

## Loneliness

There are nearly six and a half billion people in the world today. In America alone there are nearly 300 million people. Yet, in spite of our enormous population, there are many people in the world who are lonely. With people all around them, they nevertheless feel lonely and out of touch with society. They feel disconnected and alone. Such feelings of loneliness can be extremely painful and hard to overcome. Yet, it is possible to overcome these feelings through the help of Jesus Christ. Here are some tips in combating loneliness.

*First of all, remember that as a Christian you are never alone.* You may live alone and you may feel alone, but you are not alone. Jesus said, “Surely, I am with you always, even to the end of the age” (Matthew 28:20). Jesus Christ is always with us. In Isaiah 41:10, the Lord said, “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” What a promise! No matter what we face or how we may feel, we can be assured of this fact—God is always with us.

*Secondly, use your time productively.* Ephesians 5:15-16 says, “Act like people with good sense and not like fools. These are evil times, so make every minute count” (CEV). If we are not careful, we can waste our time in unproductive activity and in a preoccupation with our desires and interests. Yet, we should get our eyes off ourselves and onto the needs of those around us. Though this is hard, it is also very healthy. We should use our time wisely, doing such things as writing a card of encouragement, visiting someone in need, or taking the time to pray for someone else. Such self-forgetful service will go a long way in curing our loneliness.

*Lastly, enjoy good fellowship with others when the opportunity arises.* This is where the church is such a blessing. Fellowship is a key aspect of the church’s life and purpose (see Acts 2:42; Hebrews 10:24-25). Though you may live alone, you can enjoy meaningful friendships with your brothers and sisters in Christ. As a single person myself, I thank God for the church—for all the church has done for me, for the friendships I have with so many Christians, and for the opportunity I have to give my life in service to the church. So if you’re lonely, God wants you not only to look to Christ but also to stay connected to his church.