Coronavirus Social Distancing Daily Devotion #24

The Key to Removing Loneliness

**Matthew 14:23 (NASB)** *23  “After He had sent the crowds away, He went up on the mountain by Himself to pray; and when it was evening, He was there alone*.”

Many years ago I was walking across the parade field at Virginia Tech and feeling very lonely. It was a startling reality to think that even though I was surrounded by literally hundreds of other students, I was lonely. At the time, I didn’t know how to file that. I kept wondering how I could be surrounded by so many people and still feel such a loneliness in my soul.

It was then that I learned that I didn’t have a saving relationship with Jesus. I had been brought up to believe Him, but I didn’t believe in Him as my Lord and Savior. And it was then that I learned the secret to removing loneliness from my heart.

That secret, which is not really a secret I just didn’t know it at the time, is to remember that loneliness goes away when we remember that Jesus is always with us. I know that may sound simplistic, but it is truth. The truth is that loneliness is a result of sin. And sin removes us from our Lord and the relationship He wants with us. I’m not saying that every time we feel lonely it is because of some particular sin, but I am saying that loneliness is a result of our disconnection with our Lord. Our humanness creates that. In other words, because we are human and sinful by nature, we miss the truth that we are never actually alone.

Jesus proves the point as He leaves the crowd and goes to be by Himself. He knew that His Father was always with Him. He knew that even though he was physically alone, He was not truly alone. Why else would He pray? Prayer is a conversation with God. And Jesus was so in touch with His relationship with His Father He could talk to Him at any moment.

Jesus understood that it doesn’t matter that we can’t physically see the Father, because sight has nothing to do with our relationship with Him. You may be thinking that you don’t like having a one-sided conversation with God – that you don’t like it when He doesn’t respond to you like a person would who is sitting in front of you. That is understandable from a human mind. But if we believe that loneliness is an effect of our sinful natures, we will begin to understand that we never really have to feel lonely at all. I understand the dilemma. Because we are human, we will never fully be without loneliness. I get that. But again that is the point Jesus is teaching us in the text. His humanness drove Him to pray. It drove Him to connect with His Father. He understood better than anyone that prayer is essential for removing loneliness.

Listen to what Jesus said in another situation. **John 11:42 (NASB)** *42  "I knew that You always hear Me; but because of the people standing around I said it, so that they may believe that You sent Me."* The context is the death of Lazarus and the people are greatly heartbroken. But notice what Jesus does, He immediately prays. His purpose in this prayer is not to defeat loneliness in Himself but to prove that He is from the Father. The point for our subject on loneliness is, Jesus knows the Father always hears Him. In other words, His Father is always waiting to hear from Him.

Beloved, I can’t say that you will never feel lonely, even as a strong follower of Christ. But what I can assure you is that when you go to Him regularly in prayer, He will confirm in your heart that you belong to Him and that He always hears you. And the amazing thing is God has a way of removing loneliness when we keep our communication line open with Him. When He is our go-to for everything, especially when we are physically alone and have no human to communicate with, He is always listening and desiring to hear from us. And, when we pray, our hearts are warmed with His presence, and we are reminded that we are not alone.