Daily Devotion #89

Solitude

*Luke 5:16 – “But Jesus Himself would often slip away to the wilderness and pray.”*

During this pandemic most people are extremely tired of being isolated and having to keep their distance from others. I’m hearing more and more people say they miss being with and around people. And that stands to reason. after all God made us to be around one another. In fact, He said it is not good for man to be alone. While that was in the context of husbands and wives, there is a lot of truth to the fact that being alone for too long is not good. Loneliness often does more harm than good.

But at the same time, there is great value in isolation. When the mind is free from the normal distractions, it has the ability to think and to process the issues and struggles of life more fully. Isolation can help the body heal because isolation can reduce the stresses associated with life. Many times doctors have told high-stress patients to take a break; go somewhere quiet; take time to get yourself out of the rat race. It will do your mind and body good; they say. And that must be true because our Lord would often remove Himself from the crowds and seek a place of isolation. But Jesus didn’t isolate Himself for no reason. He did that to be alone with His heavenly Father.

Because Jesus had taken on human flesh, He also took on all the tempting power of what this life brings to each of us. He knew what it was like to feel pressure. He knew what it was like to be misunderstood. He felt the weight of losing loved ones. By this point in Luke 5, most scholars believe his earthly father, Joseph, was dead. So there would have been a time when he learned what saying goodbye, to a loved one who died, meant. We know He showed great emotion over life, like when he learned that Lazarus had died. He felt the frustration of the money changers in the temple, and their blatant extortion of God’s people. That’s why He drove them out.

So, even though He was fully God, He was also fully human. He knew what pressure was and often felt it from many different people and situations. Therefore, His resolve was to spend time with His heavenly Father. And to do so, He isolated himself.

Without belaboring the point too much, this pandemic has caused so many people to be tired of isolation. But can I encourage each of us to rethink our situation? There is no question that this is a challenging time. There is no question that we are all ready to be rid of it and back to some normalcy. But as our Lord carried the entire weight of the world on Him, let us learn from Him. It would be wise of us to use this time in our lives to draw closer to our Heavenly Father and make a stronger connection with Him.

Life is often measured with negative eyes. In our sinful flesh, it is easy to see the drudgery and the pains and pressures of life, but because our Lord came to the earth to set us free from those pressures, wouldn’t it be wise to turn our issues around and see the time we have right now as a blessing? Certainly more challenging days lie ahead – if not with the virus, then with something else, but maybe, just maybe, if we take the time to isolate ourselves each day, to be alone with our heavenly Father, we may see what He saw then and sees now. Maybe we would see that He is in control and we are safe within His hand. Take some time today and talk with Him about your needs, concerns, pressures, and problems. But also, take time to be thankful for this time in your life. You will gain a new perspective, I assure you.