

THE BURDEN OF LONLINESS

By Pastor Greg Hooker

"And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him." (Genesis. 2:18).

Human beings are inherently needy individuals. Every moment of our lives depends upon the ensuing breath of oxygen we inhale. Additionally, daily consumption of food and water is prerequisite to keep our bodies strong, healthy and alive. In fact, we have many 'needs' that make up our human existence, but one need that is often overlooked is the sense of 'BEING' needed. So many individuals suffer from the feeling that their life is just not worth living. No one 'needs' them – if only someone desired their companionship, support or mere friendship, then life would be much more rewarding and satisfying.

Do you know someone like that? When I think of individuals who need to be needed, those in the nursing homes and assisted living arrangements come to mind. Often they are up-rooted from their surroundings where they have lived their entire lives. Frequently they are taken against their will and thrust into an unfamiliar environment. No longer do they feel needed, but rejected and abandoned. Loneliness, like a festering infection, creeps into their lives and leaves them with a sense of futility.

Another example of someone who feels unneeded is that of the widow, or widower. Through the loss of their spouse a deep and jagged hole is violently burrowed into the very core of their existence.

Yet again, the first man experienced a sense of loneliness at the dawn of creation. God made Adam and placed him in the Garden of Eden – a complete paradise with everything he needed apart from one thing. Adam, too, did not have a mate, a companion to keep him company and share his life. So God took from the side of Adam a rib and made him a 'help meet', a mate – one who would fill his emptiness and expel his loneliness.

Another individual who also knows what it is to be rejected and experience loneliness is none other than the Lord Jesus Christ. He came into this sin-drenched world, but the world would not receive Him. He was rejected, despised and crucified in our place – reckoned by those He loved as not needed. Then, bearing our sins upon the cross, surrounded by the darkest day history will ever record, Christ experienced a sense of loneliness and utter desolation that no mortal will ever comprehend. He, who knew no sin, became sin for us, that we might be made the righteousness of God in Him!

Dear Lord, please help us to be sensitive to those who are lonely and feel they are not wanted, or needed. Make us instruments of love and concern for those experiencing isolation. Some who may read this are on the verge of giving up. Renew their strength and lift them up on wings of eagles and carry them to the bosom of the Savior.

In Jesus name, your son, Pastor Greg – Amen.