



Loneliness: Know His Nearness

Megan Jung

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. — Hebrews 4:15-16

There are different experiences of loneliness: the garden variety kind, the complicated kind, and then there's debilitating loneliness. Everyone (and I mean *everyone*, not just you) will face all kinds of loneliness in her life. If you are like me, loneliness is often accompanied by shame, isolation and felt powerlessness. It can be immobilizing, sometimes feeling like an endless cycle of doubt and separation. We are prone to withdraw, but God's Word permits *and* compels us to *move toward* Him. This is hard. Movement is often the last thing we want to do when we're any kind of lonely—general or acute.

Traditionally, we need permission to approach authority figures: permission to approach the judge's bench, chain of command with bosses, proxy cards. In Hebrews, however, the King of kings invites us to confidently approach His throne. This is not without permission. Jesus died for us, giving us His right to approach our Holy Father.

Whether it be a move or loss of a loved one, loneliness (with the help of sin and Satan!) tries to convince us of many lies, including misplaced hope and feeling like we don't belong. Throughout the Bible, we see loneliness: Israelites in exile, Naomi, David, even Jesus at times. Loneliness is a normal ache until Jesus comes back. While we wait, we can combat loneliness's lies. We are who God says we are: His chosen children who belong to Him. While some loneliness is relieved and some lingers, God *always* comes to His people and offers His presence. A safe presence is the very thing we long for most when we are lonely.

Ask the Lord to give you good things like relationships that allow you to know Him better. Ask for help to move *toward* rather than *away*. When there is no relief, may you know Him better *through* loneliness. While it is painful, we can take our longing to Him. Ask Him for the mercy of satisfaction in knowing the King of kings has chosen to be with you forever and will never, never leave you or forsake you.

Let's Chat!

- What story do you tell yourself about loneliness? Share this with someone safe.
- How can you approach others differently if you see yourself the way God sees you?
- What do you typically do in your loneliness?
- What can you do to remember the Lord sees you, cares and knows? (Listen to music, volunteer, memory verses, reach out to someone? What else?)

Take-away Truth

When we feel lonely, recall that the Lord is near and wants to be with us.

Find more conversation starters: <https://women.pcacdm.org/made-for-more>

