

3 Spirit-Proven Ways to Combat the Lies of Loneliness

How can it happen? Whether we're in a crowd or in the darkness of a silent room, the battle to overcome loneliness begins.

I was stunned.

CNN reported yesterday that among thousands of entries, my hometown, La Paz, Bolivia, where I was born and spent my childhood was named the No. 1 wonder of the world.

But let me share a native's point of view. In La Paz, whose altitude makes it the highest capital in the world, visitors can become deathly ill due to the decreased amount of oxygen.

On the other hand, on a sunny day, the vibrant shade of sky blue that canopies over the city is breathtaking.

La Paz is built inside a sort of moon crater. Houses of all kinds dot the mountains that surround the city. And at night, a visitor may seem as if he were inside a gigantic Christmas tree. The lights that splash all the way to the mountain tops seem to blend with the stars in the sky, creating a unique splendor.

But how sad. That closeness is a contrast to the distance we feel from God when loneliness attacks. When we feel abandoned, we can't help but imagine God to be distant and abstract. We believe the lie that repeats we have no one. God has forgotten us. And we have no way to overcome loneliness.

3 Spirit-Proven Ways to Combat These Lies

1. In the silence, in the still of the moment God is present because His Word says that "...neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor

depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord" (Rom. 8:38b-39).

2. If we're in God's company, we have already conquered the army—fear, anxiety and depression that equip loneliness. "Be strong and of a good courage. Fear not, nor be afraid of them, for the Lord your God, it is He who goes with you. He will not fail you, nor forsake you" (Deut. 31:6).
3. Embracing God's promise ushers hope that tomorrow new things will come about. He promised: "Do not remember the former things nor consider the things of old. See, I will do a new thing, now it shall spring forth; shall you not be aware of it? I will even make a way in the wilderness, and rivers in the desert" (Isa. 43:18-19).

Let's Pray

Father, while in the wasteland of loneliness or the desert of despair, I declare that tomorrow You will bring about new ways, new paths and new open doors. I wait in anticipation for the loneliness that burdens my days to turn to the peace that comes from You. The reassurance that Your promises carry. And I will be filled with the joy that doesn't flow from others but from You. I count on the power of Your love. In Jesus' name, amen.

- Have you experienced loneliness lately?
- What brings about your loneliness?
- How will you receive God's comfort to overcome loneliness today? {eo}

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