

# Loneliness, Being Alone, and Lonely: By Erica Jermanus

You may be feeling alone or lonely. You may feel like you have no one in your life who truly understands you. You may feel like no one out there loves or cares for you. That is not true. God does. He is always there with you and for you. You can always talk to Him at any time, and He will listen and answer your prayers according to His perfect will and timing. He cares about every detail of your life. He wants you to come to Him when you are feeling alone or lonely. Many times we go to other people when we are alone or lonely because we want to fill a God-sized shaped hole in our hearts. We want a person to talk to because we want to feel loved, valued, and appreciated. But only God can fill that emptiness inside that we so yearn for in a relationship or a marriage.

Many of us go to friends and family to fill the void because we never truly experienced love growing up. We never truly had a relationship with Christ and have never known His love for us. So we sought love in all the wrong places. We sought love in men, women, and in things. We would go to people and things for comfort and validation. But only God can heal that inner child wound in our hearts and lives. Only God can heal us from the trauma, abuse, neglect, and abandonment

that we experienced from childhood and beyond. Only He can fix our brokenness. We need to be willing to go to Him with our hurt and pain and allow Him to touch those areas of our lives that need healing. There may be deep seated wounds that need to be healed. Only God can touch those areas of our heart and souls and mend the brokenness within us.

What matters most is what we do for eternity. What we do for eternity has an everlasting impact and will reap eternal rewards. We can invest in our relationship with God and with other believers when we are alone and single. We can spend time in the presence of God. We can spend time in prayer talking and listening to the Holy Spirit. That is how you communicate with Him and you become acquainted with His voice and His ways. Just like any relationship, there needs to be a two-way conversation for the relationship to work.

When you are alone, you can also put on some worship music and sing songs of praise to the Lord. Praise and worship is an act of humility and surrender of our will to God. You can also thank Him for everything He has done for you and has given you. The Lord Jesus Christ wants intimacy with us and desires us to know Him

deeply and personally. Knowing God is not just going to church every Sunday. It is seeking Him on a regular basis. It is getting to know His likes and dislikes. It is getting to know His ways.

God has called us to a life of love and service to Him and others. We are called to walk in obedience to God's word and commands. We are called to glorify Jesus Christ with our gifts, talents, treasures, time, energy, and resources. We are all gifted in some way. God has given each of us at least one gift or talent. Many of us have more than one gift or talent. God expects us to use what He has given us for His glory.

Ask the Lord to show you what His will is for your life and what He wants you to do for Him. Ask Him to show you what gifts and talents He has given you. You may already know what you are gifted with because it is something that you love to do. You can find purpose in what you love to do. For example, if you are a leader and have the gift of leadership, you can coach a football team. Or if you love to sing, you can volunteer for the worship team at your church. Or if you love to evangelize, you can go out and soul win in your neighborhood or community. If you love to write, you

can write books for God. Whenever you are alone, you can always find something to do to serve your purpose.

Proverbs 11:30 says, "The fruit of the righteous is a tree of life; and he that winneth souls is wise."

Luke 16:10 says, "He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much."

1 Peter 4:10-11 says, "As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God. If any man speak, let him speak as the oracles of God; if any man minister, let him do it as of the ability which God giveth: that God in all things may be glorified through Jesus Christ, to whom be praise and dominion for ever and ever. Amen."

When you are alone and single, you can prepare to meet your spouse, get married, and have children. That is if you are called to it. Not everyone is called to marriage, some are called to singleness and celibacy. If you have the gift of singleness, you will know because you do not desire marriage or children. But if you desire

to get married and have children, then that is a desire gifted from God.

While you are alone and single, you can focus on getting healed and delivered from your past, whether that be past relationships, past trauma, hurt, pain, abuse, neglect, abandonment, or rejection. These things can represent childhood wounds in your heart and soul. You may also need deliverance from addictions, strongholds, or bondages. God wants to set you completely free from your past so that you do not bring it into the new relationships that God wants to send in your life. When you bring old baggage from your past into a new relationship, it is going to ruin and destroy the relationship or marriage.

Your friends and family may have abandoned you or rejected you. But if you have Jesus Christ, you have everything you need and more. He will make sure that we have the right people in our lives at the right time. We just need to trust in Him and be patient with Him and His timing. God removes people from our lives because those people's time is up in our lives. Those people have fulfilled their purpose in our lives. So, God will want us to bring in new people who will help us

reach our God-given potential and destiny. The new people will help us to grow in our spiritual walk and relationship with Christ. Those people are worth the wait rather than settling for a friendship or relationship outside of God's will for you.

Many settle for the wrong relationships with the wrong people because they are lonely and desperate. Many just want companionship and someone to talk to and share life with. But people will settle for just anyone instead of the person or people God has for them. Many are tired of being alone or lonely, so that is why they are in the wrong relationships with the wrong people. That is why so many struggle with the same toxic and abusive people and relationships, because they are not willing to wait on God and His timing. These people continue to suffer in those relationships because they are with people who mistreat them or abuse them, whether that is physically, mentally, or spiritually. But they don't want to leave these relationships because they love the other person, and they are afraid of being alone or lonely.

But it is better to be alone, than to get your heart broken again and again because of settling for toxicity

and negativity. There are people we talk to and are in friendships with that are unequally yoked. This means one person is a believer and the other person is an unbeliever. The Bible says in 2 Corinthians 6:14, “Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?” Light and darkness do not have much in common and do not go together. We may need to separate ourselves from unbelievers if we are spending all of our time with them. They may be doing us more harm than good.

If we continue to fellowship with unbelievers, we are going to start to take on the same characteristics and bad habits as these unbelievers. We will also start to behave and become like them because of spending all of our time with them. We become like those we surround ourselves with most. We will find ourselves drinking, smoking, doing drugs, cursing, and gossiping because of who we are surrounded by most. That is not good or healthy. These things can lead us to sin against God and go astray in our hearts and minds.

There are people in your life who may be leading you to sin and backslide in your relationship with God. You



may be around worldly people that are focused on worldly things. Their conversations are worldly and sinful. You are grieved in your Spirit when you are around these people because of the negativity, gossip, and slander. When you are around these unbelievers, you find yourself disconnected from God and you start to go astray from Jesus Christ. People of like-minded faith and belief will draw you closer to God and not take you away from Him. People of like-minded faith will build you up and not tear you down. People of like-minded faith will help you to grow spiritually in your relationship with Jesus Christ.

So, we may need to be cautious of the people in our lives. Because not everyone is God-sent. Many are sent by the devil with hidden motives and intentions. Many are sent by the devil to distract you from your relationship with God and from your calling and purpose in life. That is why it is important to not just surround ourselves with anyone just because we are alone or lonely. We need not let our feelings and emotions dictate the people we hang out with or talk to. We should follow God's leadership and guidance when it comes to who we are friends with in our lives.

We should ask God if we should be friends with certain people in our lives. Ask God to show you their true intentions towards you. Not everyone is for you. Some people want to see your downfall. Some are just jealous of you because of what you have. So, be careful who you befriend when you are lonely and/or alone. Wait upon the Lord to send the right people in your life at the right time. He will send people into your life who have the same goals and faith in mind. He will send people who will be a blessing to you, and you are able to be a blessing to them as well.