

## **“Dealing with Loneliness in a Healthy Way”**

Dear Friend,

On Sunday, the band sang “Sending Out an S.O.S.” in which there was a line, *“I am not alone in being alone.”* The song illustrated the universality of loneliness. Sadly, it offered no ideas for dealing with loneliness in a healthy way.

Might I remind you of three things each of us can do to confront loneliness as we live out our Christian faith:

- **Pray to the omnipresent God** – The Scriptures promise if we draw near to God He will draw near to us.
- **Turn away from the self-focus of loneliness and toward other people** – Something healthy happens when we initiate to strengthen our relationships with others.
- **Be gracious** – We live in a world full of people who are lonely and need us to treat them better than they deserve.

I cannot escape loneliness, but I can pass through it en route toward a more healthy connection to God and to other people.

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