

Three Successful Ways to Overcome Loneliness

We currently live in a world where people suffer from one of the most painful emotional dilemmas that exists today. Unfortunately, most churches do not address this issue, and most secular psychologists and psychotherapists only offer temporary fixes that oftentimes exacerbates the problem. The above-mentioned emotional battle that I am referring to is loneliness or the feeling of robust abandonment.

Based on stereotypical information, most people believe that loneliness only affects a small microcosm of the world's population. This could not be further from the truth. On a consistent basis, I receive emails from husbands and wives, who feel lonely within the context of their marriage. Look around your community, there are single individuals, orphans and widows who long to share their hearts with someone, who yearn to cry with another soul and who would cherish a godly friend that will encourage them when they are feeling down. Observe mothers and fathers in Haiti, Indonesia and China who have lost their children to natural disasters. Pay attention to individuals in Sudan, Mexico and rogue nations who have lost their loved ones to unspeakable acts of barbarism and evil. Now, you get a snapshot of millions of people around the world who suffer from loneliness with seemingly no light at the end of the tunnel.

Don't be fooled— the feeling of abandonment and desolation— is not confined to non-believers or members of other religious faiths. Christians are not excluded. In fact, as noted in the book *Carnal Striving Spiritual*, every single Christian has to deal with those temporary times of desolation in their walk with God. So, now that it is established that loneliness is pervasive and universal throughout our global society and occurs irrespective of race, age, gender, religion, or marital status, it is essential to explore solutions to overcoming these negative feelings.

Based on years of observation and mentoring and knowledge of Scripture, I believe that there are three biblical-based ways to overcome loneliness. If properly implemented, these time-tested principles will yield good fruit and lead to a better emotional disposition where one does not feel alone.

1. Know that God will not forsake you with any wavering or doubt.

God has emphatically declared throughout His Word that He will never leave you or forsake you. Now, you don't have to be a theological scholar to understand this practical principle and truth. The Father of our Lord Christ Jesus is with you. The Holy Spirit is in you, and His angels encompass and protect you. So, are we really lonely? Resoundingly, no! And, our great God goes even further and provides tangible manifestations of His love to preclude our loneliness, which leads to the second principle.

2. Ask God for divine connections.

All of us, at one point or another, have tried to befriend someone who was not predestined to help us along in life in a positive manner. As most individuals have painfully discovered, when we try to force things to occur in our lives without the help of the Holy Spirit, it always results in vain efforts. But, when we ask God to provide us with divine connections – that is, people who will encourage and exhort us with biblical-based advice and wisdom, support us during times of adversity and trials, hold us accountable and stick closer to you than one of your own siblings- then, we should never feel alone. As a caveat, however, we should be open to whom God sends our way, because your divine connection may not be overly handsome or pretty, popular, charismatic or wealthy. It may be someone that you have passed by and have never given a second thought; but, guess what, they are ultimately your divine connection.

3. Realize who you are in Christ.

Over the years, I have recognized that many Christians can talk a good game and recite common clichés but really don't understand who they are in Christ. For example, most believers in Christ know portions of Scripture that references that we are “more than conquerors” and that we are “victors”. But, what exactly does that mean? Are we conquerors and victors at the present moment or only in the future once we depart to our eternal home? Do we have power and authority now or will they only manifest once we depart? Are we royalty now or only in the hereafter? Surprisingly, most Christians do not believe that we are part of a royal priesthood and that we are peculiar people who have the power within us to heal ourselves, to eliminate our debts, to move mountains, to overcome negative emotions, etc.