

## Come let us Grow Together: Loneliness

Come let us Grow Together is a weekly series that deals with the many topical categories that exist within the Word of God. The purpose of this series is to grow in wisdom, knowledge and understanding in things pertaining to God.

Loneliness is an emotion that we as humans experience. Some people feel lonely very seldom while others feel lonely very frequently. Loneliness can take place from being alone or isolated from others while loneliness can also take place even when you are with other people. Loneliness can take place for a variety of reasons and can effect children or even elderly people.

So what do you do when you feel lonely? What is triggering your loneliness? Does your loneliness ease when you are with friends? Or do you still feel lonely? Loneliness can cause you to have anxiety and depression while having anxiety and depression may cause your loneliness. The symptoms were the same but triggered for different reasons. It is important to understand what is causing your loneliness. If you are lonely because you lack friends the Bible says, "A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother." (Pro 18:24) So are you struggling with fears of rejection, social anxiety, lack of esteem, or low self worth, or other mentally related factors that are preventing you from making friends? Or have you not been friendly enough to others to gain their friendship? Both of these reasons need change to correct them.

Some people however, find that they try to show themselves friendly and get involved with others, but can't seem to make a connection with the people around them. Making a connection of common ground will greatly help with loneliness, however if you are struggling with depression things that were interesting to you before and things you greatly desire to do are now seemingly impossible to do and enjoyment has been taken away in the process. A good friend can help you by being there for you during this time and help ease your loneliness, but you may still feel alone, just not as alone. These are very uncomfortable situations to be in.

We must use the Bible to overcome loneliness. This is not to say that you may not need professional help as well. Learning to apply Bible scriptures in your life will produce change. "Commit thy works unto the LORD, and thy thoughts shall be established." (Pro 16:3) As followers of Jesus Christ, we the body of Christ, are told to have fellowship with one another. So actively engaging with the body of Christ will help you with loneliness. "And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers." (Acts 2:42) "If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies, Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind. Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus:" (Phil 2:1-5)

Fighting anxiety and depression away whether or not it is contributing to your loneliness or whether it is causing your loneliness needs addressed. The Bible speaks much on these topics. “Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.” (Mt 6:25-34) “Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.” (Phil 4:6-7) “Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you. Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.” (1 Peter 5:6-9) And remember the Lord’s prayer, “Thy will be done” (Mt 6:10) “And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.” (1 Jn 5:14-15) We must submit our will to God’s will.