

Loneliness - by Lorelei Pepe

Sometimes in this chaotic world it is nice to get time by yourself and commune with God. There was a saying I read once that "in silence you can hear God". Being totally alone in a quiet place, with no distractions can help you clear your head and mind. This to me is solitude. But being alone sometimes can also make you feel so lonely and lost.

I was in a marriage when I was very young and ended up most of the time with an empty feeling and felt so misunderstood and so lonely. I never thought if I had a partner I would feel this way. It was not until the end of the marriage with therapy and counseling did I realize it was up to me to find my own peace. I also learned that I needed to focus on God first, and everything would follow. A tough lesson to learn while going through a divorce, but it has stayed with me ever since in every situation.

I think we can also have best friends that we spend time with, or even being at a party and still feel alone. Many people are more and more isolated these days due to the internet and being on their phone texting all day. No one has a conversation anymore, a lost art. I can even go a whole day without speaking to another person as all I did was text and email. It makes me feel very sad, but I know for sure that I can talk to God. And sometimes I do, out loud. I pray each day and make sure even if it is just a few words that I am "checking in" with him. That brings me great comfort.

I think Covid had a lot to do with isolation and loneliness. We were not allowed to touch or hug our loved ones. How devastating was that? I fear we are still experiencing the effects of it now. There is a human mental health crisis in this country. People have lost their socialization skills. There is much pain and suffering and evil in the world now. All I can do is pray and sometimes that is difficult to do.

But then, I look to the Bible and think of Jesus. He must have been lonely too as he was often misunderstood even by his disciples. He knew he would be betrayed, arrested and crucified. He asked his disciples to just sit while he went to pray in the Garden of Gethsemane. He was so sorrowful and distraught. How lonely he must have felt when he returned and found his disciples sleeping and this occurred a few times before he was betrayed.

So remember you are never alone. God is always there. All you have to do, is reach out to him. As it says in Psalm 27:10 the Lord will take care of you in times of stress and when you are feeling alone. His love is endless and everlasting. Focus on God!