



No. 1

LONELINESS IN THE BELIEVER

The wonderful truth

The believer in the Lord Jesus Christ is never alone: the Holy Spirit indwells every child of God and the awareness of this mighty truth brings supernatural comfort to anyone feeling loneliness.

The German nun, Basilea Schlink, always spoke in plural about herself. She would say “we,” meaning Jesus and her. This awareness of Christ in her, gave her the ability to have the company of Jesus constantly alive in her mind and emotions. This is no fantasy, but a reality we can all experience; we need only get used to acknowledging it and allowing this wonderful truth to enrich our life.

Emotions leading to self pity

Loneliness leading to self-pity will inhibit the believer from receiving the Holy Spirit’s comfort, help, counsel and most importantly, the love of God. God has made provision for His children to never be alone. It is purely a lack of awareness on the part of the believer that ignites the emotions and stops the supernatural power and comfort of the Holy Spirit. Instead, we ought to experience the joy of the Holy Spirit, the joy of the Lord, not “our joy”. The joy of the Lord is always there. The Bible teaches us to rejoice in the Lord always:

Philippians 4:4-7

“Be rejoicing in the Lord always. Again I say, Be rejoicing. Let your sweet reasonableness, your forbearance, your being satisfied with less than your due, become known to all men. The Lord is near [in that His coming may occur at any moment]. Stop worrying about even one thing, but in everything by prayer whose essence is that of worship and devotion and by supplication which is a cry for your personal needs, with thanksgiving let your requests for the things asked for be made known in the presence of God, and the peace of God which surpasses all power of comprehension shall mount guard over your hearts and minds in Christ Jesus.”

A wonderful promise of God:

Psalm 68:5-6

“A father of the fatherless and a judge (*and protector*) for the widows, is God in His holy habitation. God makes a home for the lonely; He leads out the prisoners into prosperity, only the rebellious dwell in a parched land.”

The rebellious are the ones who will not acknowledge God in their lives. They can’t experience God’s blessings while rejecting Him. But also Christians can “rebel” against God by ignoring the love, power and presence of the Holy Spirit; this will hinder the comfort and fulfilment He brings into our souls.

The family of God

Hebrews 10:24-25

And let us constantly be giving careful attention to one another for the purpose of stimulating one another to divine and self-sacrificial love and good works, not letting down on the assembling of ourselves together, even as the custom of certain is, but exhorting one another, and so much the more as you are seeing the Day draw near.

God's design covers the spiritual, emotional and physical realms in order to give His children all they need. The Holy Spirit and God's Word gives us the spiritual love and power, while the Church fellowship gives both spiritual and emotional and when needed, also practical support. The key is to be connected with one another as brothers and sisters in order to serve one another with the self-sacrificial love of God and meeting mutual needs. The sacrificial love, company and nurturing that happens between brothers and sisters in Christ is very powerful.

Many believers are not connected with the Christian fellowship and "let down on the assembling together." I have observed that the ones committed to assemble regularly are more fulfilled than the ones who forsake meeting with their church family.

Firstly, neglecting fellowship means disobeying God and secondly they miss out both on being helped and also being a help to other members of the fellowship. We need each other, God has a purpose for everyone in His Church.

Every believer has received God's promises and can experience the benefits of a close relationship with God. A close relationship with God will automatically dispel loneliness, because our soul is nurtured by the Holy Spirit

The Holy Spirit's presence in us today is the same presence we will have for eternity. Only the environment here on earth and the flesh can hinder us from totally experiencing the supernatural wonderful love and power of the Holy Spirit.

We are never alone, God is with us and in us, Emmanuel, Jesus in us. This is foundational. Either we live our lives conscious of this supernatural life and God being in us or we will depend on our circumstances, emotions, people, etc.

A Christian is never alone and yet they might feel alone because their focus is on the natural realm instead of the spiritual realm. Christians need to cultivate this wonderful relationship with God by seeking Him, depending on Him and relying on His Word.

Loneliness in the unbeliever

Being alone and being lonely are two different things. One can be alone without being lonely, and one can be lonely in a crowded room. Loneliness is, therefore, a state of mind, an emotion brought on by feelings of separation or rejection by other human beings. The sense of isolation is very deeply felt by those who are lonely. There is no deeper sadness to ever come over the mind than the idea that we are alone in the world, that we do not have a friend, that no one cares for us, that no one is concerned about anything that might happen to us.

Of course, this is the approach of an unbeliever, this approach is totally emotional because it disregards God's love and presence. A believer should never feel "totally lonely." Our Heavenly Father calls us His beloved and we are never alone.

Hebrews 13:5 Wuest Translation

Let your manner of life be without love of money, being satisfied with your present circumstances. For He himself has said, and the statement is on record, I will not, I will not cease to sustain and uphold you. I will not, I will not, I will not let you down.

NSAB Translation,

"...I will never desert you, nor will I ever forsake you,"