



## is anyone out there?

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If identifying your feelings is half the battle, now that you know you are lonely, what are you supposed to do? Where do you go from here? You might be wondering if anyone hears or sees you, if anyone acknowledges the lonely space you're in. Your feelings are meant to be felt and then surrendered to the Lord. You surrender, trust, and seek the Lord. But how? Thankfully, we have been given beautiful models of what this looks like in the poetry of the Psalms, in the forms of *lament* and *trust*.

Your feelings of loneliness do not define you, nor do they say anything about your character. After my first summer, I was extremely lonely. As I acknowledged my feelings of loneliness, I realized I had a choice: move through them or wallow in them. By bringing these feelings to the Lord, I could surrender my own plans. I could trust He would provide who or what I needed when I needed it. I did not neglect to do my part to pursue friends outside of my Royal Servants community by putting myself in uncomfortable situations (i.e. going to youth group by myself, joining a small group, learning to confide in a few core people). But ultimately, as I trusted in Him, He was faithful to meet me as I did so. He will be faithful to meet you too, exactly where you're at.

### read

Psalm 13  
Psalm 23  
Psalm 25:16-17  
Psalm 27

### in addition...

See Additional Resources for "[A Word on Lament](#)"  
Song: [Satisfied in You](#), by Sing Team

### reflect & journal

1. Some of these Psalms are laments, others are Psalms of trust. What do you observe about David through each of these passages?
2. What does David do with how He feels in each of these passages?
3. What do these passages encourage us to do when we're feeling lonely?
4. What do these passages say about (the character of) God?
5. In your current situation, what does it look like to acknowledge these feelings, surrender, and trust? Listen to the song "Satisfied in You," by Sing Team. Do you resonate with it?

### pray

- Lament over your loneliness: use the concluding exercise from "[A Word on Lament](#)" to help guide you. End with a declaration to trust God to meet you where you are at.
- Ask the Lord specifically to provide you with a community of people, or even a few friends or a mentor to do life with and confide in. Many of you have mentors already who you asked to walk through your Royal Servants experience with you. Have you reached out to them yet?