

## **You are now a complete person in Him**

The fall of man was the origin of all feelings of incompleteness which humans face today; it empowers loneliness and depressions in those who are not being conformed to the image of Christ through the knowledge of him, daily. From then, man died, and because man died spiritually, every man born of a woman is born to feel lonely until he is brought back to God by believing in Jesus. After which the companion for all the children of God, who is the Holy Spirit comes to indwell them. With the cross, and the presence of the Holy Spirit, loneliness is overcome (Eph. 1:13). Every normal human being have this feeling of incompleteness at some points in their lives; feeling incomplete about academics, marital issues, job, income rate, not spending wisely etc. It is alright not to be complacent about certain things, but as for you, a believer of Jesus Christ, only for one thing should you really feel so. It is about your hunger and thirst for the knowledge of the Lord. Every other quest for righteous living flows from that point.

Mary the sister of Martha had that, and Jesus confessed it would never be taken away from her (Luke 10:39-42). Everything you need for life and godliness will come unto you through your knowledge of the one who called you to share in his own glory and goodness (2 Pet. 1:3). Even the grace and peace of God which supplies you enough of the divine strength to overcome in all, even loneliness, depressions, sorrows over the world etc. are drawn from the rivers of your knowledge of God (1 Pet. 1:2). So make seeking of the knowledge of God your primary therapy for overcoming loneliness. Understand this as how you've become complete in him. You've got it all -that God is 'back into you' also, you're not alone, and you should not be lonely. Commune with the inner man daily, let God in you through the Holy Spirit keep you company in all situations and circumstances, such as will weigh a carnal man down, but you are no more a carnal man, rather a spiritual man (2 Cor. 5:17).

About Jesus, Paul said "...he is the complete fullness of deity living in human form. **And our own completeness is now found in him. We are completely filled with God as Christ's fullness overflows within us.** He is the Head[a] of every kingdom and authority in the universe!" (Col. 2:9 -The Passion Translation)

Like every other human being, Jesus was faced with real life situations that could also make him struggle in loneliness, but rather than releasing himself to such attribute of the self life, he chose to live above it. From his teachings we can know how he overcame. Life is full of unpredictable difficulties. What to do is:

1. Seeking first the kingdom of God (Matt. 6:33),

2. Setting your gaze on heaven alone (Col. 3:1-3),
3. Trusting in God fully (Prov. 3:5; 2 Pet. 5:7) in all things,
4. Do not worry about your feeding, clothing, shelter, and life generally (Phil. 4:6; 2 Pet. 1:3; Matt. 6:25-34), because your loving Father, God takes responsibility of his children,
5. Know, Understand and acknowledge that Jesus has chosen to love you deeply, unconditionally (Rom. 8:35, 38-39; John 13:1; 15:9; Eph.5:2),
6. Lay the reasons for your depressions, loneliness, pains, sorrows etc. down at his feet for Christ to carry them for you (Matt. 11:28-30),
7. Knowing [daily]] that you died with Jesus (Rom. 6:5-6; Gal. 2:20), and a dead man is dead to loneliness, but Jesus now lives in your heart, and he's above worries and loneliness,
8. Focusing on the pursuit of your purpose only, daily (John 9:4; Matt. 28:18-20),
9. Denying yourself, only to follow the Father through the leading of the Holy Spirit (Luke 14:33, 9:23; 2 Cor. 5:15); begin everything with Christ at the centre of it, leading you all through (Rom. 8:14),
10. Put to death the love of the world completely from your life (1 John 2:15), so that you can truly love the Father, and experience the ever-sweet feelings of his love towards you,
11. Maintaining a constant prayer and bible study life (Psalm 1:1-6; Josh. 1:8; 2 Tim. 2:15). Develop you devotional altar,
12. Doing only that which you see the Father doing (John 5:19),
13. Fellowship with other believers daily, get a prayer partner if possible (Acts 2:42; Heb. 10:25).

As a teenager, you may be faced with matters that could bring you suicidal thoughts, but don't forget that you are no longer your own. Darling, you belong to Christ, and he loves you more than every other person can love you, **everyday**. He is with you to the end of the age (Matt. 28:20, Rom. 8:38-39). Just keep in mind that he is your greatest companion now. He has even given his Holy Spirit to be with you every day, hour, and second of the day. It is okay to be concerned as to make improvements, but, do not worry about your *Schoolwork and grades*, work hard along your prayers. You don't have to try to *feel you belong* or not, because you've been fearfully and wonderfully made (Psalm 139:4), you already belong to the kingdom of Christ (Col. 1:13), and you are chosen to be the King's priest, you are of his royal line, you're particularly peculiar to him, and you already belong to a holy nation (2 Pet. 2:9). Avoid comparing yourself with any other person on any matter at all. Appreciate whom God has made you to be, and what he's making you into, this is

not yet your end; God is still working on you. Don't get depressed over some of the changes you see in your body as you go through puberty, none of them is permanent, seek to understand each changes, and learn how to cope, because, every adolescent must cross this bridge into adulthood. Attempt everything with confidence in Christ ability that you're going to make it, but even if you don't, learn to manage failures, instead see it as another opportunity to learn about that thing you have not yet learned well, don't get fagged out because you couldn't make it this time. You'll always have the opportunity to try again if you stay in faith, and never quit.

Drop the thoughts that you can't do anything well, and are unfortunate. No! God does not create any unfortunate person on earth. You're wired to succeed like God in all your ventures. Understand what the will of the Lord is (Eph. 5:17). Believe in God's ability at work in you (Eph. 1:19-20), and decide not to give up to loneliness again, come what may.

You don't need any boy friend or a girl friend to keep you away from loneliness. You don't have to switch over to the use of alcohols or hard drugs like cocaine, heroin, marijuana, painkillers, inhalants, Hallucinogens, Crystal Meth etc. Your companion in all situations of life is the Word of God, and the Holy Spirit, given to keep you from falling, until you attain the full salvation.