

## **Breaking the unending cycle of loneliness**

There was a time during the earthly ministry of our Lord Jesus Christ, some Pharisees came to Him to know if divorce was right.

Jesus Christ answered all their queries with this statement:

**“But it was not this way from the beginning.”** - Matthew 19:8(b)NIV

The New Living Translation(NLT) puts it this way:

**“But it was not what God had originally intended.”** - Matthew 19:8(b)NLT

Just like the Pharisees, we are seeking to know if loneliness is normal or otherwise.

Loneliness is not a strange “terrain” to humans, particularly from teenage upwards.

Babies are not left out, they do feel it and know its effects.

### **What is loneliness?**

There are many definitions and descriptions of loneliness all around, with everyone but few saw it as a negative development.

Loneliness can best be defined or described as an experience or state of mind in which an individual’s expectation(s) or want(s) is missing, inadequate, dissimilar, or unrelated to what is available.

Loneliness does not care who you are, irrespective of place(you can be lonely at work or at home), income (low or high), gender, career, or ethnicity, among others. The most disturbing aspect of it is that it is contagious (highly contagious).

Genesis 2:18(a) NLT says;

**Now the Lord God said, “It is not good (beneficial) for the man to be alone”.**

At this point, the only human present is Adam so if God said it is not good or of no benefit for Adam to be alone then indirectly it is not beneficial or good for any human to be alone.

If we go back to Genesis 1 vs 31 (a);

**“Then God looked over all he had made, and he saw that it was very good!”**

If the master creator says it is not good then it is not good.

One of the severe effects of loneliness is that it can make the human body malfunction.

It can put the body system at risk which in some cases can cause premature death.

In every sense, loneliness is inhuman or anti-human. It has a negative effect on our well-being. In my opinion, anything that causes or leaves the body with any form of discomfort or dis-ease, I believe is a disease.

### **Ending Loneliness**

There is one significant thing about loneliness, it happens to be the first thing tagged by God as not being good.

Loneliness is not good and there must be a way of escape.

First Corinthians 10 vs 13;

“No temptation has overtaken you except something common to mankind, and God is faithful, so He will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.”

Let's look at some of the ways of ending loneliness:

1. **Self-examination**. Some people have two lives!

Public is the part of them known to everybody out there which some call *public image*. Here, everything about them is shiny and perfect. The *private life* is the other part known to them only and is the hiding place of their imperfections including loneliness.

Do you have two(2) lives?

If yes, align the two for peace of mind.

Put an end to self-denial, if you are lonely admit it but never make yourself a victim.

2. **Love yourself**. This may sound odd but it is reality!

Some people don't like themselves or can't forgive themselves because of their past mistakes, commitment, deeds, and others. They are going about their daily activities wallowing in guilt. Friends, healing, and restoration always begin with forgiveness. When you forgive yourself you will be free also and be in a position to forgive your offenders.

You need not destroy yourself for what has happened in the past. Don't *pass away* with the *past*. Admit your failures, get up and engage in something that will make you feel pleased with yourself.

Whenever you wish or say you were like someone, it shows that you don't like yourself.

Each time you look into the mirror two things happen; you will see your perfections or imperfections. It is amazing to know that most people see their imperfections. Learn to like yourself and always be eager to see the perfect you. The way you place yourself is how people will accept you. Be your own best friend and learn to love yourself.

3. **Go outdoors for daily walks or jogs.** I am more than sure that you will have other people doing it, you can come up and form a group. There is every possibility that friendship can spring up from that point. Registering with a gym or an exercise club is also an option.

There is a popular trend now called the *Prayer walk*. Their theme is “challenge your body, feed your spirit and change the world”. Through ‘prayer walk’, you will connect intimately with God and at the same time stay healthy. You exercise regularly and pray more.

4. **Reach out.** This is a “selfie” generation and self-centeredness is a symbol. Most people in advanced nations think they are practicing ‘individualism’ but indirectly they are doing more of isolation. Break that wall of individualism today and spread love. This is the whole essence of the Easter period. Quoting Jesus Christ in Matthew 25 vs 31-46, if we should go by our own present lifestyle many people will fail woefully with that standard.

Do you love your neighbors or neighborhood?

We are social by nature. Reach out to people; play with them and most importantly tell them about Christ. Give out what you want! Isn't that abnormal? Remember that you only have or get what you give. Do you want companionship and love? Give them out, show them to others and they will respond in the same manner.

5. **Read good books** You can interact with the writers i.e read their minds through their writings. When you read and meditate on the Scripture, you are reading the mind of God.

Inspiration and spiritual books are very good all the time, particularly when lonely. These books will lift your soul and spirit thereby giving you the needed hope.

6. **Rest.** Always find or create time to rest. Make time for deep and quality sleep.
7. **Prayer.** The place of prayer in all situations can never be over-emphasized. Have a regular time for prayer, pray consistently, God still hears prayers. Pray for added physical and emotional strength.  
Philippians 4:6;

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

8. **Stay committed to God.** This wraps up and envelopes the other “way outs”. This is the one solution that makes others effective. Do you know that you have only two lasting friends? Yourself and Jesus Christ. Every other person can leave you but you can’t run away from yourself and Jesus Christ will never forsake you. Jesus Christ made a promise never to leave you nor forsake you(Matthew 28:20) He promised to give you rest when you come to Him despite all your troubles. He is ever faithful and will never let you down. He will work things out for you. He can change your circumstances or change your perspective.

**Matthew 11 vs 28;**

“Come to me, all you who are weary and burdened, and I will give you rest.”

Also **John 10 vs 10;**

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

Remember, Jesus Christ came to restore a fulfilling and abundant life.

Make Him be your Lord and Savior. Attending a Christ-led and Bible-believing Church. It offers both spiritual and social support systems.

In summary, it provides a platform to be rightly related to God and experience a warm relationship with His creatures.

Read, study, and meditate on your Bible.

Spread the Gospel. Tell somebody about Jesus Christ.

Declare your love for Him always. It is well with you. It is well with you.

**Warning!**

Alcoholism and drug abuse are never solutions or ways out of loneliness, please maintain a good diet.

Finally, there is a belief in some quarters that time heals all wounds. I will tell you that loneliness happens to be one of such wounds that stays even with the passage of time. The watchword is togetherness, fellowship with people of God, and building caring relationships with people that cross your path. Drop the victim mentality and see yourself as a victor. Renew your hope and remember that there are many loving people out there, ready to accept you as you are and willing to help you become what you want to be.

Loneliness is only a passageway to a life full of love and meaning.

The good news is that you are coming out of every form of loneliness today.

**"Weeping may endure for a night, joy comes in the morning"**(Psalm 30:5)

In the mighty name of Jesus Christ, you are breaking the unending cycle of loneliness today.

God will loose the bound and you will be free and free indeed, in the mighty name of Jesus Christ.

Make the following declaration:

*Lord Jesus Christ, I believe you have the power to break every chain, loosen all bonds, and set me free from loneliness.*

*Your Word says where two or three are gathered in your name, you are there. Lord, I believe you are here with us.*

*Whatever we bind here on earth, shall be bound in heaven and whatever we loosed on earth shall be loosed in heaven. Lord, I believe this is true.*

*Finally, you said whatever we ask in your name and believe, it shall be done.*

*Lord Jesus Christ, in your name, I break the unending cycle of loneliness from the roots today. I destroy every cause of loneliness in my life today.*

*Thank you, Lord Jesus Christ, for answering my prayers. Amen.*