

I wrote this message to I hope help others who might be lonely because Loneliness can be a killer if you do not have the LORD standing beside you.

I have read that an individual can live forty days without food well LORD Jesus Moses and Elijah did an individual can live four days without water but just four minutes without oxygen however the worst is living for about four seconds without hope.

Without hope what exactly is that well possibly one could say that it is the feeling of loneliness loneliness is a feeling of being deserted it is sadness lonesomeless unhappiness isolation and there are more words which I could add to describe being lonely and without hope.

Did God create us to be alone **no** He did not we read in **Genesis 2:18** and the LORD God said, it is **not good** that the man should be alone.

Being alone is loneliness in case you did not pick it up.

That is written in the very 1st book of the bible **it is not good that the man should be alone**

So what did God do about Adam's loneliness to help him cope well in **Genesis 2:18** we read **I will make a helper compatible for him**.

And the LORD God did God made woman and as much as men joke about women a woman is a blessing to any man as is a man to a woman.

Believe me loneliness is one of the most heart wrenching feelings that you can experience loneliness is very depressing and many depressed people who are lonely are sleeping in their graves at this moment because they could not handle the sadness and solitude-- they could not handle the emotional wild out of control roller coaster ride of feelings thoughts emotions sadness and the depression you feel having to face a future of being alone its like

you are running your hardest in **a round room looking for a corner to rest in** but as hard as you look you can't find one at times I feel as though I would be better off if I were in the grave with Julie. Maybe then the sadness and pain would go also the depression you go through makes you **do and say silly things** which makes no sense at all it also makes you feel so inadequate within yourself to face whatever lies ahead of you but then I think about how blessed I am to have had such a wonderful loving person in my life as Julie and then I think about the LORD standing right there beside me holding me up and I think about what He our LORD and Saviour went through for us and I then think maybe just maybe I am still here for a reason.

I have been asked by people don't you feel sad being alone don't you feel lonely I usually reply I'm ok but inside I am empty it is not that I don't appreciate their thoughts and wishes because I really do appreciate their kind thoughts and wishes but to fully understand the loss of someone who is so dearly loves and to understand the pain and sadness one I feel must experience this pain to understand.

I have also found that you do not have to be alone to actually feel alone you can have a loving and caring family stay in your home with you and you can still feel completely alone.

Guess what you can also feel **very lonely** in a crowded room. You can feel lonely in a room full of friends or at a party. And I have found that it is not the amount of people around you that determines your level of loneliness it is your personal relationship with them.

I am so very blessed because I do not feel lonely here at Church Julie loved this group with all her heart as I do and I know that everyone here genuinely cares this group **this small fellowship is my family** because Jesus and the Father also reside here.

I have found that relationships do matter a close relationship with someone is a blessing from the LORD which we should never ever take for granted.

Romans 8:31-32 what then shall we say to these things, if God is for us, who can be against us, He Who did not spare even His Own Son, That was separation The Father knew and LORD Jesus knew loneliness because they experienced loneliness first hand but gave Him up for us all, how shall He not also grant us all things together with Him **35** what shall separate us from the love of Christ, shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword, He left out loneliness but in all these things we are more than conquerors through Him Who loved us, for I am persuaded that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

I love those verses and remembering them helps me greatly when thinking about being alone and living alone.

Loneliness and depression can separate us from friends and family and yes loneliness can even separate us from LORD Jesus if we allow it to.

loneliness can play the most awful tricks in our minds loneliness can drive us to do many strange things loneliness can drive us mad emotionally and loneliness can more often than not drive someone to commit suicide.

We live in a high tech fast moving uncaring world maybe uncaring was a harsh word to use but people are separating themselves from the real issues in life and placing virtual reality above the things which are really important but virtual reality only places someone in a temporary place away from the real world because the real world is temporarily shut out.

The young living In our high speed cock eyed hurry hurry world have nearly all become cell phone junkies they simply cannot put their phones down for an hour they seem to have developed eyes on the top of their heads to see where they are going while texting- in today's society you see more people on a cell phone than not and today's expensive cell phones can almost do everything it can almost wash the car and if you aren't married it can even cook your dinner and maybe one day in the future it may even serve it up to you.

Psalm 25:16 Turn to me and be gracious to me, for I am lonely and afflicted David felt empty David felt lonely and David never had a cell phone.

We have high speed internet and people are texting like never before and at a time never before seen has the social networks like twitter and face book brought more people together yet **more people are lonelier than ever before** these are just outlets which allow lonely people to air their sadness to others but no real solution is found but deeper depression.

People at this point in time have never lived closer together and yet they have never felt **more further apart** 20 or 30 story apartment buildings hundreds of people crammed into one building **yet people are still lonely.**

The bible says God is not a respecter of persons and there are so many verses which back that statement up however Loneliness is also not a respecter of persons either because loneliness can strike **anyone at anytime no matter who they are or who they think they are.**

You can be wealthy and be lonely take Howard Hughes as a good example.

You can be beautiful and lonely if you could ask Marilyn Monroe she would agree.

Yes you can even be Married and be Lonely.

Many people get married because they are lonely and **then** get divorced for the same reason.

There are scores of people in the bible who experienced loneliness.

As I read before David was lonely because he said **Turn to me and be gracious to me, for I am lonely and afflicted.**

You remember that fearsome prophet of the Lord called Elijah he felt scared and lonely his loneliness is recorded in **1 Kings 19:3-15.**

Did LORD Jesus ever feel lonely forsaken and empty He most certainly did Jesus cried out on the cross when he felt the pain of loneliness when He felt abandoned and all alone from there on that cross LORD Jesus spoke the most heart wrenching words I feel which are recorded in the gospel of Matthew they are **Matthew 27:46 My God, my God, why-why have you forsaken Me.**

Unfortunately like Jesus I at times feel abandoned as well by my family and by the few friends I still have.

What about when Jesus was In the garden of Gethsemane Jesus felt all alone once again because His heart was heavy He said to His disciples **Could you not stay awake with me one hour while I pray.**

Everyone experiences loneliness at one time or another in their life. And there are many and varied distinct causes for people to experience loneliness the feeling of separation and sadness when a loved one passes away I personally feel that this is one of the worst and most horrible feelings of loneliness that I have ever experienced the pain of Julie passing is so indescribable and the cures for this kind of loneliness believe me are hard to come by there are no magic pills or quick fixes and even soft words spoken by a friend do not help just time as I have found is the only slow fix

but time does take its time and loneliness walks hand in hand with depression.

But my advice to all who experience this kind of pain is read **Matthew 11:28** come to Me, all you who labour and are overburdened, and I will give you rest.

Place your burden and trust in the LORD He will not leave you.

Sometimes people do not need a catastrophe in their lives to experience loneliness there were 3 single ladies who went to the local pool each week to work out with water aerobics this particular week a handsome gentleman just happened to be there but he was sitting by himself quietly minding his own business and the women saw that he was not mixing with the other men or women who were there.

One of the women was really shy but she kind of liked him so one of the other 2 women decided to go over to him and ask him why he was sitting alone and not mixing with other people and that he was welcome to join them.

So she said to him excuse me I hope I'm not prying but my friend and I were wondering why you looked so lonely.

He replied of course I'm lonely I've just spent the past 20 years in prison.

The woman looked stunned and then said You're kidding What for He replied for killing my third wife that's why.

How she said I strangled her he said She then said what happened to your second wife he replied I shot her.

And she then said if I may ask what about your first wife he replied we had a disagreement and she fell off a bridge.

Oh my she said.

Then turning to her friend on the other side of the pool she yells you're never going to believe this but he's single.

It would seem he chose loneliness as his companion because he could not handle love and togetherness.

The Apostle Paul found himself in a lonely situation as he wrote the second book of timothy.

Paul at this time is an old man facing death and he writes from his prison cell in Rome to his son in the faith Timothy.

2 Timothy 4: 6-17 For I am already being poured out like a drink offering, and the time has come for my departure. Paul knew that his life was soon to expire I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day, and not only to me, but also to all who have longed for his appearing. Do your best to come to me quickly, for Demas, because he loved this world, **has deserted me** and has gone to Thessalonica. Crescens has gone to Galatia, and Titus to Dalmatia. Only Luke is with me. Get Mark and bring him with you, because he is helpful to me in my ministry. I sent Tychicus to Ephesus. When you come, bring the cloak that I left with Carpus at Troas, and my scrolls, especially the parchments. Alexander the metalworker did me a great deal of harm. The Lord will repay him for what he has done. You too should be on your guard against him, because he strongly opposed our message. At my first defence, no one came to my support, but everyone deserted me. Could you imagine how Paul felt he felt sad lonely and almost abandoned May it not be held against them. But the Lord stood at my side and gave me strength, so that through me the message might be fully proclaimed and all the Gentiles might hear it. And I was delivered from the lion's mouth.

Paul and all the other men who were the closest to the LORD all-ALL experienced loneliness sad to say when someone loves the Word of God and proclaims the Word of God **people shun them** and your family think you are mad for believing what they feel is a myth and they push you away as though you are a leper yes loving the LORD can even cause someone to be lonely.

What else causes loneliness well there are many causes I will just cover a few.

Growing old now there's a cause close to our hearts.

Growing older brings about a series of changes in our life and each one of those changes can produce within us loneliness sadness anxiety and depression.

Think about it you were lonely when you were born and you cried until you were cuddled.

The first time you went to school you felt lonely because you were being separated from your family you were taken away from your familiar surroundings.

You grew up and had to find employment that can be a lonely experience and a trying time in your life also when you retire especially if you are **alone** can be an extremely sad depressing and lonely time.

The one which is the loneliest of them all as I said before is when you lose your life long cherished partner believe me when I say this this is to me as I said earlier is one of the loneliest times in my life when i experienced **such pain** that i thought **when will it end** and it still hurts me deeply just thinking about Julie it is then that you understand what lonely really is this is a time when your emotions run wild with crazy thoughts.

This pain is what LORD Jesus and the Father now understand the absolute heart wrenching pain of separation the depression of the loneliness the pain of loss and you do feel **absolutely empty** you feel as though you have been gutted to the bone just like Paul said by saying that he was empty and felt poured out.

One last example of loneliness when you are old and you are placed in a nursing home and from what I have personally seen the poor people who are in those places are so lonely they are sad

and depressed it was reported on the nightly news that 70% of people in nursing homes **never** get a visit from anyone.

Unfortunately a nursing home is like **a dump for old folks** talk about lonely you go look at their faces and judge for yourself it is as though they are there just waiting for death to come and take them.

Just think about it soon we may be in a dump like that depressing isn't it.

Yes the Apostle Paul was in the final transition of his life and he knew that his time was short he was sad lonely and locked in a damp dark prison cell.

2 Timothy 4:6 For I am **already being poured out** like a drink offering, and the time has come for my departure.

When you pour water out of a cup onto the ground the cup is empty that is how Paul felt his life was about to expire his life was also about to be poured out Paul was feeling drained and empty.

But Paul had faith Paul had LORD Jesus in his heart to help comfort him in his time of distress Paul had the LORD standing by his side supporting him.

Garrison Keillor a story writer told the story about the time that his mother and father took him to the city to visit an aunt who was lonely and alone after the death of her husband of 55 years.

He describes how she looked to him when he was just 10 years of age.

Her dress was stained with food spots her rouge was heavy on one side her lipstick was crooked and her fake pearls did not go with her dress.

She sat at the table as they ate together.

The aunt began to cry.

I have nothing left to live for I might as well die.

She started to cry as she kept chewing her food.

Then she said I'll bet that if I died tomorrow no one would even come to my funeral not even you folks.

Garrison seeking to be helpful at 10 years of age said Oh, I'd come. I'd be glad to come to your funeral.

I really bet that remark helped her a lot.

Paul said in **2 Timothy 4:9** **Do your best to come to me quickly.**

Paul was separated from all of his friends Paul felt sad alone and depressed.

In today's world you can pick up a phone and call someone but Paul couldn't just reach out and touch someone or call someone he was separated from his friends he was empty drained and lonely.

II Timothy 4:21 **Make every effort to come before winter.**

Paul knew that his time was nearly up and his cup was about to be poured out.

David Livingstone who was a missionary to Africa I have read that he walked over 29,000 miles.

Sadly his wife died early in their ministry.

He ministered to people while himself being half blind.

His kind of perseverance is rarely found.

His diary reads send me anywhere only go with me.

Lay any burden on me only sustain me.

Sever me from any tie except the tie that binds me to **Your service** and to **Your heart.**

Think about it who do you need to call is there anyone, Who do you need to write a letter to or email or who do you need to visit.

Who do you need to say to **I love you to** did anyone come to mind well if someone did **then** do it now but please-please do it before **winter.**

This may be also up there with the death of a partner desertion-
desertion also may be one of the most difficult next to loneliness to
handle.

2 Timothy 4:10 For Demas, because he loved this world, has
deserted me and has gone to Thessalonica.

Demas loved this world we look forward to the LORD calling us out
of this world to a time when loneliness will not exist the things
of this world should mean nothing to us because the things of this
world are only temporary our frail human lives are only
temporary.

2 Timothy 4:16 At my first defence, no one came to my support, but
everyone deserted me.

Paul I feel is pouring out his heart he is sad and very lonely
Paul feels lonely deserted abandoned and devastated.

I suppose that is why it is so painful going through a divorce when
someone has rejected you.

In **1 Samuel 8:7** we read these sad words **for they have not rejected
you, but they have rejected Me that I should reign over them.**

The LORD also understood the pain of rejection.

From what I have been told by someone who went through a divorce
she felt Betrayed and abandoned unfaithfulness of a partner is a
severe form of rejection which causes intense pain and loneliness.

Every person has an emotional need for acceptance but when that
need is betrayed your emotions take over as your mind works
overtime your feelings are scrambled and you feel alone.

There is also the false idea that if you have more things then you
will be more happier.

What if you were put on an island and you could have anything you
wanted except human contact.

Do you think you would be happy for very long.

You cannot use your money to purchase real happiness.
Real happiness is in your heart it is **not** found in your wallet.
Yes some people just sit around with the attitude woe is me.

Here is another story which I read and it has that woe is me why
me what have I done to deserve this.

There was this old missionary couple who had been working in Africa
for many years and they were returning back to New York to
retire.

They had no pension their health was not too good they felt
defeated discouraged and scared when thinking about their future.

As the trip home began they discovered they were on the same ship
as President Teddy Roosevelt who was returning from one of his
big game hunting expeditions.

But no one paid any attention to them.

They watched the fanfare that accompanied the President's
entourage with passengers trying to catch a glimpse of the great
man.

As the ship moved across the ocean the old missionary said to his
wife Something is wrong Why should we have given our lives in
faithful service for God in Africa all these many years and have no
one care a thing about us Here is this man who comes back from a
hunting trip and everybody makes a fuss over him but nobody gives
two hoots about us.

Dear you shouldn't feel that way his wife said.

He replied to her I can't help it it just doesn't seem right. [kind of
woe is me]

When the ship docked in New York a band was waiting to greet the
President.

The mayor and other dignitaries were there.

All the papers were full of the President's arrival.

But no one noticed the missionary couple.

They slipped off the ship and disappeared into the crowd then they found a cheap flat on the East Side of New York hoping the next day to see what they could do to make a living in the city.

That night the man's spirit broke he said to his wife I can't take this any more **God is not treating us fairly.** [there's the woe is me again]

His wife replied to him why don't you go in the bedroom and tell that to the Lord.

A short time later he came out from the bedroom but now his face was **completely different.**

His wife asked him Dear what happened.

He replied to her the Lord has settled the matter with me once and for all.

I told Him how bitter I was that the President should receive this tremendous homecoming when no one met us as we returned home.

And when I finished pouring out my heart it seemed as though the Lord put His hand on my shoulder and simply said.

But you're not home yet.

How true we are not home yet.

2 Timothy 4:17 says But the Lord stood by me and strengthened me, so that through me the proclamation might be fully made, and all the Gentiles might hear the gospel. And I was delivered out of the lion's mouth.

I love the last part of **Hebrews 13:5** In no way will I ever leave you. No, I will never forsake you in any way.

That verse got me through the tough time knowing that I was not alone knowing that the LORD was with me and it helped me to look forward to the future I urge you all to remember that verse when you feel down sad or lonely.

I am Happy to report the LORD **has not abandoned me** nor has **He forsaken me** even though I at times have felt that He had.

However as crazy as this statement may sound to you I feel that we humans must experience the pain of loneliness in order for us to grow spiritually.

Psalms 139: 7-8 Where shall I go from your Spirit? Or, Where shall I flee from your presence? If I go up into heaven, You are there; if I make my bed in the grave, behold, You are there.

Isaiah 30:21 and your ears shall hear a word behind you, saying, this is the way, walk in it, when you turn to the right hand and to the left.

The LORD is always near He is never far away He is just a prayer away in fact LORD Jesus is just a **word** away.

Proverbs 3:5-6 trust in the LORD with all of your heart, and lean not to your understanding, in all **your ways acknowledge Him** and **He-He will direct your paths.**

It is times when we feel sad lonely and abandoned that remembering the great Love which LORD Jesus has for us and about what He did for us that strengthens us He took our rightful place upon that cross remembering that should strengthen our faith knowing in our hearts that we were dead in our sins and through Him we are now alive and through our faith we know that one day when the LORD calls us home we will be resurrected into a spiritual body that is why on Julies plaque I had engraved asleep in Jesus Christ waiting for the resurrection.

Please remember **we are not home yet.**

To finish the pain of loneliness reminds me of the hymn How Deep The Father's Love For Us

How deep the Father's love for us,
How vast beyond all measure,
That He should give His only Son
To make a wretch His treasure.
How great **the pain of searing loss** -

The Father turns His face away,
As wounds which mar the Chosen One
Bring many sons to glory.

What searing loss the loss of the Son the loss of a loved one so
you see we are not alone yes the Father and LORD Jesus know
only too well the searing pain of losing a loved one they
understand the intense pain which we feel so remember what
Jesus said **In no way will I ever leave you. No, I will never forsake you**
in any way.

Why because we are not home yet [4652](#)