demon of loneliness? The first thing is to admit that it's there. Unless you are aware that it's a problem and choose to confront it, it will continue on. Second, understand that Loneliness loves to lie. It tells you that it's in control, but you don't have to listen to it. Use your voice and tell loneliness that it isn't welcome anymore. Truthfully, it's the voice of fear that's behind it. And all fears have a subliminal voice that plans to silently kill you, sabotage your happiness, and rob you of all joys from your life. Learning what's behind the face of Loneliness can help you defeat that ugly beast. Believe that you can be free from it and speak it out.

If you still feel like no one understands you, then you must know that Jesus has already walked the road that you're on. He certainly knows your feelings. When Jesus was on the cross, he felt alone and forgotten. He even said, "My Father, my Father, why have you forsaken me?" (Matthew 27:46). Jesus knows very well how you feel that is why he said, "I will not leave you comfortless: I will come to you" (John 14:18). In the moments of loneliness, you can also ask Jesus to comfort you because He said that He would come to you. It may not feel like this will work, but has anything you've done worked? Just put Jesus to the test, and I promise you that He will do what He said He would do.

Jesus,

I know that many people are tired of feeling lonely. Some are way beyond tired, they are desperate for something to fill that void of loneliness. Lord, I know that you are the answer to all things! You are the One who comforts all those who mourn, all those who are sad, all those who are despondent. I pray that you restore their hope, restore their joy, and heal their broken hearts. So many days have passed without them feeling love, joy, acceptance, or even a reason for living – but I am sure that you have great plans for them! You will not leave them comfortless!

May they feel your warm arms embrace their heart. May they experience for themselves your comfort and feel the greatest joy they've ever known. Because You said that you would come to comfort them – I fully believe you! You are the greatest of all joys, the greatest Comforter, and the greatest of anything that they could hope for. May they come to know you in your deepest measure of love and acceptance for who they are. You love them entirely, believe in them immensely, and are always with them. So, I call for Your joys to root out all their loneliness in the mighty name of Jesus! Yes, and Amen!

John 8:29 "And he that sent me is with me: the Father hath not left me alone."

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