

## You are Not Alone!

Charles Swindoll mentioned an ad in a Kansas newspaper. It read, "I will listen to you talk for 30 minutes without comment for \$5.00." Swindoll said, "Sounds like a hoax, doesn't it? But the person was serious. Did anybody call? You bet. It wasn't long before this individual was receiving 10 to 20 calls a day. The pain of loneliness was so sharp that some were willing to try anything for a half hour of companionship."

Recent studies by National Academies of Sciences, Engineering, and Medicine (2020) states that "Loneliness was associated with higher rates of depression, anxiety, and suicide."

The good news is "You are Not Alone!" The Palmist writes "Where can I go from your [God] Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, 'Surely the darkness will hide me and the light become night around me,' even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you" (Psalms 139).

There have been times in my life where I have felt alone. Not because people weren't around me but because of something I was going through in my life that I didn't feel others could relate to. But one thing for certain during those times I knew that God was there, that he cared and that I could turn to him in my loneliest hours.

Kari Jobe in her song, "I Am Not Alone" sings "When I walk through deep waters, I know that You will be with me. When I'm standing in the fire, I will not be overcome. Through the valley of the shadow, I will not fear. I am not alone; I am not alone. You will go before me. I am not alone."

Today, if you are struggling with loneliness, I want to encourage you to talk to God. Wherever you are He is there and listening desiring for you to know that you are not alone.

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