

Feeling Lonely? Heed God's Holy, Healing Response to You

Something hurtful has happened to you, and you feel like you are all alone. Perhaps you are being attacked with sickness and disease and lack the physical strength to be with people. Maybe you lost a loved one and are struggling to heal from the real pain of grief. Or you may have been betrayed by a spouse or close friend.

There are many reasons why we can feel all alone at times, and it is difficult to pick up the broken pieces and move forward again. If this is where you are at in life right now, I encourage you to spend time with the Lord every day, and meditate upon the following Scriptures and allow the healing process to begin.

We are reminded in 1 Peter 5:7 (AMP) that we are to be “casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].”

Lord, I know that I am not to be worried, but sometimes I am, and especially now. Help me to deal with each and every one of my concerns, and to take into account all that You have promised me, and that You care for me. I ask this in your name, amen.

Isaiah 41:10 encourages us with these words. ‘Do not fear [anything], for I am with you; do not be afraid, for I am your God. I will strengthen you, be assured I will help you; I will certainly take hold of you with My righteous right hand [a hand of justice, of power, of victory, of salvation].’

Call out to the Father right now and tell Him, “*Father God, I am fearful that I will not ever feel well again, that my*

healing might not manifest. I feel insecure that I do not measure up to you and to others. I am afraid of being alone. Help me, Holy Spirit, to remember that I am never alone, that You will never leave me nor forsake me, in Jesus' name I pray, amen.

Jesus, I sense a real lack of support during this time of need in my life. Help me to see that my help comes from You. "The man of too many friends [chosen indiscriminately] will be broken in pieces and come to ruin, but there is a [true, loving] friend who [is reliable and] sticks closer than a brother" (Prov. 18:24). Thank You, Jesus, because You are my true friend, and I desire to come into close fellowship with You.

Holy Spirit, help me to be patient with myself and those around me, and to remember Your promise in Psalm 147:3, "He heals the brokenhearted and binds up their wounds [healing their pain and comforting their sorrow]." I give You my brokenness, pain and sorrow. I receive Your comfort during this time of great pain. I accept Your healing balm of Gilead into my mind and emotions. And I confess with my mouth, that I may have lost someone or something very dear to me, but I am not lost. You found me. I am not someone without hope, for You are the hope of my salvation. I am not alone, because You will never leave me. I am loved by You, and Your love is unconditional towards me. You care about me and provide for my every need. You heal me and make me whole in spirit, soul and body. With Your help, I will mediate upon these promises found in Your holy Scriptures, and I will see that I am not alone, and this spirit of heaviness, this loneliness lifts off of me. In Jesus' name, I pray, amen. {eo}

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