

LONELINESS

Over the years people have approached me after a service and asked, "Pastor, will you please pray for me as I'm feeling terribly lonely." My reply is always; "Loneliness is not a lack of affection but a lack of direction." When someone loses a husband or wife, a family member, a loved one, or even a close friend, it is often very difficult to learn to plan anything without that person. Consequently, there is a loss of direction! After all, for so many years life was about sharing every moment with someone at your side. The soft option is to not plan ahead, to not have a vision for your life. The Bible says, "*Where there is no vision the people perish*" (Proverbs 29:18).

The antidote for loneliness is to find direction for your life, and this requires "vision." Do you have a vision for your future? Remembering, that even with a partner, each of us is required to have a personal vision for our lives. God's plan and purpose may include others but He deals with each of us as a separate and unique individual. Therefore, there is no excuse for not having a clear vision, and in turn, a definite direction for our lives. In Habakkuk 2:2 the Lord says, "*Write the **vision** And make it plain on tablets, that he may run who reads it.*" Notice that every vision should be written down plainly and concisely before any progress can be made.

Therefore, if ever you are struggling with loneliness, the first thing to do is "**find direction.**" Ask God to show you what He wants you to get involved in and how He would like to use the gifts He has placed inside of you. Then write down everything you would like to achieve in the near future. And don't forget to be clear and concise about your goals. If you do this, I'm sure loneliness will be a thing of the past!