

## Why do I feel so lonely?

### God designed mankind to be social

**Genesis 2:18(NIV)** *The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him."*

Being alone by choice can be good. Jesus made time to be alone for prayer and re-grouping for His work (Matthew 14:23). Feeling lonely is another matter.

### I'm not alone so why should I feel lonely?

Many things can separate me from others either physically or emotionally: fear, anxiety, broken trust, abuse, damaged relationships. Some of these are beyond my control. Even though I may be with others, I still feel lonely and I must recognize that feelings are real. It seems far worse at night when the activity of the day dies down and my hurt and worries come back to haunt me. Loneliness is especially heavy during those special times of the year like holidays, birthdays, and anniversaries when I typically would be happy with friends and family.



## Now what can I do?

How can I overcome this bear called loneliness pounding at my door?

### I must acknowledge this feeling for what it is.

The fact is that I may be apart from some of my family. The fact is I still have my kids, friends or other family. The fact is I still have my health. The fact is I still have an opportunity to make a difference in the lives of my kids, family, and friends.

The feeling may be that I don't deserve this; that I feel I have been rejected; that I feel I am not worthy of friends or family and their love, or all of the above.

If I do nothing and just wait for things to change I may sink into depression and have a hard time climbing back out.

If I fight it with anger and frustration I may vent it on those I need most at this time and they may run from me.

If I fight it with "busy-ness" I may temporarily feel better but will likely spin out of control until physically and emotionally exhausted.

### Remember: I am NOT separated from God.

**Romans 8:38-39(NIV)** *For I am convinced that neither death nor life, neither angels nor demons, neither the*

*present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

### Embrace the time alone.



I can use this period constructively to make something special with my new life. I can build a closer relationship with God through prayer, study, and worship. I can build a stronger relationship with my kids, my friends, and my family through special times together, teaching, and setting the right example. I can do something special for myself to be more prepared for a new and exciting future like a new education or new hobby. I can - through Him!

**Philippians 4:11-13(NIV)** *I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.*

### Give it time and allow God to work.

**Isaiah 40:31(NIV)** *but those who hope in the LORD will renew their strength. They will soar on wings like*

eagles; they will run and not grow weary, they will walk and not be faint. **James 1:2-4(NIV)** Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.

### Reach out; let others reach in

I need a friend and someone to be close to. In return I must be a friend. I must open the door for them to be close to me and help. I will feel free to ask their help to comfort and be comfortable in sharing my needs with them so they can.

**Galatians 6:2(NIV)** Carry each other's burdens, and in this way you will fulfill the law of Christ.

**Philippians 2:4(NIV)** Each of you should look not only to your own interests, but also to the interests of others.

### Recognize God's promises

He will do special things for His children and can show His glory in the hardest of times. I must remember, however, this is on His timetable and according to His plan, not mine.

**Romans 8:28(NIV)** And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

### We are here to help you!

We would sincerely like the opportunity to talk with you more about this subject and share what God's word says about it. As Jesus said in **John 8:32(NIV)** Then you will know the truth, and the truth will set you free.

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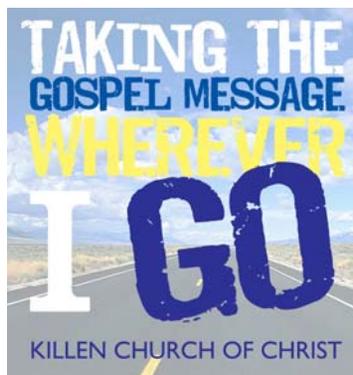
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# Overcoming Loneliness



*It's not just being alone!*

