



## you're lonely? good, you are normal.

---

Now that you've arrived home, you may be experiencing a lot of emotions all at once. One emotion you might be experiencing the strongest is loneliness. You went from being surrounded by a community of like-minded believers for over a month, to being isolated and alone with just your own thoughts and feelings. It's important to identify these feelings of loneliness because it allows you the space to acknowledge and identify what you're experiencing. You are normal.

I returned home from my first trip with Royal Servants and thought I was crazy for feeling alone even though I was surrounded by family and friends from church. No one understood what I had just experienced and I felt like I was on the outside looking in. I felt alone; not just in a physical sense but in a relational, emotional, and spiritual sense. The Scriptures below portray Jesus in situations where He experienced loneliness. Even though His circumstances were unlike anything we will ever face, knowing He shared my feelings at certain times in His life brought me comfort. It helped me feel normal. Putting a name to what you're feeling is half the battle. Once you do that, you'll feel the freedom to press in, and the courage to press on.

### read

Mark 14:32-42

Mark 15:33-41

Psalm 22

### reflect & journal

1. While His circumstances are vastly different from what we will most likely experience, the main point to note is that He did experience loneliness. In light of that, what do you observe were some of Jesus' emotions / feelings in these passages? How does it help to know that He felt lonely?
2. What did He do with how He felt? Who did He turn to?
3. How did Jesus identify His feelings of loneliness?
4. What do these passages indicate about your feelings of loneliness?
5. How are you struggling with loneliness right now? What should you do with how you feel? Who should you turn to?

### pray

- How can the Lord help with your feelings of loneliness? See additional resources journaling exercise.
- Ask the Lord for wisdom on what to do with how you feel.
- Pray for the Father to meet you and minister to you in a unique/personal way.