



You Are Not Alone!

Loneliness is abuse, self-abuse. God does not want His people to be lonely. Why? Because feeling alone is contrary to God's design for His family. God's family is always in the forefront of God's mind. God always takes care of His family members. Yet, if one of His family members is lonely, he or she may forget to go to God for help in time of trouble. How many times have you been lonely, only finding yourself sinking deeper into loneliness? Loneliness does not promote togetherness. It causes separation. **Once you are born again into God's family, you are not supposed to be the "lonely guy or gal."** You and God always make a majority.



And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him. Gen 2:18

One of the foremost reasons for marriage is to prevent loneliness. God made a woman for Adam because Adam was alone. Never forget that God does not want His people alone. He wants them fulfilled and satisfied with the fulfillment of human company.

thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee... (Isaiah 41:10, 13)

Isaiah teaches us that God was there, ready to help the Israelites. These people needed God, but it seems that they doubted whether God would be there to help them. Look at how powerful those words are. If you were in Israel's situation, wouldn't they comfort you? Of course they would. What about now? Do these words bring comfort to you today? They should. It's the same God. God

You Are Not Alone!

will take care of you today.

If you are alone and are tired of being in this state, you can and absolutely should do something about it. There are great benefits to having another person to love in your life.

There is one alone, and there is not a second; yea, he hath neither child nor brother: yet is there no end of all his labour; neither is his eye satisfied with riches; neither saith he, For whom do I labour, and bereave my soul of good? This is also vanity, yea, it is a sore travail. Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. Again, if two lie together, then they have heat: but how can one be warm alone? And if one prevail against him,

two shall withstand him; and a threefold cord is not quickly broken. (Ecclesiastes 4:8-12)

How many times have you wanted more than wealth and a good job? Sure, money is necessary and enjoyable, and so is a good job, but these things without another person to share them can cause deep loneliness. *Are you lonely in the midst of treasures?* Do you have your needs taken care of financially and materially; yet do you still seek for more? If you do, maybe you need another person in your life. God does not want His people living alone, without other loving people with whom to share His abundance.

A man that hath friends must show himself friendly: and there is a friend that sticketh closer than a brother. (Proverbs 18:24)

If you need someone else in your

life, there are a few, certain steps that you must take. *The first is to change the way you act and feel around others.* If you want a friend, you must become friendly. That's easier said than done. About now, I'm sure you're saying; "Now Jerry, you don't know what I've been through in my life. So many people have hurt me. I can't be friendly anymore. I'm far more comfortable being alone even if it has made me lonely." Say what you will, but if you ever intend to break away from loneliness, you must start somewhere. That somewhere begins with your attitude and actions towards others. You must show yourself as a friendly person, no matter if others have known you as exactly the opposite. Don't be afraid to become friendly. You might have to tell some of your old acquaintances that you are changing. That's fine. But, don't get hung up on their opinions. Do show yourself friendly!

You Are Not Alone!

Many will entreat the favour of the prince: and every man is a friend to him that giveth gifts. (Proverbs 19:6)

There is a positive side to this. If you give, you will receive. Stingy people have few friendships to speak of. That's a fact. The more generous you are, the more people you will have in your life. Learn to give to others, especially to those in need. Those who give a lot, get a lot. That's a fact. Don't buy your friendships; do give so that others may have.

Makeno friendshipwithan angry man; and with a furious man thou shalt not go: (Proverbs 22:24)

Pick the right people to be with. You can certainly find people with less-than-Christian attitudes and behaviors. That's easy. But do you really want to be with these people? I hope not. God

does not want you making friends with angry people. He's very clear about this. He says, "...with a furious man thou shalt not go." This means that you need to learn to draw the line in friendships. If a person is angry or easily riled, stay away from him or her. Pick your friends. You won't be happier with an angry person versus not having a person at all. You're better off alone than with anger and fury in your life.

Ointment and perfume rejoice the heart: so doth the sweetness of a man's friend by hearty counsel. (Proverbs 27:9)

Find someone with whom you can talk.

Find a good listener. This is easier said than done, but it can be done. A good listener is one who makes a "sweet" friend. Most people won't take the time to listen to you. If they won't listen, they also can't help you because they are too busy

thinking about their own problems. That's not the kind of friend who will bring benefit to your life. When you find a person who will listen to you and help you in time of need, you've secured something very sweet! Find someone with whom you can talk.

Thine own friend, and thy father's friend, forsake not; neither go into thy brother's house in the day of thy calamity: for better is a neighbour that is near than a brother far off. (Proverbs 27:10)

Don't forsake your friends.

This is also easier said than done. We all know that our friends can irritate us at times, but this is no reason to ditch them. Your friend needs you just as much as you need him or her. Always keep this in mind, especially the next time you encounter a problem. If you have been introduced into a "circle" of friends, either through your family, or others, treat

You Are Not Alone!

them with respect. Keep those friendships alive and active. Don't forsake your friends.

Greater love hath no man than this, that a man lay down his life for his friends. Ye are my friends, if ye do whatsoever I command you. Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things that I have heard of my Father I have made known unto you. (John 15:13-15)

Base your relationships on God's Word. Jesus taught this to his disciples. Jesus taught them God's Word. This is the often the missing ingredient among Christians. The social scene is there, but the Word of God is not. A friendship without God's Word at the center is destined for failure, or at the very best, negative struggles. Jesus was the Word of God in person. He

spoke, lived, acted and imparted this Word to all others. If you do the same in your friendships, you'll have the best ones possible. Base your relationships on God's Word.

And the next day we touched at Sidon. And Julius courteously entreated Paul, and gave him liberty to go unto his friends to refresh himself. (Acts 27:3)

When you need refreshing, go to your friends. This certainly takes a special kind of friend, but you can find people like this. In my opinion, family is the best place to look for close friends. Some families cannot provide this and that's okay. Once you find one or two refreshing friends, learn to go to them. Don't fall into the trap of loneliness, staying alone when you need to be refreshed. Go to your friends.

There are so many other pointers

that I could give, but I'll stop here. You know that God does not want you to be alone. His family is designed to be a "together" kind of thing. Take the time to get to know a few other people. Treat them like you'd like to be treated. Break the chains of loneliness by reaching out to others with God's Word. God will always take care of you, whether you are lonely or not. But He loves taking care of you through His family.

Much love in Christ!

Jerry D. Brown