



No. 2

LONELINESS IN THE BELIEVER

JESUS, OUR EXAMPLE

We believers will never be separated from our Heavenly Father. We are indwelled by the Holy Spirit for eternity. Jesus had fellowship with His Father while on earth; He was never alone despite being rejected by people and abandoned by His disciples.

Jesus experienced the agony of being separated from God only at the Cross.

This is the only instance where Jesus refers to His Father as God. It was because He was separated from God the Father while He took all our sins at the Cross and experienced loneliness, abandonment.

Matthew 27:46 Wuest Translation

And about the ninth hour Jesus cried out with a great voice, saying, Eli, Eli, lama sabachthani, that is, O my God, O my God, why did you let me down?

NASB Translation,

About the ninth hour Jesus cried out with a loud voice, saying, "Eli, Eli, lama sabachthani?" that is, "My God, My God, why have You forsaken Me?"

HE WILL NEVER LEAVE US NOR FORSAKE US!

Emotions of loneliness are real, but we need to embrace our identity in Christ and live our lives as citizens of heaven, not limited by our emotions and circumstances around us. Our emotions are to be under the authority and power of the Holy Spirit, this is God's design. Jesus fulfilled His Promise and gave us His Holy Spirit at Pentecost.

John 14:16-19

"And as for myself, I will ask the Father, and another Counsellor of the same kind as I am He will give to you in order that He might be with you forever, the Spirit of the truth, whom the world is not able to receive because it does not see Him with discernment and does not know Him experientially. But, as for you, you know Him experientially, because by your side He dwells, and in you He shall be. I will not leave you behind, helpless. I come to you. Yet a little while, and the world no longer sees me, but as for you, you see me. Because I live, also you shall live."

Psalms 46:1

"God is our refuge and strength, A very present help in trouble".

Psalms 27:10

"For my father and my mother have forsaken me, But the Lord will take me up."

Even when those closest to your heart turn away, the God of love will remain with you, safeguard you, and tenderly look after your needs.

Psalms 147:3

He heals the brokenhearted and binds up their wounds.

Sometimes it's a broken heart that leaves you feeling lonely, but the Lord promises to heal the wounds and hold you close to Him.

Whatever the cause of loneliness, for the Christian the cure is always the same, the comforting fellowship of Christ. That loving relationship with our Lord has reassured and encouraged countless thousands who were imprisoned and even went to their deaths for His sake. He is the friend who gave His life for you.

Jesus our friend:

John 15:12-14

This is the commandment which is mine, namely, that you should be loving one another with a divine love and self-sacrificial love just as I love you. Greater love than this no one has, namely, that anyone lay down his life on behalf of his friends. As for you, friends of mine you are, if you habitually do that which I am enjoining upon you.

LONELINESS...WRONG EXPECTATIONS?

We need to be wise and have a godly perspective. Sometimes people feel lonely not because they are neglected or rejected, but because they have wrong expectations. We are not to expect others to fulfil our lives because when we depend on people to “make us happy” we will be disappointed. God has even made provision in His Word for the lonely, the fatherless and widows.

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.”

Emotional maturity

Emotional maturity depends on spiritual maturity. It does not mean that the believer has to know the whole Bible or has been a student of the Bible. Rather, it means the believer knows their identity and has learned to depend on the Heavenly Father for joy, peace, fulfilment, strength, comfort and security. Most important it is to know the unconditional, sacrificial divine love of God. This spiritual reality will not only sustain the believer, but also will bring fulfilment.

Never to let go of this awareness: God in us.

This is wonderful, to know who Jesus is to us: Friend, but also our Saviour, Healer, Deliverer, Provider, Protector, Comforter, Counsellor, Father and so much more. Believers in the Lord Jesus Christ are to live with the awareness that the love and life of Christ in us is much more powerful than any emotion. This does not mean we don't experience emotions, but we need to learn to experience emotions together with Jesus, not alone.

Fulfilment in Christ means superabundant life

Galatians 2:20

With Christ I have been crucified, and it is no longer I who live, but there lives in me Christ. And that life which I now live in the sphere of the flesh, by faith I live it, which faith is in the Son of God who loved me and gave Himself on my behalf.

John 10:10

The thief does not come except to steal and to kill and to destroy. I alone came in order that they might be possessing life, and that they might be possessing it in superabundance.