

Remind Yourself of This Biblical Truth When Feeling Lonely

Loneliness is simply feeling as if no one sincerely cares about you or is interested in your life beyond surface interactions. It is assuming that nobody desires to listen to your thoughts or quietly understand what is going on in the recesses of your heart.

Loneliness might be identified as believing that even if you did have a friend who knew your whole heart, they probably wouldn't like it or accept it.

If loneliness is not recognized and lovingly healed, it will certainly be the precursor to depression. And when loneliness and depression join forces in a woman's life, they can yield a lethal combination of poisonous warfare.

Your spiritual enemy has a strategy for how to defeat you. Satan's goal for your life is to keep you weary and exhausted every day of your existence. He is wily and beguiling and knows exactly how to magnify the pangs of loneliness in a believer's life. He can grip a woman's heart with loneliness when she is also dealing with weariness, exhaustion and fear.

There is power in God's Word to fight every negative emotion and to dismantle the schemes and plans of your archenemy. The devil's subtle whispers shout most loudly when we are alone. Although you may *feel* alone, you must remind yourself that you are never really alone because God promises it in Hebrews 13:5.

You serve a God who will never leave you alone. You are not forsaken in any situation or at any moment in life. He is with you: what glorious relief! The enemy wants you to believe that

you are alone, but according to the greatest book of truth in all of history, you always have someone by your side.

Whenever your heart tries to convince you that you are all alone and no one cares about you or your life, you must choose to believe the truth of the Scriptures rather than the instability of your feelings. When it comes to loneliness, you must open your Bible and agree with the Word of God and not with the emotions that threaten to alienate you.

The mournful ballad that the enemy croons over your life is, "One Is the Loneliest Number." Yet the love song that Jesus sings to a lonely daughter is, "You'll Never Walk Alone." The biblical reality is that you are surrounded by God's love and care every day of your life. Nothing can separate you from the love of God; you are securely encircled by His loving care. He has promised it.

Jesus really is your best friend, so feel free to talk to Him anytime ... or anywhere. Share your heart with Him and then listen for His loving response. When you begin to respond to Jesus as you would to a friend, your loneliness will slowly begin to ebb away.

While your feelings may tell you that you are all alone, let me remind you that the Bible clearly instructs believers how to access the presence of God. The enemy wants you to focus on your feelings, but God says to focus on His eternal truth, making it the foundation of your life.

In my seasons of loneliness, I have reminded myself numerous times that there are at least two ways that will help me walk through the door to God's undeniable presence: fellowship and worship.

Matthew 18:20 teaches that when believers are with each other, He is with them also. If you want to spend time with God, try spending an evening with a group of people who love Him.

In these days of social distancing and quarantine, schedule phone calls or Zoom calls with friends and spend time in prayer together. Reach out to others who might be dealing with loneliness and encourage them through a note, an e-mail or a call.

The second way that lonely people can place themselves in the direct presence of the Lord is through the choice to worship. God dwells where praise is full and strong! If you long for your loving Father to make Himself known and manifest in your life, then you should spend time worshipping Him.

The Lord shows up when a man or woman of God rises above events and circumstances with a heart that is overflowing with pure worship. If you deal with loneliness, turn up the worship music and then lift your hands in the air because He is there. You are not alone. He is there!

Let me just tell you that baby steps in the battle to fight the heartache of alienation are all that it takes. Take just one small step toward the Lord today and watch the miracle unfold in your heart! {eoa}

Carol McLeod is an author and popular speaker at women's conferences and retreats, where she teaches the Word of God with great joy and enthusiasm. Carol encourages and empowers women with passionate and practical, biblical messages mixed with her own special brand of hope and humor. Carol has written 11 books, including *Significant*, *StormProof* and *Guide Your Mind, Guard Your Heart, Grace Your Tongue*. Her teaching DVD *The Rooms of a Woman's Heart* won the Telly Award, a prestigious industry award for excellence in religious programming.