



don't let your loneliness go to waste

You might be in this place of doing all of the right things; acknowledging, surrendering, trusting, and acting, but see no fruit from your efforts. You may still be struggling to find those few friends or that community to share your life with. You may be physically alone, but don't forget you are still spiritually alive. Your feelings of needing physical friendships is normal and valid, but while you may feel alone and like no one understands you, you can rest assured that God knows you far more deeply (and intimately) than any individual ever could. Not only does He know you, the relationship you have with Him could be the most life-giving, joy-filled, and soul-satisfying one you'll ever experience.

Time spent physically alone can actually be a time of sweet *solitude*. Solitude helps redeem loneliness when we embrace being alone for an intended purpose: to seek and be with the Lord. I used to think being alone was always a negative thing because I saw it as a sign that I was "less than." If I didn't eat lunch with a group of people or have plans on a Friday night, I thought there was something wrong with me. It wasn't until I truly had no one who understood me (family or friends) that I began to realize that only the Lord fully knows, sees, and hears my plea(s). We may be physically alone, but we are spiritually alive.

read

Colossians 2:1-15
Psalm 16
Psalm 139

reflect & journal

1. In Colossians 2:1-5, Paul was physically absent from believers in the faith in Colossae, but was present with them in spirit. He encourages them to remember who they are in Christ when he cannot be there physically to tell them. From this passage, what do you need to remember about your identity when you are not physically surrounded by friends or a community?
2. In Psalm 16, what do you observe about David's relationship with the Lord? Who is the Lord to him? How does he describe what it's like to be in His presence?
3. In Psalm 139, the Hebrew word for "know" is *yada*, which means "to know intimately." What was David expressing to the Lord throughout this Psalm? In what ways do you resonate with David?
4. By whom do you desire to be known? From where or whom do you draw your joy? Where are you placing your identity? What is your true identity according to these passages (you may need to do some inferring)?
5. Are there ways for you to use some of those times of loneliness to be an intentional time of solitude?

pray

- Pray for discernment to know the areas of life you're drawing your identity from.
- Pray that God would help you remain spiritually alive in Christ amidst physical loneliness.