

Dealing With Loneliness

Recently, when looking for article topics, I stumbled across another article written by Dale Archer, MD. The article was entitled, "Loneliness and Death." Going along with the title, the article discusses that loneliness can be very harmful to a person. So harmful, in fact, that loneliness is now labeled as a public health issue. Loneliness presents a greater health risk than obesity, and is as destructive to a person's health as smoking 15 cigarettes a day. Why is loneliness so destructive? What makes something so small have so much power in one's life? The author points out that, unlike obesity or smoking, there may be no telltale signs of experiencing loneliness, so frequently it can go unchecked. So now we need to ask the question, what can be done to prevent or put an end to loneliness?

Naturally, our answer would be to stop spending time by yourself, and that's not bad advice. However, according to studies, people can surround themselves with family or friends, and yet still feel lonely. What makes the difference is how much of a connection was made with the people you have associated with. The writer in Proverbs 18:24 says, "A man of too many friends comes to ruin. But there is a friend who sticks closer than a brother." When is the last time you reached out to a brother about a struggle you were facing? When is the last time you perhaps invited someone out to lunch simply because you had not heard from them in a while? It's expressions or actions like this which help to make a lasting friendship, and it's surrounding yourself with these types of friendships that put an end to loneliness.

However, there is a more important question to ask, how is your relationship with your Father in Heaven? It's important to consider not only because we should always focus on our salvation, but because we have been created by a God whose has immense love for us, and wants, not only for you to be with Him someday, but will watch over you every day, waiting for you to ask for His help! Consider what a blessing that really is! God, the One who spoke everything you see into existence, wants to stand next to you and give you comfort when you are facing your roughest and loneliest days of your life. We have passages such as Deuteronomy 31:6 that says, "Be strong and courageous, do not be afraid or tremble at them, for the Lord your God is the one who goes with you. HE WILL NOT FAIL YOU OR FORSAKE YOU." Brethren, that should give us tremendous comfort each day!

Therefore, if you ever face loneliness, don't lose heart. Take a lesson from Nehemiah. Nehemiah always knew that no matter what he faced the best option was to take time and pray to God. Like him, we also, whether it's for strength, peace, comfort, make time to pray to God. and whether it's for strength, peace, or comfort, make time to pray to God. Remember that you don't have to be alone; whether it's a like-minded, reliable friend, or perhaps your husband or wife. Talk to them and let them know the isolation you feel. Just never let Satan dig his hooks into you by making you feel alone and separated from everyone else.

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