

Overcoming loneliness

Loneliness is a state of the mind peculiar to the natural man (the adamic nature) only. The new creation man is re-created with complete victory over any form of aloneness, because he has full life, being in perfect union with Christ (Col. 2:9-10). It is defined by *Mental health Foundation* as **“the state of distress or discomfort that results when we perceive a gap between our desires for social connection and actual experiences of it.”** As a teenager you may be faced with tough times like the loss of a loved one, or of one to whom you have a kind of strong attachment to, due to death or a breakup, loss of a job that sustained you, you’re leaving a community, such as secondary school etc. You may as well struggle with feelings of being excluded from others for any reason at all.

Besides the obvious reasons for experiencing loneliness, such as the loss of a loved one or exclusion from your peers/family/friends or community, the unique confrontation with loneliness that young people often encounter comes in the form of loneliness not necessarily meaning to be alone but rather the feeling of aloneness even when in the presence of others. Loneliness is a perceived, individual experience. There’s a sense of detachment, alienation, and isolation. -Jonny Shannon. The feeling of loneliness is not peculiar to teenagers/youths only; anyone can feel lonely in any circumstance, regardless of the age, when surrounded by people, even when you are in a relationship, or when you have many friends and acquaintances. Loneliness is ‘the soul feeling isolated from meaningful human connections, feeling misunderstood, out of place, etc.’ -Active Christianity.

Why you should never feel lonely

If you’re in Christ you are not alone; you are no longer on your own. You have God and all he owns. Look at this: “...You’ve come to Mount Zion, the city where the living God resides. The invisible Jerusalem is populated by throngs of festive angels and Christian citizens. It is the city where God is Judge, with judgments that make us just. You’ve come to Jesus, who presents us with a new covenant, a fresh charter from God. He is the Mediator of this covenant. The murder of Jesus, unlike Abel’s—a homicide that cried out for vengeance—became a proclamation of grace.” Heb. 12:22-24 MSG.

In the kingdom of God, feelings of loneliness, depression etc. does not reign; it is not given any power over the citizens of the kingdom. This is because all the citizens of God’s kingdom like God are kings and priests unto God on earth (Rev. 5:10; 1 Pet. 2:9), which is the colony of the heavenly kingdom. You have all you need for life and godliness, to be received as you grow in the knowledge of God (2 Pet. 1:2-3). Sweetheart you have your Father’s messengers - God’s angels on duty, always working to ensure

you enjoy the dividends of Christ's salvation for you day by days in all things (Heb. 1:14). As a son God, you have the Holy Spirit sent into your heart (Gal. 4:6) to keep you company, comforted and to help you in learning and remembering all that Christ teaches you (John 14:26). You cannot be lonely in Christ because you have been brought into the family of God, which comprises of all the saints in the world. If you have denied yourself of all things just to follow Jesus (Matt. 19:29), you are a member of this largest race of mankind on earth – the believers and followers of Jesus Christ. Jesus said, "Mark my words, no one who sacrifices house, brothers, sisters, mother, father, children, land – whatever – because of me and the Message will lose out. They'll get it all back, but multiplied many times in homes, brothers, sisters, mothers, children, and land – but also in troubles. And then the bonus of eternal life! ..." (Mark 10:29-31 MSG).

In this world if you choose to do things the way of the Lord, you will lose so much, you will be denied the company of some acquaintances, colleagues, peers, and your own will and carnal human desires. If you agree to give up all these, you're invariably giving up self, losing your own life as Christ did and said. Then Jesus said to his disciples, "If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it. And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul? Matt. 16:24-27 NLT. If you by yourself give up the things and companies which others count as gain, and things, in which their absence make others become lonely, just because you really want to Jesus Christ, then you're signing out of a kind of life characterized with the normal human feelings of loneliness. Jesus lived this way. He never had anything or anyone on earth for which he would worry over, or suffer loneliness for their being taken away. He rather would depart from the house long before day break all by himself to a lonely place to be with the Father for personal fellowship (Mark 1:35). And in the evening, he would live the town to a lonely place to report back to the Father Luke 21:37.

You don't need a boy friend or a girl friend to overcome loneliness. You don't need to live on drugs -

