



CHRIST CHURCH RESOURCES

LONELINESS

Loneliness is a complicated emotion, difficult to express in words as it comprises so many other emotions. The situations or events that trigger loneliness are equally diverse and complicated. And sometimes, we may even feel lonely for no apparent reason at all. We can feel lonely even amongst others-at the office, the corner coffee shop, or at a crowded party. No matter where it strikes or what form it takes, loneliness hurts. It's perhaps one of the most painful emotions we can ever experience. You may feel alone and without hope but you're never hopeless. God himself, in the person of Jesus, experienced loneliness in all its most painful forms.

The current social isolation situation makes the feeling even more present and real. You could have fantastic friendships and an awesome network, but still feel empty and alone. It is possible to feel very disconnected and excluded when being part of a large group. It is not our circumstances that create lonely feelings but rather our lack of connection with people we believe to understand and care about us. Whatever our circumstances, we can trust God is with us and that he will use this painful season for eventual good. He created each of us with this desire for community and connection. He wants to fill your life with those things. That means you can count on the promises of Christ when it comes to never leaving or forsaking you. You can count on his promise to be with you always.

Everyone feels alone sometimes, and that's okay as long as we understand how to work through our emotions in healthy and constructive ways. The Bible can be a great source of guidance and comfort. Although the Bible holds many important teachings, having the help of another person who understands specific mental issues and has helped people in the past can be of benefit as well. One option is to look for help from an online therapist or counselor. If you are interested in talking with someone, contact the Christ Church office at 316-733-7011. We would love to connect you with a Pastor or recommend a Counselor or Therapist for you.

SCRIPTURE

John 16:32

Isaiah 41:10

1 Samuel 12:22

Matthew 28:20

John 14:16-18

Psalms 25:16

James 4:8

Hebrews 13:5

RESOURCES

"Together: The Healing Power of Human Connection in a Sometimes Lonely World" by Vivek H. Murthy

"Finding God in My Loneliness" by Lydia Brownback

Alone Sucks Devotional: www.my.bible.com/reading-plans

YouTube video: "Why You Should Seek God When You Feel Lonely"