

# I AM NOT ALONE

Thus saith the Lord I created Thee: God never makes anything without a purpose  
God made it so He was not alone He would never have you to Alone  
God's first institution Family He made man - He was not to dwell alone  
Alone Definition: having no one else present; on one's own.

"She was alone that evening"

Synonyms: by oneself, on one's own, all alone, solitary, single, singly, solo,

Feelings: Abandoned, forsaken, rejected, low self esteem

Recently, a study conducted over a five year period at the University of Chicago found that the presence of loneliness early in the five year span was an excellent predictor for depression later in the five year span. In fact, loneliness was an even better predictor than the presence of depression itself early in the five year span.

What does this indicate? Loneliness may precede depression even more frequently than depression precedes depression.

On June 26th, 2015 NPR ran a story about how research suggests lonely people may actually have superior social skills than those who are not lonely. In other words, lonely people are not lonely because they don't know how to talk to people. Instead, findings suggest they struggle with relationships because they are scared of messing up – they worry about saying the wrong thing in social situations. I see this as suggesting that loneliness and social anxiety may be intertwined, creating a vicious cycle of isolation and fear of isolation.

**43** But now thus saith the Lord that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.

<sup>2</sup> When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee

<sup>4</sup> Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

<sup>16</sup> And I will pray the Father, and he shall give

you another Comforter, that he may abide with you for ever;

<sup>17</sup> Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.

<sup>18</sup> I will not leave you comfortless: I will come to you.

<sup>13</sup> Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.

<sup>32</sup> Behold, the hour cometh, yea, is now come, that ye shall be scattered, every man to his own, and shall leave me alone: and yet I am not alone, because the Father is with me.

Loneliness is Elijah's solitary flight into the desert to evade the death threats of Jezebel. Loneliness is Jeremiah telling God that he planned to stop preaching because of the violent reaction to his message. Loneliness is sitting safely in the ark while listening to the sounds of

people perishing on the outside. Loneliness is Moses coming down from the mountain of God only to discover a golden calf. Loneliness is Jesus crying from the cross, *My God, my God! Why have you forsaken me?*

Beyoncé has won 17 Grammy Awards and sold over 118 million records. She is one of the most well known singers and actresses alive today. Her song, *I'm Scared of Lonely*, has been viewed on YouTube several million times.

I'm scared of lonely.  
And I'm scared of being the only shadow I see  
along the wall  
And I'm scared the only heartbeat I hear beating  
is my own  
And I'm scared of being alone  
I can't seem to breathe when I am lost in this  
dream,  
I need you to hold me, I'm scared of lonely I'm  
scared of lonely.

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1. Understand That God Does Not Forsake His Children.

In John 14:18 Jesus said, *I will not leave you as orphans; I will come to you.* God has no orphans. In the entire history of God, which encompasses all of eternity by the way, He has never abandoned one of His children. Not once! You may believe that you're alone, but you're not. You may feel that you are alone, but your feelings don't match God's promises. God is always present. He is *closer than a brother*, Prov. 18:24. Whenever you have a choice between believing a promise from God's Word or a feeling in your gut, choose the Word.

Sometimes we confuse how we are being treated by others with how God is dealing with us. When a parent, spouse or friend withdraws, it's easy to project that same pattern of behavior upon God. Sometimes we even blame Him for allowing it to happen. Many people feel that God is far off in the distance or attending to matters more important than our trivial problems.

If you feel this way, you need to affirm two important truths about God. First, He loves you. If you are not convinced of this, it will mess up your thinking in more ways than one. You will spend the rest of your life trying to gain His approval, or worse, believing He will never be pleased with you. You will perform, jump through

hoops and make yourself miserable trying to gain what you already have. God is love. You must receive it. He does the giving. You do the receiving.

Second, an all-powerful, all-knowing, all-present God never gets too busy for you. God doesn't run out of time. You can talk to Him moment by moment, day by day. He listens, and in His perfect timing, He answers. If you can grasp what I'm about share next, it will revolutionize your life. Sometimes God will orchestrate a season in your life when you are placed in a position of absolute dependence upon Him. There will be no one else or nothing else to lean upon but Him. He will remove all of our false security blankets, anything that we trust in more than Him, either permanently or temporarily.

All of this happens for a specific purpose. Our heavenly Father wants to be number one in your life. He wants you to depend on Him alone. I've often heard it said, "You will never discover that God is all you need, until God is all you have. God isolated many of the greatest servants in the Bible so that they would learn to depend completely on Him and trust Him absolutely. Even our Lord knew this to be true.

*Luke 5:16 But Jesus often withdrew to lonely places and prayed. (NIV)*

## 2. Be Completely Honest.

There are two ways to do this. First, be honest with God, and I mean real honest! He's not expecting you to impress Him. Who am I to think that He doesn't know what I'm thinking, feeling or who I really am? God refuses to relate to anything fake, especially a superficial piety or a blatant self-righteousness. God is not deceived by our self-deception. He finds the false images we present of ourselves to be as offensive as the ones that are made of Him. God has the right to expose anything fake by bringing it to the light. He is forever holy and set apart from our charades. People often talk about worshiping God in spirit, but we must also worship Him in truth.

One of the most loving things that God will ever do for you is to bring you to the light. Darkness is at the heart of what makes people lonely. We never start living until we stop hiding.

Secondly, be honest with others. We wear too many masks. The easiest way to feel isolated and misunderstood is to hide the truth about you

from other people. The most familiar mask is the one that communicates to the world, "I'm great. Everything is going well." I've noticed that churchgoing men and women coordinate their Sunday wardrobe to match this mask. Confession time, I've done it all too often myself.

The reason that expressions of brokenness, shame, and genuine confession don't take place in your average church is because people have a hard time being anything other than guarded, or even worse, fake. I know that sounds harsh, but it's true. Ever since the Garden of Eden we have been hardwired to be less than candid with others. Presenting a counterfeit image of ourselves is the default mode of our sinful nature.

If your marriage is in crisis, or things are falling apart on the job, or your kids are breaking your heart, run to the altar on Sunday morning. And take someone with you. The planet is not going to stop spinning when you shed a few tears in the house of God. My theory is that many lost people won't come to church because they don't see anything real happening on the inside. The truth about God gets communicated through the Truth in you. When you live humbly before men

and broken before God, people will be attracted by your transparency and genuineness.

### 3. Plug Into A Small Group Or Bible Study.

*Heb. 10:25 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another-- and all the more as you see the Day approaching. (NIV)*

It is a frequent occurrence. Somebody will leave the church because they fell on hard times and no one noticed. Another person will sing the praises of their congregation because they were smothered with attention and mercy during a crisis. In almost every case, the difference can be described in one word, involvement.

Fewer people will care about you, if you do not care enough to involve yourself in their lives. It's a fact. The things you do and the places you go reflect what you value the most. Don't let your values betray you when the crisis comes. If you are not involved in a fellowship of believers, you are not following the example of what the followers of Christ did in the New Testament. Every believer in the early church was involved in a local church. If you are not doing this, you are living like a spiritual orphan. God wants you

to stop living like an orphan and start living like a son or a daughter. You're a child of the King. Enter his courts with thanksgiving and praise.

*1 John 1:7 "But if we walk in the light, as he is in the light, we have fellowship with one another..."*

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