

# **LONELY**

***'Deep calls to deep...'***  
(Psalm 42:7)

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Dedicated to everyone.

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## 1. Introduction

When I was a young kid – not sure exactly what age, maybe seven – I remember this impression hitting me: People spend most of their life alone.

I remember thinking that whenever I met up with a friend, and we laughed and played and were delighted to see each other, well, the time would end and life would kick back in. The sun would start going down, their parents would call and they had to go home. Eat, sleep, school, clean, go here, go there... For every time we spent together, much more time was spent apart, just surviving – not smiling, not delighting, not with other people, not enjoying. Alone. And that's just life.

So what is this life that we live so alone?

When Jesus, '**God with us**', saw the crowds – and you and me – he was moved with compassion. He whispered, '**Helpless and harassed, like sheep without a shepherd.**'<sup>1</sup>

Do you feel the weight of being alone. Do you feel lonely? There are some surface things that could probably change, no mystery there: relationships, people, kindness, activity, maybe a pet? But that comes and goes.

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<sup>1</sup> Matthew 1:23; 9:36

There is a much deeper place in your heart, your soul, where only God can access, only God can fill. And it is here – between you and God – that the chasm of loneliness can be filled for evermore.

***‘God has placed eternity in the hearts of people.’*** (Ecclesiastes 3:11)

## 2. What Is This Life?

Is there really any difference between having a memory of an experience and imagining an experience? I can almost feel what it would be like to jump in, and sink in, a deep, crystal clear pool of spring water surrounded by smooth and pure rock. But I've never done that. If I had done that, would my memory of it be any more satisfying now than a daydream about it? Just wondering.

In fact, the idea of that spring pool is perfect, whereas the experience of it never is. I love to hit the beach and see the ocean. But every time I do, in order to really enjoy the experience, I have to blur out the effort it took to get there, and honestly much of the experience itself. I have to blur out the stress of finding parking, the two-hour drive and all the prep', the cost, the time off work, the sand in the sandwiches, the towel blowing across the beach, the water being just a bit too cold, etc. After I experience the bliss, and blur out 98% of what it took to experience it, well, there I have it. Honestly, I often need to blur out the whole experience, airbrush it, touch it up, redefine it, almost back to an 'idea' rather than the experience itself, to con myself into thinking it was a great time.

We got to face into the 'real' if we're going to find breakthrough. So let's say it: Life is lived profoundly alone. Essentially alone. We all

retreat to survive, then come together to connect. Then retreat to survive. We have to. We have to eat, sleep, clean, correct, repair... Then we come together to connect. Then we retreat again...

Life is lived profoundly alone. It's not a choice, it's required to survive. Not your fault. Does not make you a depressing person. Life's demands are overwhelming, and take all of your strength just to stay alive. Hence the loneliness.

Moses, truly an *'apple of God's eye'* because of his faithfulness<sup>2</sup>, looks on life and says:

***'Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but trouble and sorrow.'***

(Psalm 90:10)

Solomon glimpses even behind the toil of life, and almost despairs. He's wrong, by the way, about there being no meaning to life (and we will consider why), but maybe you can relate to his sense of despair? He feels the toil of life, the loneliness, and therefore feels there is no meaning in life, no meaning to life:

***"Meaningless! Meaningless!" says the Teacher. 'Utterly meaningless! Everything is***

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<sup>2</sup> Exodus 33:11; Hebrews 3:5; Matthew 17:3; Psalm 17:8

***meaningless.’ What do people gain from all their labors?’*** (Ecclesiastes 1:1-3)

Life is hard, toilsome. It is intrinsically lonely. Meaning fades from vision. Is there a love, a connection, that makes life worth living? Truly, is there? A connection – spiritual, eternal – that brings this life to life?



### 3. Rivers From Within You

Refreshing can come over us like a waterfall. I have friends who will hike for days for that experience, finding a waterfall and standing under it. Days of walking, ten minutes of refreshing, of escape.

Jesus spoke incredible words to us about refreshing that could be *within* us.

***‘Jesus stood and said in a loud voice, ‘Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.’ (John 7:37-38)***

And again:

***‘Jesus said, ‘Whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.’ (John 4:14)***

Jesus is speaking of a refreshing that comes up from within us, like a spring, an eternal source. Jesus is speaking of his own Spirit. He invites us to come to him in spirit, in faith, and to touch us deep within, fill us deep within, connect us to God now and forevermore.

We need to stop here. We need to gaze on this. We cannot let this pass us by. This is everything!

Jesus – ***‘God with us’*** – offers to fill our soul with his own Spirit, so we will never be alone again.

This is the very reason Jesus came to earth. God came to be with us in Jesus. To be with us, to connect, so we would not be alone. And here in this space God promises to heal our hearts, put a wellspring inside us – a wellspring of the very Spirit of God. Now and forevermore.

Do you want this?

## 4. The Door

There is a doorway to God. There is a step you can take, to step into this Spirit of God.

***‘Jesus said, ‘I am the door, and anyone who comes through me will be saved, and he will come in and go out and find new life.’***

(John 10:9)

Let’s talk about this doorway of Christ. What exactly did Jesus do so that we can be saved? And how exactly can I ‘go through’ Jesus as a door to God? Let’s look at both of these questions...

### What did Jesus do so I can be saved?

Jesus is God in the flesh. The prophets said he would be, and he claimed to be.<sup>3</sup>

Throughout the years God had commanded people to offer sacrifices for their sin, their wrongdoing. We all have sin deep within us, dark and dangerous. I’m sure you’ve seen it in your own heart, your own history. No need to explain or break it down.

Well, throughout the ages, God commanded people to offer animal sacrifices for their sin,

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<sup>3</sup> Isaiah 7:14, 9:6; Matthew 1:23, John 1:1,14. See ‘Who Is Jesus?’ under BOOKS at [1peter1three.weebly.com](http://1peter1three.weebly.com)

because sin is serious. It is hell in the heart of people. It is rebellion against God. It is rejection of what is good, holy and pure. Death is the ultimate outcome of sin, and so as a symbol of its seriousness, something had to die for it, to pay for it. People would offer a lamb as a sacrifice for sin.

When Jesus came to earth, God among us, John the Baptist pointed him out to the crowds and said: '**Look, it is the Lamb of God who takes away the sin of the world!**' (John 1:29)

God came in the person of Jesus to offer the final sacrifice for sin, to *be* the final sacrifice for sin. Not only would he pay for our sin by dying for it, but he would confront death here, and defeat death here. Jesus died for our sin, and defeated death itself. Then Jesus rose from the dead and came back to us. He came to you, to me, and offered to save us from sin and death – now and forevermore.

Do you want this forgiveness of your sin? Do you want to live forever?

How can I go through the 'door' of Jesus Christ?

If your heart says 'Yes!' here is a practical way to go through the door of Jesus Christ right now:

1. Turn away from your sin:

Jesus called us to 'repent' of our sin, which means to turn away from it.<sup>4</sup> Are there some specific things in your life that come to mind? Is there some sin that you know has a hold on you?

The first thing to do is to make a decision to turn away from this sin in a practical, real way. Not lip service or good intentions, but action today. Do you need to throw things away, delete things, cut people off, stop going places, stop looking at things, thinking on things?

You can do it! If you are sincere about coming to Jesus, you need to be determined to 'come away' from your sin.

## 2. Come to Jesus in faith:

Faith is belief in action. It is a deep heart decision, but spills into action in every aspect of your life. Here below is a prayer you can read and make your own. You can whisper this directly to Jesus in Spirit and truth. It is a declaration to Jesus that you reject sin in your life, and you follow him now:

***Dear Jesus, thank you. I come to you today for the life and forgiveness you offer me. I make a commitment now, sincere and deep, to turn away from sin in my life, and to follow***

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<sup>4</sup> Mark 1:15; Luke 3:10-14

***you. Thank you for loving me, for dying for my sin, and for giving me a new life in you, now and forevermore. Amen.***

If you have prayed this prayer from your heart, you have come to Jesus, you have gone through the door of Jesus. You are forgiven. You are saved. And even now his Spirit is pouring into you. Your spirit and the Spirit of God joined forever. You are never alone again. You have the very source of God in your soul, a spring, a river.

***'When you believed in Jesus, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing your inheritance.'*** (Ephesians 1:13-14)

Take a minute now to just ponder. To rest. You have passed through the door of salvation that God has offered us, and you are changed. This is the truth, the promise and the power of God.

***'Anyone who is in Christ is a new creation. The old has gone and the new has come!'***  
(2 Corinthians 5:17)

## 5. Alone With God

When you come to Jesus, you come back to your Creator, your God. This is where you began, where you were born into existence, body and soul.

This place, this space in the Spirit of God, is pure and deep intimacy. This relationship with Jesus is everything. You are complete here.

***'Your life is now hidden with Christ in God.'***  
(Colossians 3:3)

It is important to feel this connection with Jesus. It is important to know that you are never alone, and that the most important relationship in your life is in place now. God's Spirit is in you, and moves all around you. He is with you in the dark of night, in your home, in your mind and heart. You can whisper to him, speak out loud to him, or just let him hear your heart.

***'Deep calls to deep in the roar of your waterfalls. All your waves and breakers have swept over me.'*** (Psalm 42:7)

We can reword this as follows:

*'God's Spirit calls to my spirit through creation itself. God's touch and healing has swept over me.'*

It is important to hold this space with God, alone with Christ. Be with him. Sit with him. This is why God came to earth, to be with you. Jesus called you **'friend'**. (John 15:15) Jesus weeps with you. (John 11:35) He rejoices with you. (Romans 12:15) He never leaves you. (Matthew 28:20)

This relationship with Jesus is the only completely pure relationship you can have. This relationship with Jesus is what my heart longed for when I was that young child feeling the absence of people. When I wondered at how even my best friend was only ever with me just a small part of the day. My heart longed for that complete, real, ever-present, all-knowing friend: Jesus Christ, **'God with me.'** (Matthew 1:23)

Now, we will talk about the people God has given you, your family in Christ. But here on earth, people will come and go. Good people, God's people, will also let you down. And they can never be more than a human in your life. Yes, we treasure people, we need people, we need love from people, and to love people. But this is number two as a priority. We need to be all-consumed with priority number one, if we are going to have healthy human relationships.

***'Jesus said, 'The most important commandment is to love God with all your heart, mind, soul, and strength. The second is like it, love your neighbor as yourself.'***  
(Matthew 22:36-40)



So don't look too quickly past this new relationship you have with Christ. Stay with him a while. Read the Word, pray, worship, grow. Jesus said ***'all your heart, mind, strength'***. This is a lot of intention and investment. Christ will give you people, family, love; but he is enough. He is God. Build other relationships on him as the 'cornerstone'. Never compromise your relationship with Christ for relationship with people. Never.

***'Jesus said, 'Anyone who acknowledges me publicly before other people, I will acknowledge them before the angels of God. Anyone who denies me before people, I will deny them before the angels of God.'***

(Luke 12:8-9)

Jesus cares about our loyalty as a friend. He wants us to acknowledge him in word and deed. He wants us to talk the talk, yes, but more importantly to walk the walk – in our private lives, in our public lives. He wants true friendship with you.

## 6. The Family of God

***‘A father to the fatherless... God sets the lonely in families.’*** (Psalm 68:5-6)

After establishing your personal relationship with Jesus, God will connect you to his other children. This is your real family. Look at what Jesus said to the crowd around him, when someone had told him that his mother and siblings were looking for him:

***‘Who is my mother, and who are my brothers?’ Pointing to his followers, he said, ‘Here are my mother and my brothers. For whoever does the will of my Father in heaven is my brother and sister and mother.’***  
(Matthew 12:48-50)

I remember when I had just started following Jesus in my teens. First, I experienced a profound loneliness because none of my friends were following Jesus. My desire to step away from sin was strange to them. They had not seen what I had seen. They had not seen *who* I had seen: Jesus Christ. Not everyone sees. Jesus said to his disciples:

***‘Blessed are your eyes because they see, and your ears because they hear.’***  
(Matthew 13:16)

After God had got me alone with him, with Jesus, separating me from friends and people that I needed to be separate from, he then began to build a new group of people around me – the family of God. I remember the change vividly. Two things happened.

First, I started going to church faithfully, even alone at times, without family or friends going with me, and there I met people who had seen Jesus, who loved Jesus. We were bonded in our deep heart revelation that Jesus was Lord. I could share about my own growth in Jesus, my questions, my struggles, and these people understood fully. We had the same Father, we had the same Spirit, we were family.

***‘To those who received Jesus, to those who believed in his name, he gave the right to become children of God.’*** (John 1:12)

Secondly, people who did not believe in Jesus, including friends I used to hang around with, began to understand that I was a sincere Christian. They had seen this in my choices, my changes, and words I had spoken. I remember the day when one of my friends from before, who I had not spoken to for quite some time, approached me and wanted to talk to me about my faith, ask me questions, and share some of his thoughts and experiences. It was a powerful experience for me, as I felt in that moment that me and this friend were connecting, but from two

different worlds. I was inviting him into my new world, through the door of Jesus.

***‘Jesus said, ‘Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.’ (Matthew 7:13-14)***

I close this section with this observation: Build Christian community, don't just look to join Christian community. Let me explain...

I have experienced personally – and heard from people in certain seasons – that they cannot find a good local church, or that even in a local church they do not have any good friends or people they can talk to. If you experience this, let me suggest something very simple, very powerful, which was really the backbone of my own early seasons following Jesus: Pray and ask Jesus to bring to your mind one or two Christians that you could invite to your home to read the Bible together, talk together about Jesus, and to pray for one another.

***‘Jesus said, ‘Where two or three of you gather together in my name, I will be with you there!’ (Matthew 18:20)***

Knowing Jesus personally, and meeting with two or three other Christians to talk and pray

together, read a passage of the Bible, is primal. This kind of connection with Christ himself and with others was 'church' in the early days, for the early Christians.

***'They broke bread in their homes and ate together with glad and sincere hearts.'***

(Acts 2:46)

I have a short booklet and guide on this very activity, called *'Meeting Together'*. It is short and easy to follow. You will find it under the 'Books' tab on the website and also on the APP.

([www.1peter1three.weebly.com](http://www.1peter1three.weebly.com) & APP:  
*1Peter1:3*)

One other book I would like to recommend is *'First Steps With Jesus'*, also available on the website and APP.

Be encouraged and confident as you seek to grow in the Lord, find good fellowship, and build community!

## 7. Purpose

***'Without a vision the people perish.'***

(Proverbs 29:18)

We saw earlier how Solomon almost despaired. He said, ***'Everything is meaningless!'***<sup>5</sup>

With profound loneliness or brokenness, the sheer toil of this life can overwhelm us. 'What's the point?' we might ask.

If we add regrets to this, it can go even darker, not so much asking the meaning of life, but rather how to ever deal with regrets in our past and how to go on.

An amazing prophecy about Jesus, 600 years before he was born, reads like this:

***'There will be no more gloom for those who are in distress. The people walking in darkness have seen a great light...'***

(Isaiah 9:1-2)

When the world was perfect, and joy coursed through the soul and blew in the wind, no one asked about purpose or meaning. Life was so full and pure that it needed no reason. Life itself was the meaning of life. This was the Garden of Eden. This was heaven on earth.

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<sup>5</sup> Ecclesiastes 1:1-3

But God made us in his image. He gave us a deep and eternal soul. He made us real. He made us able – like God – to choose relationship. He chose us, and gave us the ability to choose him back. This is the essence of any real relationship.

We could not withstand the temptation. We wanted not just to know God and be in relationship with him, but rather to be like God, to know more, have more power. This was the break-up. This is where we gave into envy, and sinned.

It was this moment, this space in time and spirit, that death entered the world, our soul, and our body. Death is in the mind, in creation, and in our bodies. Death is the spirit of sin. Sin is the spirit of death.

This disaster of the soul happens in the first three chapters of the Bible. The rest of the Bible is the rescue story. The rest of the Bible is about God reconnecting with humans, speaking with them, leading and guiding. And then finally fulfilling those prophecies, and stepping down out of heaven onto earth, and dying for our sin. God, in the person of Jesus Christ, made the final sacrifice and built the only bridge back to God.

***‘Jesus said, ‘Whoever hears my words and believes, has eternal life and will not be***

***condemned. They have crossed over from death to life.***” (John 5:24)

Purpose in life has two facets:

1. Heaven on earth:

As in the very beginning, before sin and death were in the world, heaven was earth, earth was heaven. And when we are in that blissful state, blissful reality, purpose is life and life is purpose. The question of purpose never arises.

Jesus is the door to this life. You have stepped through this door of God, namely Jesus Christ. He is heaven in your soul. And wherever his Spirit is really felt, we taste heaven here on earth. This is why Jesus taught us to pray, and to live:

***‘Your kingdom come and your will be done on earth as it is in heaven.’*** (Matthew 6:9-13)

Living as a follower of Jesus, and allowing his Spirit to reign in our souls and in our minds and in our homes and relationships, well, this is purpose. Here we taste God as king and see and feel peace. Living Christ, this is purpose.

2. Heaven up ahead:

Although we know Christ and he is now in us, well, we still live in a sinful body, have a sinful



history, and have to cross the river that is death. We live and pray that heaven will come down and make its presence known here on earth, but we are also aware that the ultimate experience will be when we cross the finish line of mortal life.

***'Abraham was looking forward to the city with foundations whose architect and builder is God.'*** (Hebrews 11:10)

Jesus called us to pull heaven down and work it into earth, being salt and light, crowning him as king. But he also called us, in doing this, to ***'fix our eyes not on what is seen but what is unseen, because what is seen is temporary but what is unseen is eternal.'***  
(2 Corinthians 4:18)

Our purpose here is two-fold. We live to know Christ and by his Spirit bring him into this world. And we live to prepare, to invest, to recruit for the next and final stop: Heaven itself.

Live for Christ now, live for Christ then. This is our purpose for living. This is why Jesus came. He has rescued us now, comes to us here, and also leads us there.

And this is also why, if you live with deep regret, that you must hope in Christ and keep going! You are a work in progress. Jesus is making all

things new – including your heart and spirit.<sup>6</sup>  
Your past will one day not even be your past, not even in memory or history. Your sin will be fully and forever on the cross of Christ. For now you still have memory, regret, pain; but one day, as God's Spirit continues to redeem and restore and make new... every shred of your existence in the past will be no more, will never have been!

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<sup>6</sup> Revelation 21:5; Ezekiel 36:26; 2 Corinthians 5:21

## 8. Concluding Thoughts

You will find people in this life, and you will lose people in this life. You will have times of togetherness with people that fill your soul, and this is a gift from God. But you will have times of loss that tear your soul, and break your heart. This is the result of sin and death.

Two concluding thoughts on this:

### 1. Know God in a deep and real way:

God brought you into this world – ***‘knit you together in the womb’<sup>7</sup>*** – completely alone. God and you, you and God. He breathed you into life. This life on earth is very short, very fast, and you will leave it the same way you entered it: alone with God. So it is very important that you spend very real, very deep time with Jesus. Sit and talk to him out loud, in whispers, in thought, in feeling. Listen to his whisper, his words, his thoughts, his feelings. Go on walks with Jesus and his Spirit. Have dinner alone with him. Spend evenings alone with him. Know him as a friend, and draw very close to him.

***‘On my bed I remember you; I think of you through the watches of the night.’***

(Psalm 63:6)

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<sup>7</sup> Psalm 139:13

With Jesus you are never alone. Even when you lose all others in this short life, Christ will be with you – more real and more intimately than people ever were. Nurture this relationship.

***‘Jesus said, ‘I stand at your door and knock. If you hear my voice and open the door, I will come in and dine with you.’ (Revelation 3:20)***

## 2. You will see your loved ones again:

Jesus died to defeat death, to take away its sting.

***‘Where, O death, is your victory? Where, O death, is your sting?  
The sting of death is sin... But God gives us the victory through our Lord Jesus Christ!’***  
(1 Corinthians 15:55-56)

Believe in Jesus to raise you from the dead. Believe in Jesus – and ask him – to raise your loved ones from the dead. You might never have seen your loved ones come to know Jesus before you lost them, but God can do so much in the last moments of a life, deep in the mind, in the soul. In fact, Jesus even preached to those who had died, we are told in Scripture.<sup>8</sup>

There is much mystery about each individual’s final encounter with Christ, and their final

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<sup>8</sup> 1 Peter 3:19-20

destiny. I say this to encourage you to hope, to pray, to believe for the salvation of those you love. If you lose them now – or if they lose you first – know that there will be a mighty, a pure, a beautiful reunion in the heavenly city of God!

***‘Brothers and sisters, we do not want you to grieve like the rest of mankind, who have no hope. For we believe that Jesus died and rose again, and that God will bring with Jesus those who have fallen asleep in him... The Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first... After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. Therefore encourage one another with these words.’***

(1 Thessalonians 4:13-18)

So be committed, invested, in knowing Jesus today. You are never alone when Christ is in you. But also believe, even ponder and look forward to the day you meet again all those you loved and lived with here on earth!

Thank you for taking time to read this book. For more free resources to encourage you in your faith, please visit:

[www.1peter1three.weebly.com](http://www.1peter1three.weebly.com)

